

Dr. James Cranford

## Chiropractic clinic tries to help human bodies heal naturally

BY JULIE STAMPER  
Correspondent

The body is meant to heal itself when the nervous system is functioning correctly. This simple statement guides Dr. James Cranford Jr., a Doctor of Chiropractic who has been practicing in Edenton for five years.

"The nervous system controls everything in your body. When your body is misaligned, it exerts pressure directly on nerves. This is a disharmony in your body. It can cause headaches, heartburn, carpal tunnel syndrome," as well as lower back pain, the biggest reason people go to the chiropractor, according to Dr. Cranford.

Using very high tech equipment and manual manipulation of a patient's body, generally the spine, Dr. Cranford is able to realign the bones and ease the pressure on the nervous system. This in turn allows the nervous system the freedom to make the body healthy.

Dr. Cranford acknowledges that some are still skeptical about the benefits of chiropractic but notes, "The profession is 106 years old. It is accepted by medical doctors. I get a lot of referrals from local physicians. I see people coming in here in a lot of pain, but I see a lot of smiles when they leave."

He also quotes a statistic that 80 percent of all arthritis is biomechanically induced, meaning that arthritis is not an organic disease like the flu but rather is caused by a breakdown in the joints which can

be prevented.

Dr. Cranford also admits that chiropractic is not for everyone.

"We can't cure cancer," he says. "Some things are just better treated by medical professionals. I also get people in every day that have nothing wrong with them. I send them home."

Born and raised in Edenton, Dr. Cranford decided to become a chiropractor after suffering from migraines and getting relief from chiropractic treatment.

"I wanted to help people. I thought if it helped me that much, I could use it to help others."

And to those who remain unsure, he says simply, "You never know until you try it."

## BB&T announces acquisition

BB&T Corporation, based in Winston-Salem, completed late Thursday its acquisition of Winchester, VA-based F&M National Corporation.

The \$1.18 billion transaction, accounted for as a pooling-of-interests, expands BB&T's presence along the Interstate 81 and Interstate 95 corridors into northern Virginia and the economically strong markets of Richmond and metro Washington, DC.

The F&M National market area includes northern, central and southern Virginia, including the Shenandoah Valley; the eastern panhandle of West Virginia; and Montgomery and Prince George's counties in Maryland.

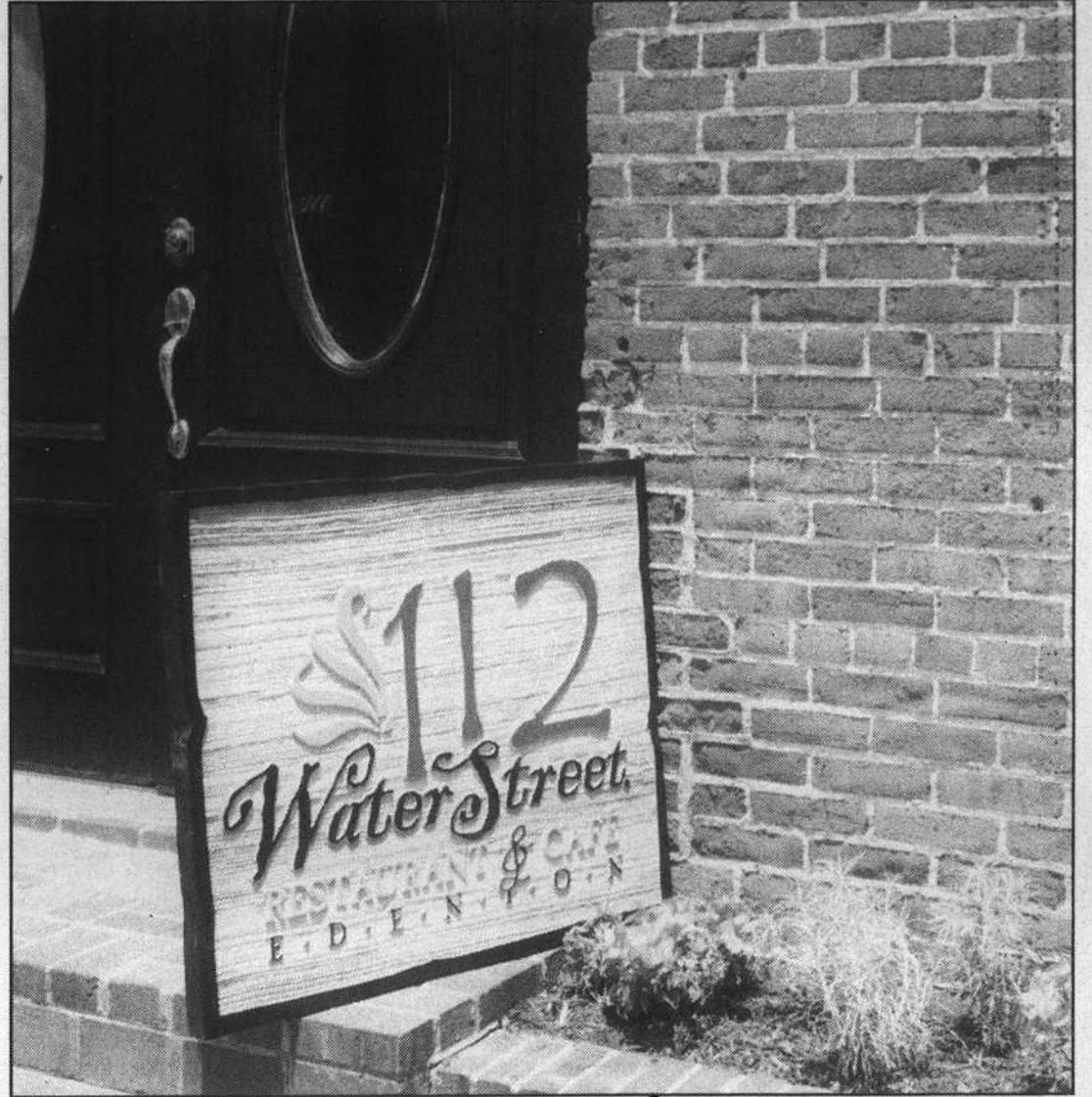
F&M will assume the BB&T name at systems conversion scheduled for mid-March 2002.

## Alltel doubles capacity of its NC networks

ALLTEL, based in Charlotte, NC, has invested more than \$27 million to double network capacity in North Carolina. Network enhancements are on schedule for ALLTEL's Raleigh, Rocky Mount, Greenville, Wilson, Charlotte, Greensboro and Hickory areas.

"We are adding hardware and software in order to accommodate more and more customers," said John Koch, president of ALLTEL's Southeast Region. "Network capacity has been practically doubled in the Charlotte and Rocky Mount areas."

The upgrades are expected to be complete in August for Greensboro and Raleigh.



## Open for business

The 112 Water Street Restaurant & Cafe in downtown Edenton will be the feature of an upcoming story on the Chowan Herald's business page. The eatery is managed by noted area chef Nancy Hagan. (Chowan Herald photo)

Business news and photos may be submitted for publication by sending them to the Chowan Herald Editor, PO Box 207, Edenton, NC 27932 or bringing them to our office in downtown Edenton.

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## Anniversary Observance

Chowan Credit Union celebrates 60 years of service to the citizens of the Albemarle Area on Friday, August 24, 2001. Our members and prospective members are invited to stop in at 405 South Broad Street in Edenton to share in this special celebration with the staff and board of directors.

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## INSIGHT INTO EYESIGHT

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ANISEIKONIA

ANISEIKONIA means that there are unequal sized or shaped images sent to the brain from each eye. For normal, comfortable, binocular vision, the difference cannot be more than three or four percent. A greater amount can produce symptoms of mild to severe headaches and even double vision.

When the prescription for lenses in the two eyes differs drastically from lens to lens, aniseikonia is a probability. Sometimes the very glasses which correct other vision defects will produce the condition. That being the case, you would

be tested for aniseikonia. Unfortunately this doesn't always happen.

This is too bad, because the symptoms of this condition can be relieved readily with special glasses or contact lenses. The most important thing is detection. It has been estimated that there may be millions of people who suffer the discomforts of aniseikonia without even knowing it.

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