

Concepts to understand:

1. *The Nervous System controls (communicates to) every single organ and tissue in the body.*
2. *The primary control unit of the nervous system is the brain.*
3. *The single most likely area for there to be a disturbance in the body is between the head and the first bone in the spine.*
4. *Loss and/or reduction of this communication pathway equates to loss/reduction of the life force (nerve transmission) to your body.*

Let us help you have the best life possible and keep your nervous system free from the interference that is reducing your full potential. Make this positive choice for your entire family.

Hope deferred makes the heart sick, but a longing fulfilled is the Tree of Life.

Proverbs 13:12

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Dear Patient and Friend,

In these modern times, the entire world seems to be more and more dependent on drugs. Drugs in war and drugs in peace, drugs to kill insects, drugs to wake you up and drugs to make you sleepy, drugs to speed you up and drugs to slow you down, drugs to relieve pain, drugs for every phase of life, young and old alike. Does this make any sense to you? It makes no sense to me!

More and more, the medical profession is questioning the misuse and overuse of prescribed drugs and are showing serious concern about the side effects of these drugs as well as the potential risk of addiction to them. We can't listen to the radio, watch television or read a magazine advertisement without being alarmed by excessive urging for us to take drugs or give them to our children for every type of disorder.



Take a moment and notice just how this advertising directly affects you and your family. Look in your medicine cabinet at home or your purse and your desk drawer at work. What form of medication do you rely upon? Is it any wonder people suffer needlessly from stress, nervous tension, digestive disorders, headaches and chronic pain? **I ask you to STOP and research how you can escape from this medicine trap.**

Doctors of Chiropractic do not prescribe drugs. For over 109 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system. Health comes from within. When the nerve system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health.

Doctors of Chiropractic focus on the significance of the spinal column as the key to health. The spinal column is the strength and support of the body. It serves as the means of articulation for the larger bones and the attachment of major muscles. **Most important**, the spinal column houses the spinal cord and contains openings between the vertebrae for nerves to exit and provide direct communication between the brain and the body. Thus, the spine is the master control center for the entire nerve system and the key to health!

During our busy everyday lives we experience different forms of stress such as physical stress (accidents, falls, lifting heavy objects, etc.), (Cont. of Pg. 3)

Perfect Posture Month

Stand Up STRAIGHT ... Please Don't SLOUCH... Your Posture Is the Window to Your Health

Posture is one of the most overlooked keys to best health and performance. Good posture not only improves fitness, thinking ability, emotional state and general vitality, it can actually help reverse the aging process, not just cosmetically but functionally.

It's Time to Get

The Facts STRAIGHT...

Just as proper attention to teeth can prevent problems later in life, proper attention to the development of PERFECT POSTURE will prevent deterioration of your health in the future.

Corrective chiropractic care insures good posture by aligning your spine so the muscles, joints and ligaments can work as nature intended. Good posture contributes to the normal functioning of the nerve system and affects the ability of your body's organs to function at peak efficiency. For over 6 years, I have committed to direct people to the awareness that proper spinal alignment (Subluxation Free) is the MOST IMPORTANT factor affecting perfect posture and maximum health and vitality.

Almost everyone can avoid or reverse the problems caused by poor posture at any age. There is no greater miracle in nature than the body's ability to heal and correct itself. Balancing postural distortions and reducing structural stress through chiropractic adjustments releases the power within you. The result is healing energy that strengthens and normalizes your immune system, all which helps increase your personal power.



Here is what to do next ...

Schedule an appointment TODAY for a specific postural evaluation. I have helped hundreds of people experience first hand the miraculous benefits of perfect posture, which I believe may be among the best kept secrets in the current wellness movement.

Schedule a one-on-one evaluation TODAY for yourself, your children, and anyone else you feel can benefit from Perfect Posture and maximum health and vitality. We will help you find long-term solutions to your unique needs and wants. **The regular fee for this evaluation is \$40. It is FREE to all readers of this newsletter during "Perfect Posture Month."**

The Law Of Nature

We know and accept the laws of nature, but what would we do if some bizarre interference affected this natural process? For example, what would we do in the spring if the birds did not return from the south, the whales didn't migrate north, the trees failed to grow new leaves, or the temperature never changed? Would we ignore this unnatural, peculiar happening and continue on with our lives? No! We would be alarmed, knowing that something was very wrong.

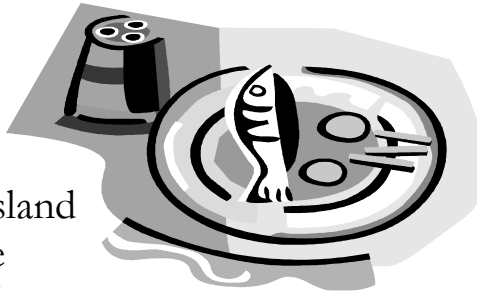
We would search diligently to find what was interfering with the natural cycle of nature. Once we found the interference, we would then remove it and restore physical order to the world.

The natural rhythm of body health works in much the same way. Good health is a basic, natural state of the body. With proper nutrition, sleep and exercise, the power within the body automatically runs and maintains it naturally. However, subluxations of the spine can block the body's natural flow of life. The goal of chiropractic is to uncover such blockages and thus, restore health.

Myth...Chiropractors are "back doctors" who help people with aches and pains.

Truth...Chiropractors are doctors who specialize in correcting vertebral subluxations that interfere with proper nerve system function. The nerve system is responsible for coordinating and detecting all the functions of the cells, tissues, organs and systems of the body.

'Dinner with Doc'



When: May 12th @ 6:15pm
Where: HyVee, 18th Ave, Rock Island
Why: Ways to improve your life
—and free food

The next dinner will be on the topic of 'Simple steps to add Life to your Years'. Dr. Heath will be discussing how to get more out of life by making one simple change, but you will have to come to find out what this valuable key is.

This event will at a new location, the Community Room at the NEW Rock Island Hilltop HyVee located at the corner of 30th St and 18th Ave. We will be opening up the doors at 6:15pm with a short presentation with dinner.

The dinner is free, but reservations are required. This is a great chance to bring your friends and family to see how we can help. Please RSVP with the number of people attending in your party. Call the office or log on to the TLC website..

(Friends, p. 1)

emotional stress (children, work, divorce, etc.), and chemical stress (processed foods, drugs, water pollution, etc.) These forms of stress can cause misalignment of the spinal bones resulting in interruption of nerve flow and proper communication from the brain to the rest of the body. This is called a vertebral subluxation and results in diminished body function, lowered immune resistance and ultimately dis-eases.

Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health.

Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

If drugs were truly the answer, the United States would be one of the healthiest nations in the world. However, this is certainly not the case. The United States ranks an incredible 84th worldwide. This statistic indicates clearly that drugs fall far short of the claims of miraculously improving health.

Tree of Life Chiropractic educates and empowers patients with the most effective and most natural secrets to optimal health. **"Drugs are not the answer to better health. Better health comes from better living and better lifestyle choices."**

The question is, are you ready to make the best health choices for you and your family? I want to help guide you on a path to "optimal health." If you are ready, here we go...

Please join us in welcoming all of our new and returning patients during the first quarter of 2009. Thank you for choosing Tree of Life Chiropractic for your chiropractic needs!

Allyn W	Kathi V
Amanda K	Katie K
Anne H	Keith V
Becky B	Krista R
Betty E	Larry W
Betty L	Linda D
Brain B	Linda J
Brain W	Lois B
Bridget W	Loius K
Brittnay P	Lowell T
Carl J	Marilyn H
Chris G	Mary M
Claire R	Mary R
Daryl F	Paul S
Don B	Peggy R
Emily K	Ruby J
Ginny P	Sara K
Gladys K	Shirley W
Jane M	Steve S
Janice F	Susy W
Jim B	Velma A
Jim B	Vere S
Joe R	Wynne S
Julie H	Zoe S

Many thanks to all of our practice members that have referred their friends and family to TLC. It is the commitment from you to promote health that will benefit the world one person at a time.

*Thank you,
Drs. Heath & Cindy*

Mission:

To be a premier community-based upper cervical healthcare facility giving the love and compassion our members need while serving as an example influencing and assisting the profession as God has directed us to do.

We sincerely thank you for being part of our practice.

Calendar of Events

Dr. Heath Treharne
Dr. Cindy Treharne

Office Hours

Mon., Tues., & Thurs.
9:00-12:00 & 1:30-5:30

Sat 9:00—1:00

(309)786-TREE (8733)

Every Other Tuesday at 7pm

TLC 'Well'Shop. This is an informational session designed to help you understand the benefits of NUCCA care. This is open to all patients and non-patients alike. Call to reserve your seat.

May 12th, 'Dinner with Doc'

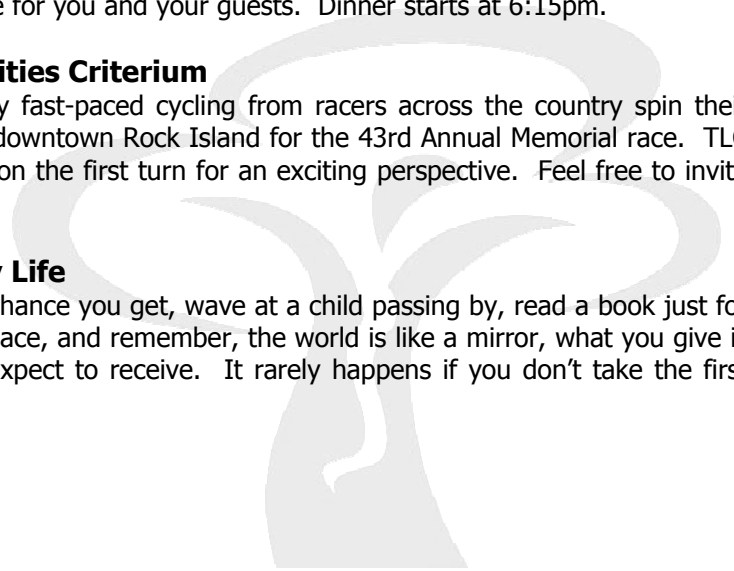
This next 'Dinner with Doc' will be held at the *NEW* Hy-Vee on 18th Street in Rock Island. There in the new clubroom on the second floor, we will discuss simple ways put ***More Life in your Years***. RSVP is required. Call the office to reserve space for you and your guests. Dinner starts at 6:15pm.

May 25, Quad Cities Criterium

Come and enjoy fast-paced cycling from racers across the country spin their wheels around downtown Rock Island for the 43rd Annual Memorial race. TLC is located right on the first turn for an exciting perspective. Feel free to invite your friends.

Everyday, Enjoy Life

Smile at every chance you get, wave at a child passing by, read a book just for a moment of peace, and remember, the world is like a mirror, what you give is what you can expect to receive. It rarely happens if you don't take the first step.



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