

"I have fibromyalgia. What Dr Duff has done for me **has changed my life**. I no longer have any symptoms!"

V.N.

"I decided to see if Chiropractic could help the neck tension, ache in right hip, and elbow and weak right wrist I suffered. I had bouts of headaches, dizziness, and tightness in the throat. I had many falls throughout life that Dr. Duff said are the most common cause of misaligned vertebrae. Today, after two years of care, I would tell anyone with any health problem to seek Chiropractic first and **reap the actual benefits** of God's laws in a body designed to work."

B.C.

"I started under care suffering from severe asthma. Today **I am amazingly better**. I do not use medication, I can now partake in sports and exercise, be around animals, and I sleep much better. I really believe in Dr. Duff and I am very glad I found Chiropractic."

R.H.

"I have had Paroxysmal Atrial Tachycardia for thirty-five years on the average of two day a week, lasting from eight to ten hours. I was adjusted...**I haven't had any attacks in the last three months and I am off all medication.**

"I am very thankful for Dr. Duff as all my life I have been very aware of every beat of my heart, never knowing what would happen the next beat. This has been a great burden on me in many ways. I have been to the Mayo Clinic and to other heart specialists. All have told me that I would have to live with this illness."

E.C.

YOUR BACKBONE'S CONNECTED TO YOUR...

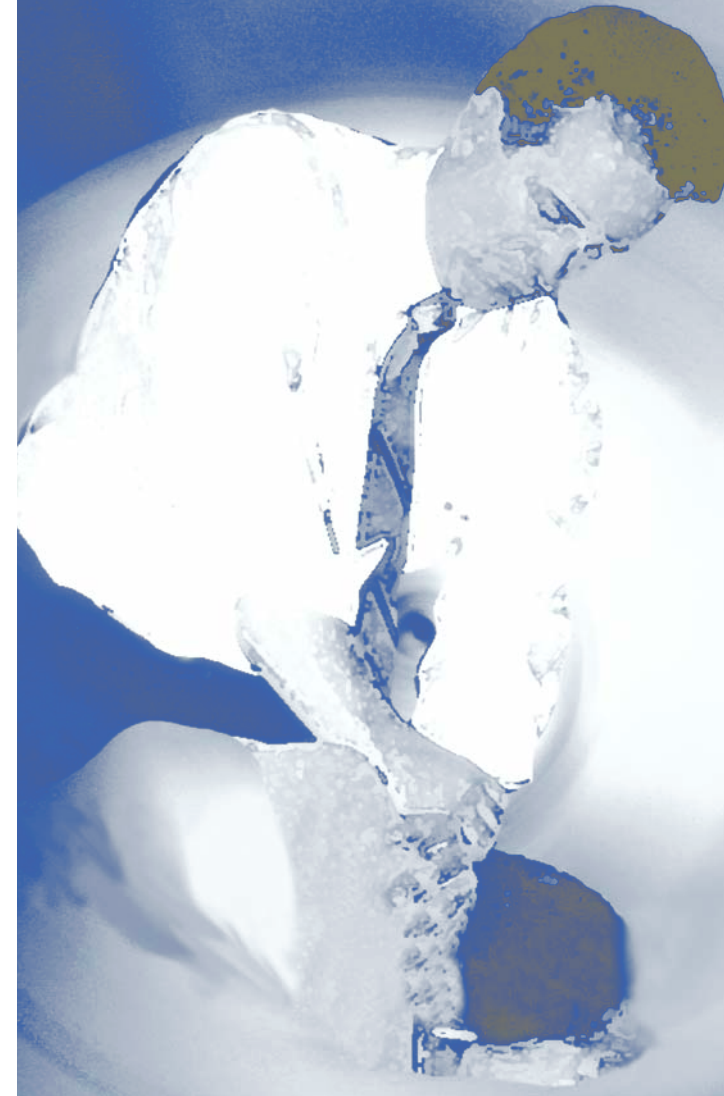


Remember...as the twig is bent so grows the tree.

**Brain
Nerves
Muscles
Ribs
Arms
Hips
Legs
Organs
Coordination
Strength
Confidence
Senses
Nutrition
Health**

Stephen A. Duff, D.C.
639 Johnson Street
(the former Healdsburg Hospital)
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Sick of Being Sick?

The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame...and in the cause and prevention of disease....

Thomas Edison

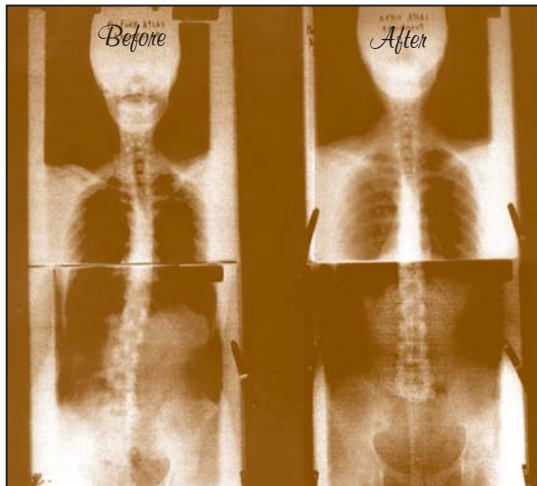
Communication between all parts is necessary for an orderly working body.

Chiropractic can help normalize fine motor tuning. Results of improved sensory/motor function through Chiropractic include:*

- Improved posture
- Improved joint stability
- Better coordination & balance of muscle tone
- More symmetrical load distribution, less biomechanical stress
- Improvement in the performance of the nerve system which may benefit respiration, blood circulation, digestion, and elimination
- Reduced risk of injury & degeneration
- Accelerate healing

Chiropractic is based on the simple fundamental fact that Nature alone cures. The spinal Column is literally the switchboard controlling the nerve system. Its importance cannot be overlooked in either prevention of sickness or disease or of the restoration of bodily function in the return to health.

*Validating Chiropractic 2001, by Dr. Malik Slosberg



These x-rays show the changes after just 2 adjustments.

Dr. Duff is very thorough with your health care. When you visit his office you will:

- Fill out a case history, which the Doctor will review with you in detail
- Have your spine checked with painless scientific imaging instrumentation
- Have x-rays (if indicated) to determine where the vertebrae are in relationship to where they should be.
- If appropriate, have a physical examination testing the range of motion and reflexes
- Have the shoulder and hip levels checked
- Receive a time estimate

Your adjustment is taylor made: it is precise, (like a specific key applied to a lock), releasing the vertebrae from its locked – out of alignment position. Aligning it allows the body to straighten itself in a natural way.

The Nervous System is the Master System of the body. The Nervous System governs all cells, all organs and structures. Only a tiny misalignment of the vertebrae, or the bones of the spine, may prevent various organs and glands from working properly, causing serious illness.

Chiropractic is the ONLY science that is trained to remove interference—releasing pressure from nerves and allowing innate control and repair of the body.

Call Dr. Duff today for your health check up.

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Stephen A. Duff, D.C., practiced his first 17 years, after graduating and receiving State Board Licensor, with his father Dr. Duff, Sr. He comes from a family of

Chiropractors dedicated to the benefits received from regular Scientific Chiropractic care with three brothers and one sister also practicing. At one time, there were over 20 family members all practicing Chiropractic!

In practice since 1972, he has also given seminars to other Doctors of Chiropractic from England, Germany, France, Australia and Japan. These Seminars were California State Approved for use in Chiropractic License Renewal.

In 2001, Dr. Bryan Duff and Dr. Stephen Duff, Jr. were invited to Japan to present the fundamentals of Dr. Duff, Sr.'s work to recent graduates of the new school of Chiropractic by The Japan Specific Chiropractic Association in Tokyo, Japan.

Dr. Stephen Duff was elected and re-elected (1977-1982), The Western Region Director of the International Chiropractic Association of the Palmer College of Chiropractic in Davenport, Iowa.

In 1984 was voted as a Distinguished Fellow at the International Chiropractic Association.