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## Your Health is OUR Concern!!!!



*“The program at Allegheny Health & Rehabilitation Center has helped reduce my daily pain level from an 8 to a 1”*

### **Lucy Jankowski**

For a long time I suffered from numbness in my hands due to Carpal Tunnel Syndrome and poor posture. The numbness prevented me from doing everyday housework and other things around the house. About 2 months ago, I received a flyer from Allegheny Health & Rehabilitation in the mail and saw a television ad for the office.

During my time as a patient, I received therapy, spinal adjustments, wrist and arm work, as well as nutritional supplements to help improve my nerves and muscles. The program at Allegheny Health & Rehabilitation Center has helped reduce my daily pain level from an 8 to a 1.

Now, I am able to do household work and sleep better at night. I feel much better than when I started the program. I am very grateful to the friendly, welcoming staff at Allegheny Health & Rehabilitation Center.

## Why We Value Your Referrals

In today's world, 80% of business is conducted by referrals. Think of how you heard about your hairstylist, mechanic, dentist or your favorite restaurant.

The same holds true for individuals looking for Chiropractic Services. When you hear or say Chiropractic, what comes to your mind? We hope it is the care you receive at Allegheny Health and Rehabilitation.

Our office isn't your typical office (I hope you think so as well). We pride ourselves on delivering the most exceptional care possible. Our doctors and staff spend hours each month, in addition to their regular job duties, training and refining their skills. Therefore, when you arrive, you can be assured treatment from our well trained staff.

When a patient refers someone to our office, this is viewed by our staff as an awesome responsibility. Although we treat all of our patients as we would want our own parents treated, a referred patient is special, because **YOU** have entrusted their care to us. We promise that we will always work with those you refer to our office to provide the highest standard of health care possible. When we are able to help another person live a life with less or no pain...with more activity, with more enjoyment with their family, then we know we've done our job.

**So again thanks!!!** We will continue to train and to stay on top of the latest treatments available. Please know, that if you have someone in mind that should be evaluated, simply call the office, and one of our doctors will be more than happy to talk to your loved one or friend on the phone.

**JUST PICK UP THE PHONE AND CALL. OUR SERVICE TO YOU IS WHAT WE DO AND YOUR HEALTH AND THE HEALTH OF YOUR FRIENDS AND FAMILY IS ALWAYS OUR CONCERN.**

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## Beware of back surgery

Back surgery has such a high failure rate it should be outlawed. This is based on a University of Cincinnati study of Ohio workers' compensation claimants with low back pain. 725 workers opted for lumbar spinal fusion surgery as treatment for back pain. A full 64% were still off work more than a year later! Only 6% had gone back to work and stayed for a full year. Approximately 20% had significant complications and 27% were in such pain that they needed another operation. Some 90% were in such pain they were still taking narcotics at follow-up.

A similar 1994 study of Washington State Workers also found high rates of postoperative disability, high re-operation rates, and inadequate relief of back pain. A study by Nicholas Ahn, MD (et al), found that after single-level fusion, the total disability rate approaches 25% while for those who had two and three level fusions, the post-operative disability was 70% and 100%, respectively.



**Before anyone ever considers spinal surgery they should check out the non-medical, non-surgical chiropractic alternative.**

## Protect yourself from cancer with food



Since ancient times the once rare disease (until the last 100 years) we call cancer was considered a deficiency disease. A major reason why cancer rates are increasing is because many people are living on dead foods such as sugar, high fructose corn syrup, white flour, processed oils, denatured (pasteurized/processed) dairy products, bizarre chemicals added to our foods, and fruits and

vegetables that are low in essential minerals. In addition, many nutritionists say that people overeat because they are starving for essential nutrients that are lacking in modern packaged foods.

At [http://www.westonaprice.org/moderndiseases/cancer\\_broch.html](http://www.westonaprice.org/moderndiseases/cancer_broch.html) (The Weston Price Foundation) you'll learn which foods may protect us from cancer and which substances in our diet are linked to cancer. This is lifesaving information, please share it with others.

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### **AND THE WINNERS ARE:**

**CERVICAL PILLOW:**  
ROSIE KOBELENSKE

**\$100.00 GAS CARD:**  
DOLORES HOFFMAN

*"Thanks again for your referrals and confidence in our office"*

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## For Over a hundred years...



For over a hundred years doctors of chiropractic have observed the often dramatic responses of infants after chiropractic care. In fact, there seems to be no limit to the conditions that can respond to chiropractic care: colic, difficulty breast-feeding, Erb's palsy (an arm is limp and undeveloped), torticollis (twisted neck), unbalanced face and skull development,

foot inversion, "nervousness" and ear, nose and throat infections, allergies and sleep disorders, projectile vomiting and many, many other conditions.

Give your baby the best possible chance to have a healthy life. You have your baby's eyes checked, heart checked, hearing checked – bring all your children in for a chiropractic spinal checkup.

**A simple checkup now might make a BIG difference for your children for the rest of their lives.**

## Insurance Corner

### Network Providers for:

- Highmark
- UPMC
- United Health Care
- Auto
- Workers Comp.

We provide treatment for nearly **ALL** insurance in Pennsylvania.

We will gladly check for you if you have any questions at all about your coverage.

**Most all insurance plans have Chiropractic Benefits. Call today for a complimentary consultation and we will be happy to do an insurance verification for you.**

## **Educational Workshops**

*Want more information?  
Have a condition that has not been responding?  
Not sure if we can help?*

**CALL TO RESERVE  
A SEAT**

### **Gibsonia:**

Tuesday at 6:00

### **Brackenridge:**

Wednesday at 7:00

## *Free Consultation with the Doctor*

**Dr. Eric Bengel • Executive Director**

**Dr. Anthony Talorico • Clinic Director**  
5499 William Flynn Hwy  
Gibsonia PA 15044  
724 443-8444

**Dr. Benjamin Shultz • Clinic Director**  
825 Freeport Road  
Brackenridge PA 15014  
724 224-2224

**30 Days from Today**

### *Treatment Available For*

- *Low Back Pain*
- *Sciatica*
- *Neck Pain*
- *Migraines*
- *Carpal Tunnel*
- *Disc Problems*
- *Leg Numbness*
- *Auto Accidents*
- *Work Accidents*



**The Doctors and Staff**

## **Technology Corner (The Pro-Adjuster)**



The **Pro-Adjuster** is a state-of-the-art, computerized adjusting instrument that allows our doctors to very specifically and gently treat patients. It is an alternative to traditional chiropractic manipulation.

The pro-adjuster is great for patients with complicating factors such as arthritis, surgery, congenital fusions or patients who just doing like the cracking and popping sound.

Why is the Pro-Adjuster so special? It uses 21st century technology to determine if each spinal vertebrae is in proper alignment, so the nervous system is free to effectively transport nerve impulses throughout you body.

The Pro-Adjuster uses the same type of technology that allows engineers to determine and handle weakness and stress on spacecraft. The information is graphically displayed, so our doctors can detect the problem area each time with every patient. Call to find out if the Pro-Adjuster is right for you.



## **How do I know if my problem can be helped with the treatment in your office?**

We never know if we can help someone until we have them come into the office for an evaluation or at least talk to them over the phone.. Our success rate is very good for helping others get and stay well and we are pleased to have as many of our patients write testimonials as to the quality care they receive. However, unless we are able to communicate with you in some fashion, we can never know if we can help or not.

Our offices have been providing care for the past 45 years. Therefore, we have the experience to help you get well. If you are not a pill person, and don't like the idea of living with your pain, please call our office and talk to one of our doctors or schedule a time to come into the office.

If we can help you we will let you know. If we can't we will find the right person you should be going to help. Don't wait until your problem is so bad the treatment won't be as effective. Call us today.