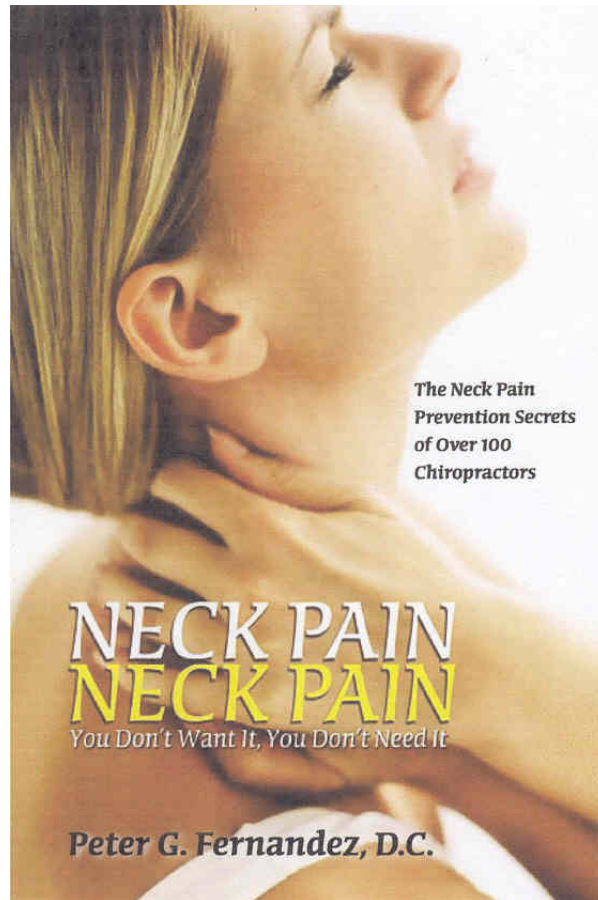


## LOCAL CHIROPRACTOR CONTRIBUTES TO BOOK ON NECK PAIN



Vestavia Hills, AL February 07, 2006 – Dr. Mark N. Berry, a local chiropractor in private practice at Berry Chiropractic, has announced the publishing of “*Neck Pain, Neck Pain – You Don’t Want It, You Don’t Need It*”, the most recent book by nationally published author Dr. Peter G. Fernandez, D.C., in which Dr. Mark N. Berry is a contributing author.

According to the National Pain Foundation, back and neck pain are the most common chronic pain conditions.

Fernandez Press published this first-of-its-kind 316-page book in December 2006. It includes 471 illustrations and sections on reducing neck strains in daily life, neck-proofing your world, and neck strengthening exercises.

Dr. Mark N. Berry, who is *Certified in Chiropractic Bio-Physics* said, “I always encourage people to be proactive about their health. I’ve found that pain – especially neck pain – is one of the few things that motivate people to take immediate action. By educating folks in advance about steps they can take to minimize flare ups, I hope to reduce the physical and mental stress that they experience”.

Berry Chiropractic is located in Vestavia Hills at 1442 Montgomery Hwy.