

# Do You Have These Health Problems?

Listen to your body's Dozen Danger Signals  
It's your early warning system that something's going wrong



Dr. Stephen E. Duncan  
*Most Insurance Accepted*

- |  |                              |
|--|------------------------------|
| 1. Frequent Headaches                  | 7. Pain In Arms or Legs      |
| 2. Loss of Sleep                       | 8. Numbness In Hands or Feet |
| 3. Neck Stiffness                      | 9. Cold Hands or Feet        |
| 4. Pain Between Shoulders              | 10. Leg or Foot Cramps       |
| 5. Stiffness or Pain in the Lower Back | 11. Nervousness              |
| 6. Painful Joints                      | 12. Tension                  |

Any of the minor symptoms can be an early warning signal of a major problem. A delay in receiving treatment can cause a worsening of the condition, but often, a simple chiropractic adjustment can return you to a normal life. Do something about it today.

Call: **870-595-3538**

New Office Hours: 8:30 am to 6:00 pm Monday-Wednesday-Friday  
Tuesday, 8:30-Noon, Closed for Lunch 12:00 to 1:30, Closed Thursday & Saturday

**Dr. Stephen E. Duncan, D.C., P.A.**  
**Chiropractor**

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