

**Don't let BACK PAIN ruin...**



**Your big meeting, your afternoon or your game.**

**Chiropractic Life Center, P.A.**  
*A Functional & GENTLE Approach to Being Well*

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 Spring Hill

**Dr. Charles R. Glenn**  
 chirolifecent.com



*Featuring the*  
**3D-TRAC**  
 DECOMPRESSOR

THIS IS A PICTURE OF  
 A HUMAN SPINE

THE SPINAL CHORD  
 is a long, thin bundle of  
 nerves that runs from the  
 brain down the spine to  
 the rest of the body and  
 transmits signals for the  
 nervous system.

VERTEBRAE  
 There are 24 individual  
 bones in the spine. They  
 are called vertebrae.

SPINAL DISCS  
 The blue "discs"  
 (which aren't really  
 blue) act like cushions  
 between the bones.



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