



"The greatest compliment our patients can give is the referral of their friends and loved ones."

“Dr. Tina”

The Whole Truth and Nothing But the Truth

Old age seems to be characterized by a head that juts forward, a humped back, and hips that roll under. But now, the medical society has found that bad posture can lead to earlier death.

In a 2004 study in the *Journal of the American Geriatrics Society*, researchers revealed that as the curve in the middle back became greater than normal, death came sooner. Now, in a 2005 study published in the medical journal *Spine*, medical doctors show that a loss of the curve in the neck leads to nerve destruction.

As these degenerative processes occur in the spine, people may start to experience symptoms or disease of some kind. Rather than choosing to correct the curves, a majority of people will be given medications.

According to the Danish National Patients Registry, people taking more than 200mg a day of Celebrex had a 4.24 times higher chance of death than those not taking the medication. Those people taking more than 25mg a day of Vioxx had a 5.03 times higher risk, and those taking other non-steroidal anti-inflammatory drugs (NSAIDs) had a 1.22 times higher chance of dying.

These are the facts...the truth, the whole truth, and nothing but the truth! Chiropractors have known for hundreds of years that spinal problems can cause ill health, and chiropractic is the only profession trained in correcting spinal misalignments. Be sure to get your spine checked, your child's spine checked and your whole family's spines checked.

I am always happy to help patients make healthy choices. Call me today if you or your family members need a spinal check-up. *My Village Retreat and the office of Dr. Tina Bennett-Burton is located in Castle Hills at 2560 King Arthur Blvd., Suite 138 Lewisville, Texas 75056. 972-899-5440*

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**FREE Scoliosis screening during the month of
December, call for an appointment.**