

In Response to: Hal Bernton's "Weight of the War," (*Sacramento Bee*, 2.19.2011)

Dear Editor,

As a retired US Army Brigadier General, I laud your coverage of the physical burdens placed on our military. The daily military stressors associated with commanding in combat and managing high operational demands are further exacerbated by straining to support the tremendous weight of gear.

As a result, our soldiers are at increased risk for physical destruction—a new enemy from which they are not adequately protected. However, there is one option that offers a solution: chiropractic care.

My personal experience validates this approach. After serving 27 years, I was diagnosed with fibromyalgia - a muscle and connective tissue disorder that forced me into retirement. I endured daily stress and pain, and my life became consumed with intense, relentless discomfort.

With the Army limiting health remedies to a variety of prescription pills -- many of which came with side effects -- I sought out the private care of a chiropractor.

Fortunately, the introduction of chiropractic care launched my recovery and has allowed me to live pain-free without reliance on prescription medications.

Today, the Army still falls short in offering chiropractic to our military. My mission is to enlighten others on the positive influences that chiropractic care can offer our soldiers.

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