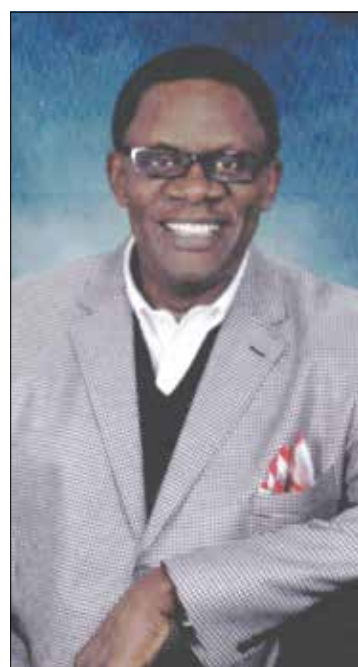


# CALENDAR July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 CARICOM Day (Caribbean Day) Canada Day International Joke Day Postal Worker Day	2 ○ First Walmart Opens in 1962 (in Rogers, Arkansas) First Zeppelin Flight in 1900	3 Dog Days Begin	4 Independence Day National Country Music Day Fence Painting Day	5 P.T. Barnum born, 1810	6 National Fried Chicken Day National Kissing Day	7 Build a Scarecrow Day Macaroni Day
8 ☾ Liberty Bell Cracks In 1835 Video Games Day	9 National Sugar Cookie Day Cow Appreciation Day	10 Martin Provensen born, 1916 Teddy Bear's Picnic Day	11 E.B. White born, 1899 Cheer Up the Lonely Day	12 Battle of the Boyne Paper Bag Day; The paper bag manufacturing machine was patented	13 Go West Day National French Fries Day	14 Barn Day, Second Sunday in July Bastille Day
15 ● First Boeing 707 Flew In 1954	16 Apollo 11 Lifts Off on its voyage to the moon in 1969	17 Karla Kuskin born, 1932 Disneyland Opens In 1955	18 National Caviar Day	19 Stick Your Tongue Out Day	20 Moon Day (First landing on the moon) International Chess Day	21 National Junk Food Day
22 Pied Piper of Hamelin Day	23 ☾ Ice Cream Cone Introduced In 1904	24 Amelia Earhart Day Marvin the Martian First debuted in cartoons in 1948	25 Thread the Needle Day	26 Jan Berenstain born, 1923	27 Scott Corbett born, 1913 Bugs Bunny First debuted in cartoons in 1940	28 Natalie Babbitt born, 1932 Beatrix Potter Born in 1866 First Fingerprint taken



Dr. Billy R. Flowers

**Q:** What age groups can a chiropractor help most?  
**A:** This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

**Infant and Young Children**  
 Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

## THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 35. Different Benefits by Age Group

since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

**Young Adults and Teenagers**

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curva-

ture of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

**Adults**

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

**Senior Citizens**

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

**Something for Everyone**

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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