

Healing that works

Relief through acupuncture and chiropractic

By Kathy Gresey

Staff Reporter

People that experience pain want relief. After all, no one wants to go through life in discomfort.

But sometimes it can be hard to find a solution. Dr. Pamela Shah Norley, a licensed chiropractic physician, says it may be easier than one thinks.

"In any given day I treat an assortment of symptoms," she said. "Back pain, neck pain, headaches, migraines, pregnancy aches, tingling, elbow tendonitis, carpal tunnel...I've helped a lot of people."

Norley owns Acupuncture & Chiropractic in Lake Villa where she practices treatment programs designed to relieve people from all types of ailments. She offers acupuncture with or without needles, nutritional counseling, vitamin advice, chiropractic adjustments, stress management and several different varieties of physical therapy.

Her goal is to make clients feel better.

"I just wish people would know that they



**ACUPUNCTURE
&
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can feel better," she said. "Person after person is feeling well. This is a very healing profession."

Norley says that evidence supports that chiropractic care provides safe, effective relief from back and neck pain and that acupuncture provides relief as well.

"In the past few years more and more people have been coming for acupuncture," states her brochure.

Though some people may be afraid it, they need not be, she said.

"A lot of people are nervous about acupuncture because they think needles," she said. "You don't have to use needles. You can use a machine."

In as little as three minutes clients may start to feel the relief of acupuncture. Sessions usually run about 12 minutes, said Norley.

She said all of her treatments can help people live better lives. Numerous client letters echo that message. She said most people usually leave her office feeling great.

"They have more energy," she said. "And who doesn't want more energy?"

Acupuncture & Chiropractic is located at 500 Park Ave. in Lake Villa. For more information call 847-265-BACK.

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**500 Park Ave.,
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appointment**

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