

Helping More Than Sore Backs

Getting the Colburns Back in the Game



Morgan severely tore his calf muscle playing basketball; Micah sprained his knee in soccer; Janessa's feet hurt with plantar fasciitis — They are now back in action with massage, cold laser, pool therapy and therapeutic exercise on a vibration platform.

Cheryl's Headaches Are History



Cheryl Hysmith had migraine headaches since she was eight years old. The pain was so severe that she went into a dark room and was even hospitalized. Over the years she tried all sorts of headache medications, but they did not give her long term relief. She explained, "They turned off the alarm rather than putting out the fire." Dr. Allen's combination of massage, active muscle release and chiropractic adjustments, including specialized upper cervical atlas orthogonal technique, have made Cheryl's life nearly headache free.

Kay Walks Pain Free and Turns Her Neck Better



Kay Carr initially came to Dr. Allen on a referral from her medical doctor for hip and leg pain that limited her walking. Thorough evaluation by her orthopedist ruled out hip degeneration but she still had the problem. Dr. Allen found she had myofascial adhesions in the upper leg and back along with restrictions in her neck. A combination of muscle release, cold laser, chiropractic adjustments and therapeutic pool exercise has returned Kay to health And she can turn her neck better, too!

Hope's Feet Aren't Hurting Anymore



Hope Ellsworth's heel became painful with plantar fasciitis. She wanted to avoid a standard medical steroid shot. Dr. Allen used a combination of myofascial release, cold laser and foot support including Correct Toes to recreate the natural arches of the foot and relieve the pain.

FREE Movie Night

7pm Thursday Feb 28th at the TL Grange
Why have allergies, asthma and autism skyrocketed?
Learn the effect of untested, unlabeled GMO food and the secrets of organic farming with less work.

Bad

Seed

Soil

Food

Health

Good

Seed

Soil

Food

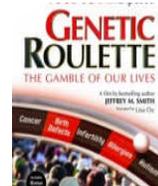
Health

Genetic Roulette: When the US government ignored warnings by its own scientists and allowed untested genetically modified (GM) crops into our environment and food supply, it was a gamble of unprecedented proportions. The health of all living things and all future generations are now at risk.

Seeds of Deception, Hope and Freedom highlights how industrial agriculture and genetically modified (GM) seeds are destroying the biodiversity and safety of our food.

Back to Eden shares the simple, productive methods of farming that were given to man in the garden of Eden. Paul Gautschi's reveals the secrets of an incredible organic growing system that yields better results with less work.

Presented by the Cascade Wellness Clinic in cooperation with
www.GMOfreeWashington.com and www.LabelItWa.org



GENTLE, SAFE, EFFECTIVE TREATMENT FOR Sports Injuries—Car Crashes—Headaches—Neck & Back Pain PLUS Wellness Care for the Whole Family—Adults and Kids

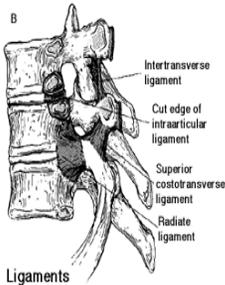


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Correcting Painful Rib Subluxation



A common cause of back/neck/shoulder pain and numbness down the arm is a rib that is subluxated out of place. The pain is often sharp, immediate, slightly to the side of the spine, and radiated around to the front of the chest. The pain may be so severe that you can hardly breathe and sleeping may be next to impossible. When the pain radiates down the arm, you might think you have had a heart attack!

If you suspect that you have a subluxated rib, get chiropractic help right away. The longer the rib is out of its proper position, the more difficult it is to correct and the longer it takes to stabilize. Scar tissue and painful adhesions form around the joint. Left untreated, the joint capsule and ligaments become badly strained. The rib may continue to come out of place with even minor activity.

Dr. Allen's treatment consists of adjusting the rib in proper place, release of muscles that are in spasm and supportive taping. If the rib has been subluxated for a long time, this treatment may need to be repeated several times over several weeks.



Help For Painful Text Neck

World-wide overuse of handheld mobile technology is resulting in a painful condition called Text Neck.

Text Neck results in pain in the neck, shoulder, back, arm, fingers, hands, wrists and elbows, as well as headaches and numbness and tingling of the upper extremities.

Dr. Allen's chiropractic treatment includes adjustment and massage of the neck and back and learning corrective exercises.

Come in for a free lesson.



Local

Postal Customer

Early Spring into Health

New and current patients

\$20 off regular price

During March 2013 with this coupon