

CINCINNATI REHABILITATION CENTER  
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We're on the Web!  
[www.chiropractic4u.com](http://www.chiropractic4u.com)

## Anxiety of the New Year By Riley Oliver, B.Sc.

The beginning of the new year is the time reflect on the year that has past and look forward to the year that is upon us. This is also a time of year that can be filled with tons of stress and anxiety. According to the National Institute of Mental Health (NIMH), anxiety is the most common mental health illness, affecting more than 19 million Americans ages 18-54. A recent study published in the Journal of Vertebral Subluxation Research describes a 19-year old woman diagnosed with General Anxiety Disorder who suffered from symptoms for two years. After a four-month course of **chiropractic care**, the young woman reported an 80 percent reduction in her symptoms, including a 90 percent decrease in her headaches. The patient was able to resume a normal lifestyle without resorting to **prescription or over-the-counter drugs**.

The patient's previous medical treatment had included multiple emergency room visits; private specialists; and a rotation of drug therapies, which all failed to provide relief.

The NIMH also reports that patients with anxiety disorders make three to five times more visits to doctors' offices and emergency rooms. The Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity of these conditions cost more than **\$42 billion per year**.

The drug therapies commonly used in treatment for mental health disorders have recently come under closer scrutiny because of their poor rate of effectiveness and **potentially deadly side effects**, including increased suicidal tendencies in young people.

If you or someone you know is suffering from an anxiety disorder and the current treatment being received just isn't working, then it's time to take **ownership of your health**. Let the staff here at Cincinnati Rehabilitation Center help you start the year off right. For the month of January, we are offering a free sit down consultations with Dr. Patricia Bender, D.C. to those individuals who suffer from anxiety disorders and to those who are not sure but are suffering from symptoms such as panic spells, frightening fantasies or daydreams, fear of being alone or isolated, and fear that you are losing control. Call our office at (513) 772-9065 to schedule an appointment. We are also offering a **Free Body Fat Analysis** for the month of January to help you begin your **New Years Resolutions**. **Don't forget to mention the coupon when scheduling and bring it in at the time of your appointment!!!**

### January Educational Classes:

Introduction to Back Care for New Patients By: Riley Oliver, B.Sc.	13th
Thursday: 7-8 pm	
Back Care: The Next Step By: Riley Oliver, B.Sc.	27th
Thursday: 7-8 pm	

**PLEASE RSVP FOR ALL CLASSES!!!**

*Free Body Fat Analysis*

**One Time Analysis!!!**

*Cincinnati*

*Rehabilitation Center*

**Free One Time Body Fat Analysis for the Month of January!**

Call 513-772-9065

To Schedule Appt.

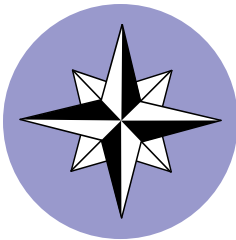
**Expires: 1-31-05**

*Free Consultation*

**One Time Only!!!**

*Cincinnati Rehabilitation Center*  
 Anxiety Consultation with Dr. Bender!!!  
 Tel: 513-772-9065

**Expiration 1-31-05**



## A Journey With Purpose

Feeling dull and flat?  
Dreary weather got you down?  
Looking for a purpose?  
Looking for something to get you out of the house?

Would you like to be guided through a 40-day spiritual journey that will enable you to discover the answer to life's most important question: What on earth am I here for? By the end of the journey you will know your purpose and will understand the big picture—How all the pieces of your life fit together. Having this perspective will reduce your stress, simplify your decision-making, increase your satisfaction, and most importantly, prepare you for eternity. Today, the average life span is 25,550 days. Don't you think it would be wise to set aside 40 of those days to figure out what you need to do with the rest of those days? There is nothing like the present. COME ON YOUR OWN OR GRAB A FRIEND AND START MOVING FORWARD.

*This is a Christian-based class, not a specific faith or denomination.*

<b>TUESDAYS:</b>	FEBRUARY 8, 15,22, AND MARCH 1.8.15.22 7:00pm to 8:00pm
<b>SATURDAYS:</b>	FEBRUARY 12, 19,26, AND MARCH 5,12,19,26 3:00pm to 4pm
<b>SUNDAYS:</b>	FEBRUARY 13,20,27,AND MARCH 6,13,20,27 4:00PM TO 5:00PM
<b>COST:</b>	FREE, FREE, FREE FREE !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

For more information or to register please contact:

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[www.healthybeing4u.com](http://www.healthybeing4u.com)  
[www.chiropractic4u.com](http://www.chiropractic4u.com)