

# CHIROPRACTIC

## NATURAL HEALTH™

Volume 19, Issue 2

# STOP "Whiplash" PAIN!



## Check Your Whiplash Warning Signs:

- Headaches
- Dizziness
- Vision problems
- Arm/shoulder pain
- Mid-/low-back pain
- Numbness in hands/fingers
- Stiff neck
- Nausea

**Q:** *Is there any proof that chiropractic really helps heal whiplash injuries?*

**A:** Yes, there is a wealth of excellent research that supports the effectiveness of chiropractic care for this type of injury. One study published in the prestigious journal *Injury* showed that 93% of the subjects evaluated *improved following chiropractic care!*

**Q:** *Won't my symptoms of whiplash go away eventually?*

**A:** Every patient is unique. However, one published report from John Radcliff Hospital in England showed that 85% of patients who still had symptoms three months after the initial whiplash, remained symptomatic for two years.

**Q:** *What are the long-term consequences of whiplash?*

**A:** Failure to treat whiplash early on sets the stage for developing arthritis, chronic pain and possible disability later in life. A recent Canadian study used health surveys to correlate a "history of neck injury from motor vehicle crashes" with chronic neck pain and other health effects.

The authors also looked at allergies, breathing disorders, heart disease, digestive disorders and low back pain. Interestingly, these complaints were *nearly double* as compared to those without a history of neck injury. The overall health was also compromised in the neck injury group.

## Benefits of Chiropractic Care:

- Relieves pain without drugs or surgery
- Improves flexibility
- Restores muscle strength
- Enhances muscle tone
- Breaks up scar tissue



*Please turn the page to read more questions and answers about whiplash!*



continued from page 1

## STOP "Whiplash" PAIN!

**Q:** *There's no damage to my car and I have no symptoms. Why do I need chiropractic?*

**A:** In low impact collisions, there are usually no skid marks and minor or no visible damage to either vehicle. Yet, crash tests show that a vehicle traveling 2 to 5 mph can still produce a whiplash injury!

Vehicle damage may not occur until speeds reach 8.7 mph. However, before that level of speed is reached, the sudden thrust of the neck backward and forward can cause muscle tears, vertebral misalignments and more!! You can have a whiplash without any immediate symptoms. They may appear days or weeks later. ♦



*Let us address your whiplash injury so you can feel better faster! Call now!!*



# WA WI Ca Spinal

**F**asten your seatbelt. A that **DRIVING** dispo operators to low back pain and degeneration! That's right...*driving*...we're not even talking about being involved in an accident here!!

A newly published r journals, automotive e and the National Lif determined that di threat to spinal l

So wha driving?

F ca

## "Chiropractic Helped Me Win the Battle Over Pain!"

by Samuel King

**D**uring a routine infantry tactic, I jumped out of the helicopter and hit the water pretty hard. When I came up, I was already hurting.

I went to see a medical doctor and he prescribed pain medications. At first they took the edge off the pain; however, they did *nothing* to correct the problem.

While the back and neck pain was my main concern, I was in pain all over. I could hardly function at work. I couldn't sit in class due to the back pain. Running would leave me in severe pain the next day. And



I couldn't find a comfortable position to sleep.

I was gaining weight and was no longer feeling in top physical condition. As each month passed, I just hoped things would get better. But they didn't.

I had been to a chiropractor when I was younger and I thought I'd give it another try. The chiropractor pinpointed exactly which muscle groups were damaged and worked on correcting the resulting spinal misalignments.

I was also educated on how to better care for myself by keeping up with the stretching exercises. My flexibility improved almost immediately!

Within a month, the chiropractic adjustments definitely eased the pain. Within three months, I felt great and continued my program for three additional months to fully heal.

Before chiropractic, when bending over I could barely touch my knees. At the end of my six month chiropractic program, I was able to bend over and touch the floor! I was able to run again and resume my work. The best part—thanks to chiropractic, I was in great shape to begin my basic Army training!! ♦





Dr. Alan Juel

C09881  
Dr. Alan Juel  
Juel Clinic  
2720 W. Main  
Rapid City, SD 57702-8126

**DATED MATERIALS  
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U.S. POSTAGE  
PAID  
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**TTT-18**

Third Tuesday Tune-Ups - \$18  
I will dedicate the Third Tuesday of each month to TUNE-UPS - a health and wellness program designed to keep you moving and feeling your best. As it is maintenance, it is not covered by health insurance. I want to make it worthwhile for you to plan ahead. Call now for your TTT-18 appointment for February 21 or March 21.

**How Chiropractic Can  
Help Scoliosis!**

Everyone's spine has a natural *front-to-back* curve.

An abnormal curvature of the spine that has an "S" shaped appearance (when facing the back) is referred to as *scoliosis*.

The curve may worsen in time and eventually cause back pain, fatigue and restrict normal activity.

Severe scoliosis can even affect vital organs and interfere with breathing and circulation. Doctors of Chiropractic are trained to identify and manage problems relating to the spine.

Once a proper diagnosis is made, a series of spinal adjustments and specific exercises may help to *prevent a worsening of the problem*. **CALL NOW!**

**Our Gift To You!**

**COMPLIMENTARY**

Exam and Consultation

*Chiropractic offers relief from...*

- Dizziness
- Neck Pain
- Joint Stiffness
- Disc Problems
- Muscle Tension
- Back Pain
- Leg Pain
- Shoulder Pain
- Wrist Pain
- Headaches

No Cost • No Risk • No Obligation

*Transferable. Please share with your family or friends! Offer expires 3/31/06.*

**Call Now!  
348-5134**

**Juel Clinic**

Dr. Alan Juel

Dear Friend,

**Roughly 48 Million People Suffer from "Chronic Pain"! Are YOU One of Them???**

If you have neck, shoulder, arm, wrist, leg, back or head pain, you've come to the right place! **Chiropractic** is proven, safe and effective **NATURAL PAIN RELIEF!**

In fact, **patients keep coming back year after year because chiropractic works!** You might be thinking, "If it works so well, why are they coming back again and again?"

As you know, even your automobile requires "return visits" to the garage for routine maintenance and repairs!

Consider us the "garage" for your "spine." How much more valuable is this "piece of equipment" that allows you to **COMFORTABLY stand, sit, walk, run, bend, lift, exercise, travel, work and play!**

There's only ONE WAY to find out if this **PROVEN, NO-DRUG, NO-SURGERY ALTERNATIVE** can work for you. Call our office today! And please, share this exciting newsletter with your family, friends and co-workers NOW!!

**Yours for Natural Health,**

*Dr. Alan Juel*

2720 W. Main • Rapid City, SD 57702-8126 • 348-5134

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