

Chiropractic

NATURAL HEALTH

Vol. 26 Issue 2

Medical Studies Show

Chiropractic Relieves Whiplash!



There are approximately 3 million whiplash injuries each year in the U.S. They occur most often in rear-impact, low-velocity vehicle collisions—**under 10 mph!**

According to a study by the *Insurance Institute for Highway Safety*, the largest category of injury-causing, rear-impact crashes occurred in the “no vehicle damage” category.

That’s why you can’t assess the damage done to your body based on the damage done to your car!

After a whiplash you may feel “dazed,” but you may not experience pain right away. **Early stages of injury occurring at the cellular level may not produce noticeable symptoms.**

Yet, getting Chiropractic care within those first two weeks is critical to optimal recovery—even if you have no pain. The sooner we can get your spine moving normally, the better you’ll heal!

We Can Help “Old” and “New” Injuries!

Untreated, nearly half of those injured in a rear-end, low-velocity collision will develop long-term pain. **About 10 to 12 percent of whiplash victims will become partially or completely disabled.**

Luckily, if you or someone you know still has headaches, neck pain, or other lingering symptoms, we can still help you beat the odds!

In one orthopedic study of whiplash patients who had not benefited from traditional medicine, **Chiropractic was found to be 90% effective in relieving their chronic pain.**

Your Well-being is Our Priority!

Because Chiropractic curriculums focus on neuromusculoskeletal conditions, **we are well equipped to relieve your whiplash injury.**

On the other hand, medical schools and osteopathic schools provide little training in the diagnosis of musculoskeletal conditions.

In fact, a recent study showed that 79 percent of medical students, residents, and staff physicians actually failed a standardized musculoskeletal exam!


Whiplash is a spinal injury. We’re your spinal experts.

We’ll work closely with your health-care team. Call today!

Inside...

How to recognize the symptoms of whiplash!

We Get Rid of **Whiplash PAIN!**



No drug, injection, or surgery can correct vertebral misalignments and other structural problems caused by whiplash. That's exactly what Chiropractic can do for you.

Popping pills like candy will do nothing to help your recovery and only masks your symptoms.

Every year, tens of thousands of patients are hospitalized with stomach bleeding and other adverse drug reactions after taking non-steroidal anti-inflammatories (NSAIDs). Other drugs can lead to dependency problems and serious or potentially fatal consequences.

***We Have "PRECISELY"
What You Need!***

Precise Chiropractic adjustments help realign your

spine, restore normal joint motion, and **relieve your pain safely and naturally.**

Nearly all tissue, including muscles, ligaments, soft tissue and bone can be a source of pain. The most offending tissue in the case of chronic neck pain or back pain after a whiplash injury, are your facet joints.

Physician and scientist, Nicholai Bogduk, has demonstrated that the source of pain for more than **60% of chronic whiplash victims is the facet joint.**

The good news is that specific **Chiropractic spinal adjustments are highly effective in relieving facet joint pain.** According to world-renowned whiplash expert Dr. Arthur Croft, "Whiplash and mild traumatic brain injury often coexist."

Areas of Pain Resulting from Whiplash



After all, your head movement is accelerated forward in a rear impact collision—your brain is literally pushed forward by the back of your skull!

In a whiplash injury, these forces overlap and quickly reverse, affecting different parts of your body. It's not

uncommon to experience neck stiffness and pain, headaches, shoulder pain, as well as mid-back and low-back pain!

Spinal adjustments help re-establish normal joint alignment, function and mobility in all affected areas. ❖

(Source: Arthur C. Croft, Ph.D., D.C., M.Sc., M.P.H., Whiplash and Mild Traumatic Brain Injury)

Whiplash Symptoms


Headaches
Neck pain, stiffness
Dizziness



Weak, sore muscles
Back pain
Heaviness in arms or legs

***We Love Helping Your
Friends and Family!***

Thank you for your referrals!



Why risk an Epidural Injection Gone Wrong?

Regular Chiropractic care has been proven to reduce inflammation safely, effectively and affordably for all types of musculoskeletal pain! **Proper spinal alignment helps remove nerve irritation and aids in the healing of inflamed tissue, naturally.**

So why would anyone opt for an epidural steroidal injection (ESI) to reduce inflammation when these shots are costly, unproven, invasive, and downright dangerous?

Many are asking the same question, especially since ESIs made alarming headline news last fall after 14,000 people were exposed to mold-contaminated steroid injections.

The resulting outbreak of fungal meningitis is blamed for the deaths of 25 people and for sickening 338

others—most of whom were being treated for back pain.

Chiropractic Works & It's Safe!

With ESIs, there's always a danger of contamination or the risk of a misplaced needle causing horrific consequences—not to mention an adverse reaction to the drug or preservatives.

ESIs are not the same as an epidural anesthesia given prior to childbirth. ESIs are most often used for back pain; however, they are also used for neck pain.

Both methods of injecting steroids carry risks. However, of particular concern is the method that brings the needle dangerously close to critical arteries that feed the spinal cord.


In one study, 78 patients who got shots in the cervical spine suffered serious injury; including stroke, seizures, excessive bleeding, neurological damage and there were 13 reported deaths!

Be Informed!

Chiropractic supports your body's healing mechanisms with proven long-term results. Steroid injections don't heal or repair damaged tissue at all and offer only temporary relief.

Most of us know someone living in pain who has had—or plans to have—an epidural steroidal injection and has never tried Chiropractic. Please share this article! ❖

"It Really Works!"



For about two months, I'd wake up every morning hardly able to move my neck. Then it would get better as the day progressed. I figured it would eventually go away. But it didn't!

I assumed the pain was from sleeping on a soft mattress. But when the pain became persistent and started interfering with my daily activities, I had to do something. So I tried Chiropractic.

I didn't have any other type of treatment so I know that Chiropractic care relieved my pain! **After the third adjustment, I was already feeling so much better.**

Now that I've nearly completed my program, I'd have to say that I'm 90% better. I'm back to playing sports, exercising and fishing—none of which I was able to do before having my spine adjusted.

The staff was fantastic! **I'm happy to tell others about my great experience!!** ❖

by
Kraig Chiles

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 **February 19th or March 19th!**

Relief From Shoulder Pain!

If shoulder pain makes you think twice about doing something, call us before it gets worse! You appreciate your shoulder most when you can't use it as you normally do.

Shoulder pain can be deceiving... and complex. We understand these complexities. Our goal is to find out what's causing your pain and inflammation—and correct it!

Whether you or someone you know is suffering from the misery of a "frozen shoulder," tendonitis, a rotator cuff strain, or any other type of (non-fracture) shoulder pain, give us a call.

Shoulder pain often responds very well to a Chiropractic program!

**Schedule Your
Chiropractic Exam 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**

C09881

Dr. Alan Juel
Juel Clinic
3202 West Main, Suite D
Rapid City, SD 57702-8126

PRSR STD
U.S. POSTAGE
PAID
DCM

Juel Clinic

Dr. Alan Juel

Dear Friend,

**Don't Take "Whiplash" Lightly!
It Takes A Heavy Toll!!**

If you lie on your back with your head extended over the edge of a table, you'd feel the effects of **1G**...the Earth's gravity acting on your head. There, the average human head weighs about **10 pounds**.

Human crash tests conducted by the *Spine Research Institute of San Diego* show that in a rear end collision, that force can increase to **12 times that of gravity** in low velocity impacts of **under 7 mph!**

That's equivalent to a force of **120 pounds pushing backward** on your forehead in the blink of an eye!

This enormous, sudden load can injure any element of your neck and elsewhere along your spine.

Restored motion is the key to healing from whiplash and other musculoskeletal injuries! **We can help** you and your loved ones recover naturally. **CALL NOW!**

Yours for Natural Health,

Dr. Alan Juel

We also accept:



3202 West Main, Suite D • Rapid City, SD 57702-8126 • 348-5134