



# Health And Well-Being

## The General Fights Back Against Fibromyalgia

(NAPSA)—She was the first woman in U.S. history to command in combat at the strategic level in both Iraq and Afghanistan, but her historic career was cut short by an enemy within her own body.



### Retired Brig. Gen. Becky Halstead

It was the symptoms of fibromyalgia that forced West Point graduate Brigadier General Becky Halstead to retire after 27 years of service to her country.

“Agonizing pain, debilitating fatigue, joint stiffness and sleep deprivation—you name it and I felt it,” recalled General Halstead. “There I was in Iraq, responsible for over 20,000 military men and women, and I privately struggled to physically keep myself going.” It wasn’t until turning to chiropractic care that she finally found relief and was able to return to a normal, pain-free life.

Chiropractors, as she discovered, are trained to address the problems with the body’s structural system that mark fibromyalgia.

“The regular spinal adjustments and nutritional advice from my chiropractor significantly reduced my pain levels and made me feel better,” she said. “I hope others can learn from my experience.”

Learn more at [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or (866) 901-F4CP.