



**Dr. Elizabeth Crumbaugh, D.C.**

3737 Elm Street  
St. Charles, MO 63301

**636-329-4567**

[www.livewellstcharles.com](http://www.livewellstcharles.com)

Facebook: Live Well Chiropractic @livewellsaintcharles  
email: [info@livewellstcharles.com](mailto:info@livewellstcharles.com)

Parents,

Many children spend long hours of school or recreational time in stooped and awkward postures. Recent research indicates that spinal health of adolescent students has been worsening over the past ten years.

To combat this trend, just as dentists educate and empower the public to care for their dental health daily, multidisciplinary panels; including a wide range of health care professionals, fitness experts, leaders of World Health Organization and the United State Bone and Joint Decade have developed the ***Straighten Up America*** program. Quickly this program received raving reviews from health experts around the world and has now expanded internationally to Australia, South Africa, and India, in collaboration with the health care leaders of each country.

Please encourage your family to repeat these exercises after long periods of sitting (car ride, school, computer, or T.V.) Posting this on your refrigerator or any visible spot in the house where all can see and be reminded of the exercises will be of great benefit.

*Please Note: This program is simple and fitted for almost everyone, regardless of age or fitness level. However, if your child complains of any pain during the exercise, stop and consult your Doctor of Chiropractic or your regular health care professional.*

*We appreciate the development of this project by Dr. Ron Kirk, a faculty member at Life University in Marietta, Ga. Complementary of Logan University.*

I learned of this initiative to educate, empower and mobilize the public to “straighten up” and care for their posture and spine daily while attending Logan University.

My experiences have given me a great opportunity to learn to care for a wide variety of ailments from which patients of all ages may suffer. My mission is to facilitate the restoration of health through natural chiropractic care, allowing my patients to live their lives to the fullest.

***About Dr. Elizabeth Crumbaugh of Live Well Chiropractic***

Dr. Crumbaugh holds a Bachelor of Science from Northwest Missouri State University in Maryville, Missouri and a Doctor of Chiropractic from Logan University. She grew up in mid-Missouri in a small farming town where she learned the value of hard work and honesty. She has been married for 3 years to her husband Brett, also her high school sweetheart. They have a 1 year old son named Carson along with 2 family pets. Their desire for a “small town feel” in the city has led them to this wonderful community. They could not be more excited to begin serving the community and growing their family here in Saint Charles!