



The Adjuster



Spring 2009

NEED PAIN MANAGEMENT

Dr. Fred Salari M.D., a pain management specialist has joined our facility. He is now accepting new patients Tuesday Afternoons by appointment.

Dr. Salari will be available to provide immediate relief in most cases through applications of:

Epidurals	Acupuncture
Nerve Blocks	Trigger Point Injections
Bio-Feedback	Hypnotic Relaxation

B-12 injections are also available.

For more information or to schedule an appointment, please contact our office @ **724-864-3310**.

WE ARE IN-NETWORK for ALL

Blue Cross/Blue Shield Plans including... PPO Blue, Keystone, Keystone-CHIP, Select Blue, Direct Blue, Complete Care, Traditional, Freedom Blue, Independence Blue Cross-Personal Choice, all Out-of-State Blues plans including PPO Blue and ALL Other Blue Cross/Blue Shield plans.

Heath America/Health Assurance/ Advantra

CALL US...WE WILL CHECK FOR YOU!!!

WE LOVE TO HEAR FROM OUR PATIENTS....

HELP US UPDATE YOUR INFORMATION:

E-MAIL US AT: allkare@yahoo.com

WITH YOUR E-MAIL ADDRESS & CELL PHONE NUMBERS

HURT @ WORK OR INJURED IN AN AUTO ACCIDENT.....

DID YOU KNOW....Chiropractic is covered 100% by insurance and

Seeking treatment will NOT increase your insurance rates.

NO COPAY OR DEDUCTIBLE. DON'T SUFFER.

TREATMENT WON'T COST YOU A DIME!

WOULD YOU LIKE TO LEARN HOW TO LIVE HEALTHIER & INCREASE YOUR CHANCES OF LIVING TO 100!

The biggest factor that determines how well you age is not your genes but how well you live. Not convinced? A new study of 20,000 British citizens published in the *British Medical Journal* shows that you can cut your risk of having a stroke in half by doing the following four things: being active for 30 minutes a day, eating five daily servings of fruit and vegetables, and avoiding cigarettes and excess alcohol.

To Learn More Ways to Increase Your Chances to Live to 100 & Be Healthier & Happier Today... Call our office to learn about our **Schedule of Upcoming FREE Dinner Wellness Talks and/or In-House Wellness Talks.**

Bring a friend and **“Learn How to Stay Young for the First 100 Years.”** Call today for information (724) 864-3310.

**Dr. William H. Roscoe
ALL KARE CHIROPRACTIC
(724) 864-3310
www.allkare.com
E-Mail: allkare@yahoo.com**