

BONEBRAKE CHIROPRACTIC

CENTER

"Low and Non-Force Chiropractic"

Alan R. Bonebrake, D.C.

PHONE FOR APPOINTMENT

Prairie Village Shopping Center - Wichita, Kansas
6109 E. 13th & Woodlawn (316) 681-2207

November 11, 1982

Forrest Monoskie, D.C.

Upper Kings Addition, Rt. 23 East
South Shore, Kentucky 41175

Dear Forrest,

For B.E.S.T. do this:

Divide the head into sections



Side

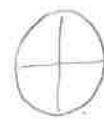


Front

6 Trigeminal
Nerve
Areas



Back



Top

Quadrants

Test each area with first palm, then back of hand
with arm indicator muscle. If weak, hold till strong.
No need to do any of rest of body, as this gets it
all, according to B.E.S.T. Magnificent on erasing
headaches over area held.

Sorry it took so long for the response(I
got involved in a million other things)

Did you get to C.M.A. in Atlanta yet?

Haven't gotten my Common Sense newsletters
back as yet.

New house is real nice. Come see us soon!

How are you and the Mrs.?

Yours in Christ,