

# HEALTH & LIFESTYLES



Retired General Becky Halstead



## A Life Changing Experience

By Sandy Zimmerman  
Las Vegas Tribune  
Photos by Becky Halstead

I always thought of generals as men until I met Retired General Becky Halstead.

Becky explained, “The army has been a way of life for me. Very few females become generals. I graduated from West Point in 1981 and was commissioned as a Second Lieutenant in the Ordnance Corps-Weapons for 27 years. Later I planned to leave the army because I suffered from a chronic pain illness called Fibromyalgia.”

Fate interceded and changed Becky’s life. She traveled to West Point to appear as guest speaker and met Dr. Carol Ann Malizia, a chiropractic physician. Carol Ann’s sister and Becky were West Point graduates in the same class.

Carol Ann asked, “Your mother mentioned that you have Fibromyalgia but you do not have to live in chronic pain.”

Becky had been to chiropractors before and experienced how it felt to get adjustments and found relief.

“I don’t go often because it was not included in my military health care plan.”

Carol Ann decided, “I’m going to help you.”

Becky said, “That’s great but I’m going to Iraq tomorrow.”

Finally three years later when Becky retired, Carol Ann found her. “I told you I was going to help you.”

Becky began to see Carol Ann routinely. She took a combination of supplements and restored the functionality to her nervous system through the adjustments of her spinal cord. “I changed my nutrition and developed new habits while breaking old habits.

When I left the army, I had 15 different prescriptions for pain and sleep. Today three years after retiring, I don’t take any pills. Pills mask the symptoms but do not change the problem. You feel better for a moment in time but there were so many side effects. I have good genes and plan to live to be 100. Think of all of the tax payer’s dollars to put somebody on so many drugs for so many years.



This has almost been a miraculous story but the good news is it is not a miracle. It is available to everybody and anybody to make chiropractic part of their health care program.

I was depressed because I thought I was going to have to live my life with this disease. I am an example of what could be done. The difference is that I lived the challenge.

I was a soldier my whole life until I went on this new journey and speak on leadership now in my own company.

I always thank the men and women who support our people in the military. The chiropractic profession does that. They give free services to our men and women in the military.

Because we’ve been way too slow to resource the benefit that man and women have. They are supposed to be allowed to go see chiropractors, it was passed by congress, but they have not put chiropractors in all of our VA treatment facilities and in all active duty treatment facilities yet. Until we’ve done that we have not fulfilled our

leadership responsibility. If you want to help them see a congressman and ask aren’t our men and women getting these benefits? I’m not a chiropractor I’m a satisfied patient, a beneficiary of their talented hands, minds, and hearts. Go find yourself a chiropractor and

change your life!” General Becky Halstead is associated with the Foundation for Chiropractic Progress. Visit [www.f4cp.com](http://www.f4cp.com) or [www.beckyhalstead.com](http://www.beckyhalstead.com).

(Check with your medical doctor before beginning any new treatments or therapies.)





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