

FOR USE IN WEEK STARTING

April 11, 2011

# CHIROPRACTIC OUTLOOK

(photo)

By \_\_\_\_\_

NOTICE  
COLUMNS MAY BE USED ONLY DURING THIS  
QUARTER, AND ONLY IF LICENSE FEES, AS  
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## HALSTEAD AND CHIROPRACTIC

Fibromyalgia is a medically unexplained condition that causes debilitating pain in muscles, tendons, ligaments and, generally, all over. Chiropractic care, including gentle spinal manipulation, exercise and nutritional adjustment, has been shown to be successful in easing the pain of fibromyalgia. Now, a prominent national figure, U.S. Army Brigadier General Becky Halstead (Retired), the first female West Point graduate to command at the strategic level in Iraq and Afghanistan, has become a public spokesperson for the benefit of chiropractic treatment.

After 27 years in the service, Halstead retired after being diagnosed with fibromyalgia. Halstead had been prescribed a variety of drugs for her fatigue and discomfort. But nothing worked. After a friend convinced her to try chiropractic care, the retired general became a believer. "Chiropractic care provided me with a better quality of life," she has said in her role as spokesperson for the Foundation for Chiropractic Progress, a not-for-profit organization dedicated to expanding public awareness of the benefits of chiropractic treatment. Talk with a chiropractor about how treatment might benefit you.

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(name, address, phone)