

In Response to: [Understanding Pain, Health Issue](#) (*TIME*, 3.07.2011)

Dear Editor –

As a retired US Army Brigadier General, whose daily battle also included mitigating the impact of fibromyalgia, the chronic muscle and connective tissue disorder, I read in entirety your treatise on "Understanding Pain," (*TIME*, 3.07.2011). After serving 25 years, including assignments in Iraq and Afghanistan, the draining physical and emotional stressors associated with military life intensified the aches and pains of fibromyalgia. I was forced into retirement.

While the article highlighted the need for preventive care, it failed to mention one of the most effective courses of treatment: chiropractic care.

Thankfully, I was able to access chiropractic care on a private basis and attribute my nearly pain-free recovery from fibromyalgia -- and successful elimination of prescription medication reliance -- to chiropractic services.

Now, my life occupies that of a different crusade: to enlighten others on the benefits of chiropractic care as a treatment option. Chiropractic is applicable to not only my fellow military personnel, but also the millions of Americans battling chronic pain.

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