

In Response to: Hal Bernton's "Weight of the War," (*Seattle Times*, 2.12.2011)

Dear Editor,

As a retired US Army Brigadier General, I read with interest Hal Bernton's "Weight of the War," (*Seattle Times*, 2.12.2011). We cannot lose sight of the burdens our military bear on our behalf. The military stressors of leading in combat, managing high operational demands while supporting tremendous weight in gear, has become a recipe for physical destruction—a new enemy we are not adequately protected from, but can be.

After serving 25 years, I was diagnosed with chronic fibromyalgia – a muscle and connective tissue disorder, forcing me into retirement. The physical stress elevated pains, and my life was quickly absorbed by intense, relentless discomfort.

Upon seeking private care, my wellness was jump-started with the introduction of chiropractic care - - A hands-on treatment responsible for my successful recovery without reliance on prescription medications with their side-effects. The Army did not offer chiropractic services, and still falls short of doing so in their primary-care provider toolbox. Chiropractic care is an essential option for musculoskeletal and chronic pain conditions.

My mission is to enlighten others on the positive influences chiropractic care will have for our national treasures—our military men and women.

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