

# Chiropractic

NATURAL HEALTH™

Vol. 25, Issue 11

## Thankfully, You Can Get Rid of "DISC PAIN"

## and Regain Your Health!

**T**he health of your discs *will* affect your daily activities—and the way you feel!

Joint stiffness, numbness, tingling, or radiating pain down your arm or leg could be signaling that your discs are in big trouble.

Whether your discs have been injured but are still intact...or you're in agonizing pain from a torn disc... untreated disc disease can lead to irreversible damage and disability. **Don't wait until you're in pain to call us!**

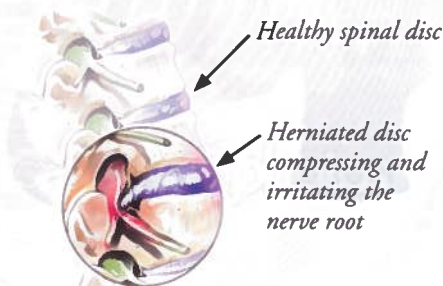
Our training and experience put us in a unique position to **effectively treat your disc problems!**

### Avoid Spinal Disc Degeneration!!

Your discs are made up of "living cells" that need oxygen, water, and nutrients to survive. Discs can't rely on blood vessels to transport these

elements, so your joint movement has to get the job done.

Without proper joint motion and adequate lubrication, those cells, literally, die off! As your discs degenerate and thin out, there's less space to cushion two opposing vertebrae.



This narrows the opening through which your nerve roots pass and can cause severe pain, especially if two vertebrae rub together!

### If You Don't Delay, Your Discs Can Heal!

Your discs are comprised of a tough outer casing and a gel center for optimal shock absorption. Aging, trauma, and disc dehydration can leave your discs brittle. As the outer disc wall weakens, the gel center can break through, or herniate, and irritate nearby nerves.

It was once believed that if you had a herniated disc, it was permanent. However, **MRI studies have shown that Chiropractic care can reduce the size of a disc herniation!**

**Chiropractic adjustments are not only proven safe for the treatment of disc problems, but they can also be essential to avoid surgery.** We can help you and your loved ones avoid that fate. **CALL NOW!!**

**INSIDE...**

Discover the "missing piece" to your joint pain "puzzle"!





# "Joint Play"

## Could Be Your Missing Piece to the Puzzle!

**A**re you fed up with nagging neck, back, leg or hip pain? Stop pulling your hair out wondering how to get relief!

We understand how complex joints work. That's why we can unravel the mystery of why yours may not be functioning properly.

**Let's face it:** Everything you do is more enjoyable when your joints can rotate, flex, slide and twist with ease! **Spinal adjustments help your nerves, muscles, and bones work together to achieve pain-free movement.**

**Routine spinal care helps keep you structurally balanced so your joints move**

**comfortably in all directions,** including your "reserve motion", also known as "joint play."

### **You Get MORE than Pain Relief!**

To better visualize "joint play", try this. Observe how far back you can move your index finger without any help from your other hand. Now gently press down and bend it slightly back just beyond that point.

That extra range of motion should give you an idea of the joint play found within your spinal joints.

The problem is, without a full range of motion, spinal joint play is absent. And the resulting lack of circulation causes the fluids within your joints to

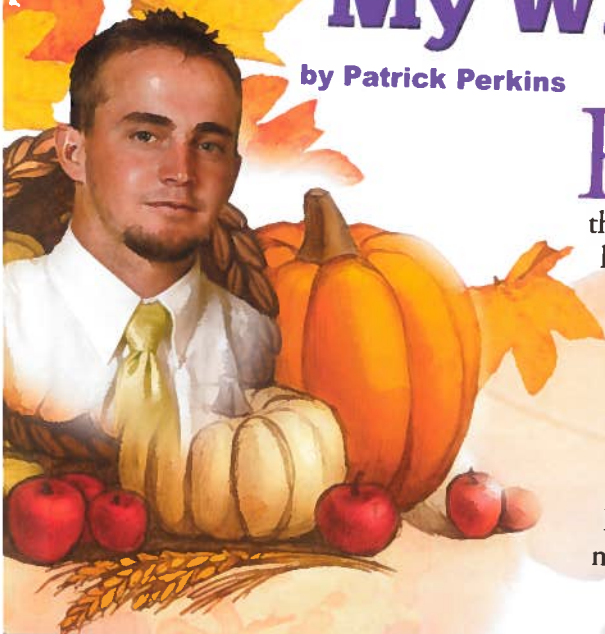
change from a slippery to a sticky substance. So instead of gliding, your joints become "fixated" or locked.

Joints that are "stuck" will eventually hurt. But you won't feel anything during the initial loss of joint play. And it won't appear on an X-ray or MRI either. Yet, the sooner you get started on your Chiropractic program, the better off you'll be!

**Call now before joint problems interfere with your daily routine at the gym, at home, work, school or while traveling. Don't put it off another day! ❖**

# "My Chiropractor Relieved My Whiplash PAIN!"

by Patrick Perkins



**R**ecently I was in a small car accident and really didn't think much about it after it happened, until I started experiencing severe neck pain a short time later!

At first, I thought I may have just slept on it wrong but when the pain didn't let up for days, I knew something else might be wrong.

Luckily a friend at work put two and two together and thought I might be suffering from whiplash. He referred me to his Chiropractor.

After a spinal exam and consultation, the Chiropractor determined that I was suffering from neck pain due to whiplash.

They were able to put together a treatment plan for

my injuries, **Sooner than feeling better the car accident**

I am so grateful for my Chiropractic care. I found that **it is actually very effective**

Now, I feel better and friends!

# An X-Ray or MRI

## May NOT Tell Your "Whole Story!"

**W**e all know that imaging diagnostics have revolutionized healthcare. But don't stop your Chiropractic care or opt for surgery—solely on the basis of an MRI or X-ray findings!

X-rays can detect skeletal abnormalities such as spinal misalignments, arthritis and bone spurs. And MRIs are instrumental in finding soft issue abnormalities involving nerves, discs, muscles, ligaments and tendons.

However, not every abnormality detected on an X-ray or MRI is necessarily the source of your pain—or justification for surgery!

The *New England Journal of Medicine* published a study citing that **28 percent of the participants whose MRI results showed disc herniation, never actually suffered from back pain!**

Plus, research proves that MRIs cannot reveal the healthy-looking discs that are actually causing pain.

That's why you need a **comprehensive spinal exam and a personalized program of Chiropractic care.**

**We Customize Your Care to Your Needs!**

Your age, symptoms, exam findings, and the duration and severity of your condition, can often be more telling than the story from your MRI or X-ray images alone!

So although an MRI can certainly be a helpful diagnostic tool, it shouldn't drive your treatment plan! The results are useful only to the degree with which they relate to other tests and your overall clinical picture.

**Chiropractic can address problems early on, often before they're detected on an X-ray or MRI.** Early correction of the cause of the problem can help eliminate the need for costly, and sometimes risky, drugs, surgeries and diagnostic tests. ❖

**Call us TODAY to schedule a full spinal evaluation!**

**W**e are so thankful for patients like you! It's a pleasure to serve all of your Chiropractic needs.

Please let your friends and family know about us and the many health benefits that we can bring into their lives as well!

*Happy Thanksgiving to You and Your Family...*

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r all of my family



## To-Your-Health Tuesdays - \$20

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, so you receive a preferred rate.

**Call NOW** to make an appointment for **November 20th or December 18th!**

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## Quotable Quotes!

*You already have the precious mixture that will make you well. Use it.* ~ Rumi

*You cannot solve problems with the same level of thinking that existed when the problems were created.*  
~ Albert Einstein

*Our bodies are miracles, not because they defy laws of nature, but precisely because they obey them.* ~ Harold S. Kushner

*Health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.* ~ World Health Organization

*Attention to health is life's greatest hindrance.* ~ Plato

**For Hands-On Holistic Care,  
Give Us A Call  
TODAY!**

## No Charge

Half-Hour  
Massage for  
the Referral  
of a Friend!



*Let us know whom you referred so we can schedule you for your massage. Offer good for 30 days.*

**Call Now!  
348-5134**

**Juel Clinic**  
Dr. Alan Juel

Dear Friend,

**The Fastest Man On Earth Uses Chiropractic!**

**Bolt**...now that's certainly a fitting name for the lightning-fast record holder and four-time 2012 Olympic gold medalist! Who can forget that blazing victory race clinched by the 26-year-old Jamaican sprinter, **Usain Bolt!**

Did you know that he's an avid Chiropractic patient? In fact, several 2012 Olympians get regular Chiropractic care to prevent injury and increase their performance.

**The same way Chiropractic can help athletes stay fit and healthy can also help you!**

Let us relieve your back, leg, neck, hip or wrist pain and headaches, *naturally*, so you can perform your everyday activities without discomfort.

The holidays are here! We'll help you **stay healthy!** Please share this with your family and friends. **CALL NOW!!**

**Happy Thanksgiving to You and Your Family,**

*Dr. Alan Juel*

We also accept:



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