

CAUTION: Call 911 Or Go To An Emergency Facility If You Are Experiencing Loss Of Bladder Or Bowel Control.

## **CONFIDENTIAL REPORT:**

# **“Finally, a Breakthrough For Neck & Back Pain”**



*Here is the FREE REPORT that you requested!*

Dear Sufferer,

There is a very good reason why thousands of *former* neck & back pain sufferers are calling non-surgical spinal decompression the “eighth wonder of the world.” So, unplug the phone, turn off the television and go to a quiet place with a pen and paper. Read this ENTIRE report, cover to cover. This will be the most important report you will ever read, and this report will provide you with all the information you will need to make the decision that is BEST for YOUR back pain! This report will expose the myths you may have heard and give you ALL the facts... based on science, statistics and research... no opinions. This may change your life. Good luck!

This amazing new medical breakthrough is responsible for cracking the neck & back pain code for hundreds of thousands of **FORMER** pain sufferers world-wide. Many previous sufferers have tried *everything* and were thought to be hopeless cases. So many were told- “*We’ve done all we can do for you, and you’re just going to have to live with the pain,*” and are now pain free!

**KNOW THIS:** This report is more than just how OTHER people solved their back pain. **MUCH MORE.** It reveals exactly how YOU can too.



**Imagine:**

- ... living the rest of your life pain free.
- ... waking up tomorrow morning with your neck or back pain GONE.
- ... how much easier your life would be if you could just be pain free.

**There really is an easy way. In this report, we will reveal to you how you can become pain free... once and for all!**

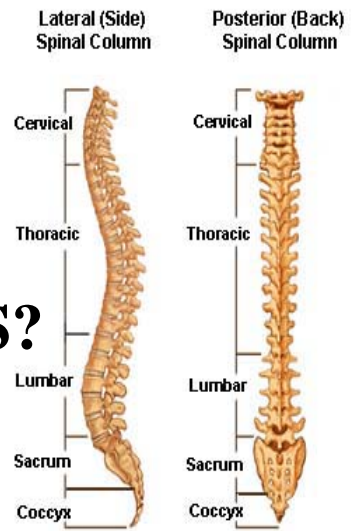
If you are **seriously motivated** to finally put an end to your agonizing back pain – *naturally* – without drugs or surgery, this will be the most exciting and important report you ever read. Why?

Many modern doctors are saying this amazing technology has revolutionized neck & back pain treatment and may make spinal surgery (*and other neck & back pain treatments*) way less popular, and even *obsolete* in most cases!

Countless failed neck & back surgery patients have *finally* found relief after surgery didn’t help. With this new technology, it’s obvious they may have *never* needed surgery in the first place.

**What you MUST know about HOW your neck & back works that will enable you to make the RIGHT decision for *your* neck or back pain...**

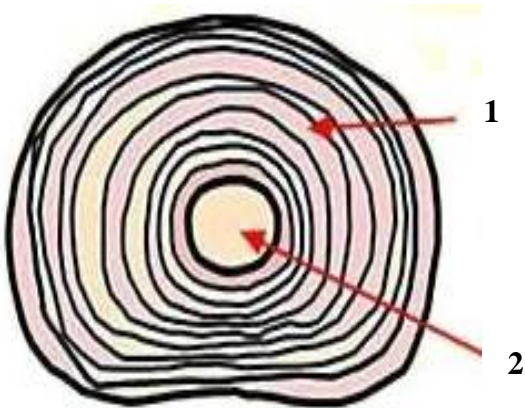
Imagine your spine as a bunch of blocks stacked on top of each other, 24 blocks to be exact (*Your low back has 5, your mid back has 12, and your neck has 7- See picture to the right*). In between each block is a disc, the discs are incredibly important.



## What's so important about the DISCS?

These discs are avascular, meaning they **don't have an independent blood supply**. So, when injured or worn out, they don't heal well on their own. For instance, if you cut your finger, blood comes and heals your injury- your discs can **NOT** do that!

View of a spinal disc from above



1. Annulus Fibrosis

2. Nucleus Pulposus

The outside of the disc is made up of tough fibers called the annulus fibrosis (or "rings") and the inside has a soft, jelly like substance... the nucleus pulposus. (*see image to the left*) These rings are very important, as they are the strength that keeps the inner substance inside.

When you have an injury or abnormal stresses on the spine for ANY reason, one or more of the discs will have abnormal mobility. This can excessively wear on the discs and prohibit the essential exchange of oxygen, nutrients, and waste products. When your disc is injured or torn, the jelly like substance on the stick or protrude out. This is often called a herniated disc.

If the outer material is not torn, discs can bulge – without herniating. Kind of like if you step on a balloon and it doesn't pop. The balloon bulges out to one side or the other without the rubber breaking.

**Whether bulged or herniated...**

**The Result:** Degeneration, and breakdown of the discs. The discs lose height and begin to protrude, then bulge, and may even herniate! When a disc protrudes (*mild*), bulges (*moderate*), or herniates (*severe*) it does so in the direction of the nerves! (*see image on the right*) In fact, these discs can actually PINCH THOSE NERVES and can cause pain, numbness and weakness in your neck or back, down your arms or legs, and even into your fingers or toes!

Those injured discs will cause inflammation and swelling of the nerves and ALL tissues surrounding the discs, including muscles. Making muscle spasms a possible symptom with disc injuries. When a disc bulges or herniates it alone is a MAJOR cause of neck & back pain. It can also pinch the delicate nerves that pass by as they come out of the spine.



**That is What Can Cause Radiating Pain... Or... Pain, Tingling And Numbness Going Down Your Arm Or Leg And Possibly Into Your Fingers Or Toes!**

This is often referred to as sciatica, radiculopathy, or radiating pain (*or numbness, tingling, weakness...*)

# How Do Discs Heal?

Your discs require proper motion of the vertebrae above *and* below each disc, and with that motion your discs exchange oxygen and nutrients and rid themselves of unwanted waste products- which if kept inside the discs would cause pain, destruction and degeneration of the discs themselves.

**You have EXACTLY 7 OPTIONS For Your Neck or Low Back Pain...  
Which some of you have already tried, and I'll talk more about that later.**

Unless you choose to live with your pain, you have EXACTLY 7 options for your neck or low back pain:

1. **Medication**- Whether you take medication over the counter or prescribed... orally, by an injection or topically (rubbing in on your skin)... it all works the same way. Medication *may* temporarily ease pain and inflammation in the tissues surrounding the discs, but because discs don't get an independent blood supply, medications will do NOTHING to heal the CAUSE of your pain- The discs themselves and/or the forces which caused the discs to become injured in the first place.



**IMPORTANT NOTE:** Medications for Neck or Low Back Pain (pain medications, anti-inflammatory medications, muscle relaxers, and even “over the counter medications” ...) should be used ONLY on a temporary basis due to the extremely significant and well documented hazardous side effects to the liver, kidneys, stomach, and intestines (just to name a few). Please consult your medical doctor about ALL possible side effects BEFORE you consider taking medications for your pain... Particularly if you take multiple medications. Your health is too important NOT to heavily weigh ALL of your options.



2. **Massage**- Massage is effective with muscle pain and dysfunction, and in some cases massage may ease your pain temporarily, however massage simply can do nothing to change the cause of the problem... the discs.

3. **Acupuncture**- Acupuncture has had some success helping several different types of pain, but offers no solution to the cause of your disc pain.



4. **Physical Therapy**- Physical therapy helps many different conditions very well. Physical therapy uses exercises, which are simply contraction of muscles. Contracting muscles around a bulging or herniated disc can actually make the bulge or herniation worse by creating more pressure on the disc and pushing the weakened and injured disc material further out toward the nerves making the problem worse. Physical therapy alone is NOT recommended for disc injuries.

5. **Chiropractic**- Chiropractic is incredibly successful with a multitude of conditions, especially neck or low back pain. In fact, studies show chiropractic to be the *most* effective treatment for conditions of neck or low back pain... *for conditions other than disc problems.* Similar to physical therapy, manipulation to a bulging or

**herniated disc can make it worse! Possibly even rupture the disc! Chiropractic is NOT recommended for disc injuries. However, once the disc is healed, it is highly recommended to see a chiropractor to ensure proper mobility within all discs to maintain proper disc and joint health.**

6. **Surgery-** The three most common types of surgery for disc injury are a 1) Discectomy, 2) Laminectomy, and 3) Spinal Fusion.

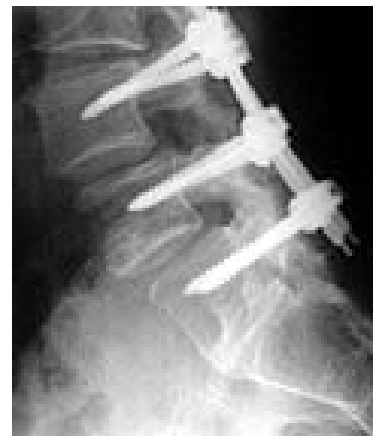
**1. Discectomy-** The surgeon will take a knife (scalpel) and cut away the part of the disc that is actually bulging or herniating out toward the nerves. In *some* cases this offers temporary relief as the physical pressure is temporarily off the nerves. The problem with this is the part of the disc that is cut out is the outer rings- it's strength! Nothing was done about the forces that caused the disc to wear excessively in the first place, and now the disc bulges and/or herniates again, faster and easier because some or all of those annular / outer rings are now gone! The pain returns because the problems were NOT addressed properly.



**2. Laminectomy-** The surgeon will take a *dremel tool* (a grinder- *see right*) and grind the bone back away from the nerve. This *may* take pressure off the nerve itself. The problem is that bone grows back! The average fracture may take 6 to 8 weeks to heal. It usually takes longer in the spine, but still grows back and the pain likely returns.



**3. Spinal Fusion-** This is done a number of ways. Some times plates are placed on the front or sides of the bones and large screws are drilled into the bone. Some times even larger screws are drilled into the back of the bones (one on each side) and fastened to a plate or rods from the back. (*see x-ray image on the right*) Some times pieces of bone are taken from the hip &/or pelvic bone and placed in the disc area to try to get the bones to “grow together”. Finally, some combinations of those are used. When this is done, NOTHING was done to help HEAL the REAL problem- THE DISC. *Also, those forces that caused the injury to the disc now are transferred above AND below the fusion, causing excessive wear and tear on those discs.* It's not uncommon to hear “looks as if the discs above and below have finally wore out as well. We will have to fuse those also”...



It is clear to see why studies show that well over 70% (some say as much as 83%!!!) of **SPINAL SURGERIES ARE FAILURES!!!** ...leaving you with the SAME pain or WORSE pain afterwards! Surgery for disc injuries should **ONLY** be considered as a **LAST RESORT**, when ALL else has **FAILED** or when you have loss of bowel and/or bladder control. Surgery has NOT been shown successful for neck or low back disc injuries.

**7. Spinal Decompression- Clinical Studies show FDA Cleared, non-surgical, drugless, & non-invasive spinal decompression to be Successful, even after failed surgeries! The BEST part about spinal decompression is that there are NO DOCUMENTED SIDE EFFECTS! This is ONLY the treatment, which actually aids in HEALING the disc and targets the TRUE cause of YOUR DISC PAIN!**

Do some of these options sound familiar? If so, you are about to be enlightened. You are about to read the typical protocol for patients who are on the road to surgery and don't even know it. It sounds something like this...

You are having severe back pain, so you go to your doctor to find out what's wrong. You are told it **could** be a "pinched nerve" or a pulled muscle, or arthritis and you are given medications to "see if that takes care of it, if it doesn't come back and see me." Weeks go by and you are *still* suffering, so you go back. This time your doctor sends you to a specialist, maybe a Neurosurgeon or Orthopedic Surgeon.

If you are lucky, The Neurosurgeon tells you that you are *probably* not a surgical candidate (yet) and prescribes physical therapy to "see if that takes care of it." Months go by and you are still suffering, so now you go back to see him, and this time you want results! At last he prescribes steroid injections or "epidurals" to "see if that takes care of it" and amazingly, you actually feel some relief!

For a few weeks (*or if you are lucky- months*) you feel like a new person, until one day you feel that ever-familiar twinge in your low back. Slowly but surely the symptoms reappear. So, you go back again to the Neurosurgeon to get another injection, and this time it doesn't last as long. And you go back *again* for another injection... so on and so on. There are some people who go back 5, 6, even 8 times! Until one day, instead of giving you another injection...

**He now tells you there are no other options and that you may have to have surgery after all...**



Where else have you been told *ALL* of your options? Well you got it here. Now let's give you all the facts about Spinal Decompression so you can have *ALL* the information you need to make the decision that is *BEST* for you! **Still considering surgery?** That's understandable if you are as most doctors (*especially surgeons*) tell you that surgery is your only or best option.

**The fact is: Neck & back surgery has had very disappointing results.** There are also many side effects and just as many risks. One side effect is your pain **MAY GET WORSE**. One reason for this is the production of **scar tissue & adhesions**. You see, your body doesn't know the difference between an accidental cut and an intentional cut (surgery). In both cases your body will begin to produce connective tissue to try to heal or repair the affected area, which of course results in a scar. Normally, scars are a good thing or at least harmless; however, when they form *inside* the spine after a surgery, sometimes the scar tissue grows so much it gets in the way of, or actually wraps around, one or more of the nerves. This causes excruciating pain, and unfortunately the only thing that can be done in this situation is more surgeries to remove the scar tissue; ironically this results in even more scar tissue.

*I am not saying that you should not have surgery or that surgery is a bad thing.* In many cases it is the *only* option. As a matter of fact, I have referred a lot of patients for various types of surgery. Either they had a problem that I could not help, or (like most cases) they waited too long to seek treatment. By the time I saw them it was too late, and there was nothing I could do.

**Most respectable surgeons will tell you that surgery should be the absolute LAST option.**

In many cases surgery has saved lives or improved the lives of many people, but why would you even *consider* surgery when...

**Clinical studies have shown non-surgical spinal decompression to be successful (*good or excellent relief*) in patients with herniated discs and degenerative disc disease – without the side effects. (3)**

The most amazing thing is:

Studies also showed a **90% reduction in disc herniations** in 71.4% of patients. (4)

Why is that so amazing? Herniated discs *WERE* thought to be just about untreatable without surgery before the introduction of this incredible new technology.

Even better, treatment with this amazing FDA Cleared, non-surgical technology is pain-less, drug-less and there are NO documented side effects. In fact, many patients report treatments are so relaxing... they actually fall asleep!

And best of all... Results are MUCH better. In fact, they aren't even close!



By naturally drawing the herniated material off of the nerves thus, relieving the pain, it takes away the true cause of your pain and symptoms instead of masking it with drugs or cutting the herniation out with surgery.

Through the combination of proven scientific principles, the latest technological developments and the brilliant work of a specialized team of physicians and medical engineers and scientists - **The Chattanooga Group**, a leading physical therapy and medical equipment supply and manufacturing company, now offers this space age technology in its incredible **Triton DTS** spinal decompression equipment.

## **Spinal Decompression has been proven to relieve pain by:**

- Enlarging The Disc Space
- Reducing Disc Herniations
- Strengthening The Outer Ligaments To Help Move Herniated Disc Material Back Into Place
- Reversing The High Intra-Disc Pressures Through The Application Of Negative Pressure

**Spinal Decompression Relieves Pain Fast, And It Is Absolutely Safe.**

**Spinal Decompression has been Cleared by “The Food and Drug Administration”...  
You’ve gotten to know them as the “FDA”.**

## **Conditions That Are Successfully Treated With Spinal Decompression:**

- Degenerative, Herniated and/or Bulging Discs (*single or multiple*)
- Back Pain, Sciatica, or Facet Syndrome
- Neck Pain and/or Headaches
- Pain and/or Numbness Radiating Down the Arms and/or Legs, or Hands or Feet
- A Relapse or Failure Following Surgery

**A VERY Important Note:** Our Spinal Decompression program has been successful even with the most severe cases... even when NOTHING else has worked. *Even after failed surgery!*

## **What are Treatments With The Triton DTS Like?**

After being fitted with a Universal Belting System, the computer system slowly brings your spine into tension. You are lying in whichever position you are most comfortable: on your back, on your side, or on your stomach. The automatic pelvic harness system helps stabilize your hips and pelvis. The advanced computer system automatically adjusts to the proper angle of distraction; a computer tension system precisely monitors the tensions, allowing us to target the specific discs... that are causing your pain and symptoms!



The distractive forces on your spine causes a logarithmic curve to avoid proprioceptor response, which would create muscle spasms. The split table design decreases friction and allows separation of the vertebral bones, *minimizing friction and the effect of friction and gravity.*

Simply put, you relax and the machine's computers simulate an anti-gravity effect on your neck or back that helps protruding disc return to its normal position and STOP THE PAIN.

Patients describe the treatments as gentle, painless, intermittent pulling or stretching of your neck or back. And like we said before, it can be so relaxing- *many patients actually fall asleep during treatment.*

## **How is Spinal Decompression Different From Traction?**

Regular "traction" (like you may find in a physical therapy office) has been around for a long time. Its results with neck and back pain have been minimal at best. The big problem with traction is that it stimulates a certain type of sensor in the muscles, (which stimulates the proprioceptor response) and may cause reflex muscle spasms. Spinal Decompression applies precise forces to decrease the pressure in the discs and enhance the exchange of oxygen and nutrients INTO the disc and waste products OUT of the discs. This occurs in a rhythmic pattern, called imbibition, which expands the disc space between the bones and restores the nutrients and fluid to the discs- which causes the discs to heal!

Patient after patient says the Spinal Decompression is extremely comfortable... even relaxing... while regular, "old" traction can be very uncomfortable.

## **How Long Are Treatments And... How Many Do You Need?**

Because of the lack of blood supply, the discs are naturally slow to heal. Patients typically undergo 15-35 treatment sessions. Each treatment lasts between 25-50 minutes. This, of course, depends on your individual case and is always determined by a thorough evaluation.

Following each session, and ice pack or hot pack and electrical muscle stimulation are applied to help pain relief and speed the healing process- A thorough evaluation will determine which is most appropriate for your specific condition.

There will be specific, proven, and effective physical therapy spinal stabilization exercises to perform to promote muscle re-education and optimum improvement. In some cases, there may be nutritional supplements, bracing, or orthotics recommended to enable the best chance for success with treatment. It is important to note that many patients get substantial immediate relief after just a few treatments, some after just one.

The really good news is... (even though some people choose to) this is not something you have to continue to do for the rest of your life. So it's not a big commitment.

## The 7 Most Dangerous Words To YOUR Future

There are 7 simple words that may create an enormous threat to your health for the rest of your life. These words can destroy ALL of your future happiness. What are they?...

**“It will go away all by itself”**

**If those words have EVER crossed your mind, here are the disturbing facts:**

1. 80-90% of all adults will suffer with spinal (Neck or Back) pain at some time in their life. (6)
2. Spinal Pain is the leading cause of disability for people under 45 years of age. (7)
3. Spinal Pain is the second leading cause of visits to doctor's offices. (8)
4. Spinal Pain is the third leading reason for hospital admissions. (9)
5. Annual costs of Spinal Pain in the U.S. range from \$20-\$75 billion, and \$100 billion worldwide. (10)
6. According to Met Life Insurance statistics, the average Spinal treatment medically treated without surgery costs \$7,210 and the average Spinal treated surgically costs \$13,990. (11)
7. Statistics indicate that 15-20% of the population has Spinal Pain in any given year... approximately 32 million cases. (12)



One of the biggest “accepted” myths about neck or back pain is that it goes away all by itself, without any treatment. Most doctors believe the claim that 90% of episodes of Spinal Pain will resolve within one month. Well, a May 1998 study in the *British Medical Journal* proved this myth is **FALSE**. Here are the eye opening results:

**Patients' condition 12 months after initial MEDICAL consultation-**

- |                           |     |
|---------------------------|-----|
| - No Pain & No Disability | 25% |
| - Pain or Disability      | 25% |
| - Pain AND Disability     | 50% |



The authors of that study concluded: “This takes account of two consistent observations about Spinal Pain: First, a previous episode of Neck or Low Back Pain is the strongest risk factor for a NEW episode, and second, by age 30 almost half of the population will have experienced a substantive episode of Neck or Low Back Pain. These figures simply do NOT fit with claims that 90% of episodes of Spinal Pain end in complete recovery.” (13)

**Our Conclusion: 75% of Neck or Low Back Pain sufferers will have either pain or disability or pain AND disability one year after their initial consultation to a medical doctor... It is clear that back pain does NOT get better without PROPER treatment.**

**\*\*\* PAY CLOSE ATTENTION TO THE FOLLOWING TWO PAGES! \*\*\***

The information you are about to read could mean the difference between you getting **SOLD** and you getting healthy. I am going to tell you some facts that other Doctors offering Spinal Decompression know, but won't tell you. Ready? Here it is...

**MYTH: DIFFERENT SPINAL DECOMPRESSION MACHINES ACHIEVE DIFFERENT RESULTS.**

**FACT: IT DOESN'T MATTER WHAT BRAND OF EQUIPMENT YOU CHOOSE, AS LONG AS IT IS A SPINAL DECOMPRESSION MACHINE!**

It doesn't matter what the name of the table is. Your body doesn't know the difference between **Brand Name ABC** and **Brand Name XYZ**. Physiologically speaking, all Spinal Decompression tables have the exact same effect on the discs and surrounding tissues, yet some doctors want you to believe that *their* equipment is far superior to all other brands. There are many different brands of tables out there. Some are prettier and bigger than others. Some have more bells and whistles, but the fact is the brand of the table has no bearing on the results (provided it is a Spinal Decompression Table). Think about it, if they all make the same claim of being the best, then can it really be true? Do not make the mistake of being sold on a certain piece of equipment.

Instead, choose your doctor based on criteria that really matter most to you and will get you the best results possible. As far as the "brand" of equipment we use... The name of the company that makes most of our equipment is Chattanooga, and it is the largest medical equipment company in the world. The name of the table is the Triton DTS Table. Look it up on the Internet if you like, but as I said before, the name of our table is irrelevant. It's a lot like a car, we have the Ford or Toyota version. Beware of the "Ferraris". If you get "sold" on a "Ferrari", you will bear the payments!

**MYTH: NASA TOOK PART IN THE DEVELOPMENT OF SPINAL DECOMPRESSION**

**FACT: THERE IS NO DOCUMENTATION OR RESEARCH STATING NASA HAD ANY CONNECTION WITH SPINAL DECOMPRESSION IN ANY WAY.**

And then there's the subject of NASA developing Spinal Decompression. Countless reports on Spinal Decompression state over and over that NASA discovered Spinal Decompression. They say that NASA discovered the technology that led to the development of Spinal Decompression. They say that the Astronauts had better backs when they returned to Earth due to the weightlessness, and now that technology can be offered to the general public "right here on earth!" Unfortunately these claims are simply not true. The fact is it has been documented for years (by NASA) that the Astronauts actually had more, **NOT LESS**, back problems after returning to Earth. (*Mostly due to the LACK of "Decompression" on earth compared to space!*)

*As a matter of fact, the Astronauts actually have to spend time acclimating to gravity after returning from space travel.* You see, the effects of antigravity take a toll on the human body. Your bones, muscles and discs need gravity or else they will waste away. This wasting away (atrophy) causes back pain due to the lack of strength and support in the back.

So, why would anyone ever claim NASA had anything to do with Spinal Decompression? It's simple. Credibility. It is the hope of some doctors that you will read a report and see "NASA" and see value in Spinal Decompression and the doctor. At one time I almost included such statements about NASA in my reports until I decided to research the subject to validate these claims. What I found was eye opening to say the least. But, please, do not take my word for it. Feel free to look up NASA on the Internet to see if there is any connection with Spinal Decompression. Be careful to make certain the information is credible.

**By telling you this information I am not at all trying to discredit Spinal Decompression and especially not any other doctors.** I know deep down inside these doctors do want to help people, and if you are comfortable with the doctor you have chosen, then by all means stay the course. If you have confidence in the treatment recommended to you then your odds of healing are very good. I am simply trying to let you know the truth so you can make your decision based on the facts, not a bunch of sensational claims.

What is most important is that *your* specific needs are addressed during the actual treatment plan. Choosing the right doctor can be a difficult process. I have provided the following tips that I have recommended to my friends and family who live out of state that hopefully will help you make the right choice. When you find a doctor that fits the following criteria (regardless if it is our office or not) then you can feel confident that you are being treated properly.

### **THE 10 QUESTIONS YOU MUST ASK:**

1. **Is the Doctor trying to sell me or help me?** There is no doubt that healthcare is a business, and doctors need new business to survive just like any other business, but this does not mean that you should have to be sold. If you feel pressured in any way, then it may be the doctor is more interested in your pocket book than actually helping you. Remember, this is your health. You are in control. Do not allow yourself to be pressured into any decisions. It won't take you long at all to get a "feeling" of what is the doctor's or office's primary concern.
2. **Does the Doctor accept insurance? If not, why not?** Does it make sense to pay a doctor cash when you pay your insurance premiums to help pay for situations such as this? It's understood that insurance pays for some things and not for others... You may want to reconsider a doctor who does NOT accept insurance. Keep in mind, SOME insurances may not completely cover your care, but that's NOT what we are talking about, we are talking about the doctor who is NOT accepting insurance AT ALL.
3. **Does the Doctor avoid talking about or avoid details about money during the consultation?** This may be a red flag (in my opinion). If the doctor cannot look you in the eye and talk about the cost of the treatment then that should set off alarms in your head. While it is true that the doctor may not be able to give you an *exact* amount until he or she has performed an examination, he or she should have enough experience with similar cases to give you a pretty good estimate. BUT... beware of the doctor who says "that will be \$5,000 right off the bat (before he/she even knows exactly what is wrong with you)!"
4. **Is the Doctor's message more about the table or the treatment?** Here again, it should not matter what table the doctor uses. A doctor that only talks about the brand of equipment may not know much about how to help heal your discs.
5. **Does the Doctor's office offer flexible affordable finance options?** There are many different office policies regarding patients' payments, and I am not here to say what is right and what is wrong. But if the doctor isn't willing to do *everything* in his or her power to make it work with the finances, or if the doctor *requires* you to pay 100% up front, then is he or she really interested in helping you? Just a simple question.
6. **Does the treatment only consist of Spinal Decompression, or is there Physical Therapy involved?** While it is true that Spinal Decompression does help the disc heal, it does not address the other issues such as weaknesses in the surrounding muscles. Spinal Decompression alone is not the complete answer. You must work under a **Licensed Physical Therapist, specifically trained with Spinal Decompression and Neurology.** **How can anyone address a problem for which they have NO training?**
7. **Are other specific needs, such as nutritional advice and orthotics, addressed to help me heal faster?** These could be the most overlooked components of healing. Research proves that specific nutritional

supplements can be the difference in having long-term relief or being re-injured within a year. Do not underestimate the importance of nutrition in the healing process. And, it does not matter how healthy you eat. There is a huge difference between Recommended Daily Allowance (RDA) and Therapeutic Dose, and it is impossible to get a Therapeutic Dose through every day foods.

8. **Did the Doctor tell me ALL of the positives and negatives about Spinal Decompression?** While it is true that Spinal Decompression has a fantastic success rate, it is not perfect. If the negative aspects of Spinal Decompression (and there are a few) are not addressed up front by the doctor, then I would also consider this a red flag. Remember the saying, “If it sounds too good to be true, then it probably is.”
9. **Does the Doctor tell me he/she can help me WITHOUT actually seeing a MRI?** There are many factors that must be carefully considered BEFORE a doctor properly trained in spinal decompression should consider accepting a patient for care. The doctor should spend time: 1) Reviewing your past medical history with you (treatments you have tried, injuries, surgeries...), 2) Review updated, weight bearing (standing) x-rays (which show abnormal curves/forces), 3) Review a neurological examination (like a computerized Surface EMG) to see how the discs are interfering with nerve function and at what levels, 4) Review an updated MRI for protrusions, bulges, herniations, and degeneration of spinal discs. ONLY after careful review of ALL of these will the doctor know if they can help you.
10. **Does the Doctor provide me the treatment plan IN WRITING / PRINT?** If you are accepted for spinal decompression, you should receive a detailed account of ALL aspects of the complete spinal decompression program. **Including:** Costs, visit schedule, treatment plan, real patient testimonials, information about the staff & office, physical therapy exercise instructions, and more.

Hopefully these tips will help you find the right doctor to help you to achieve optimal health.

## **“To Be Pain Free or Not To Be...”**

I’m sure that you are familiar with the real estate tycoon Carlton Sheets, or at least with one of his infomercials that seem to be on T.V. all the time. His “no money down” form of real estate investing has given more people “financial freedom” than either one of us could shake a stick at! But that is not my point. Carlton Sheets is a *man of action*.

He knows that if you delay or **over-analyze** anything too much, you will, inherently, never be able to see the obvious value in his formula for financial success. And as a result, you will **never reap the benefits** of his proven methods. In other words, even though his real estate methods are proven and easy to use, there are still thousand that watch, get excited, and **almost** make the call. Why? They froze up and gave in to their inability to take the next step. This is human nature! He refers to it as “**Paralysis of Analysis**”. Too much analysis or “**over analysis**” causes us to freeze up and **not take action!** So in the end you may have lost the key to your financial success, and gained **Absolutely NOTHING!**

So when it comes to your back and your health, are you willing to risk **your LIFE WITHOUT PAIN?** Or are you ready to take **ACTION** and finally take that long awaited step towards **a new pain free life?** By not taking advantage of our FREE offer, you are choosing a **LIFE OF PAIN** in place of **your own Common-Sense that is telling you to TAKE ACTION.** Up to now, **NOTHING**, that has been recommended to you, or that you’ve done, has worked for you. Not drugs, surgery, injections, acupuncture, physical therapy, chiropractic, you get the point. How many more temporary relief treatments like the ones I just mentioned are you willing to put yourself through and simply **waist your precious time, your money, and insurance dollars** on? The only thing you have to lose is the **answer** to your severe neck or back pain, and not to mention, the quality of life that you deserve. Your health is in your hands. The decision is YOURS.

## Ask yourself these critical questions...

- **Do I have any alternatives?**
- **Can I afford to live with this pain for the rest of my life?**
- Can my family afford for me to live with this pain for the rest of my life?
- **Without my health, do I have anything to look forward to?**
- Is there any reason why I wouldn't want to get rid of my pain?
- **If there is absolutely no risk to me, is there any reason I not calling right this second?**
- Can I really afford to pass up this FREE offer that may be the answer to my agony?
- **Am I willing to run the risk of waiting too long and allow the problem to get progress too far?**

If you answered "NO" to any (especially ALL) of the above questions, you are probably thinking:

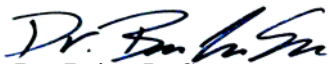
## **“I'm ready to see if I am a candidate for Spinal Decompression, what do I do next?”**

### It's simple!

**Good question!** Just call our office (410-877-8077), anytime day and night to schedule your consultation and examination where Spinal Decompression will be explained in detail and you will have the opportunity to personally ask me any questions you may have about the treatment and develop a treatment strategy to get you on your way to a pain free life. If you have had a recent diagnostic test, such as a X-rays, MRI, or Nerve Conduction / EMG, it would be helpful to bring the films and report with you. Thank you for requesting this report, we look forward to speaking with you and helping *YOU* become pain free for good!



Sincerely,



Dr. Brian L. Seymore, DC, PT, DIBE, BS, CCCN, R.NCS  
Director, Maryland Spine Institute

**P.S.** NOTE: If you have recent X-Rays or MRI of your neck or low back, if you can, bring the films with you. Thank you for requesting this report, we look forward to speaking with you and helping you become pain free for good!

**P.P.S.** FYI, below are the *references* for the information found in this report. I look forward to meeting you soon!

### **Reference List**

- 1 Dvorak, J. Gauchat M., and Valach L. The Outcome of Surgery for Lumbar Disc Herniation. A 4-7 Years Follow-up with Emphasis on Somatic Aspects. Spine, Volume 13., No 12., 1988, 1418-1427.
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- 3 Shealy, Norman C., M.D., Ph.D., F.A.C.S. New Concepts in Back Pain Management: Decompression, Reduction, and Stabilization. Pain Management Volume 1, 1998, pgs. 239-257.
- 4 Eyerman, Edward, M.D. MRI Evidence of Non-surgical, Mechanical Reduction, Rehydration and Repair of the Herniated Lumbar Disc. Journal of Neuroimaging Volume 8 / Number 2 April 1998.
- 5 Bigos s, et al. Acute Low Back Problems in Adults, Clinical Practice Guideline No. 14. Rockville, MD: U.S. Public Health Service, U.S. Dept. of Health and Human Services, AHCPR pub. No 95-0642, Dec.1994.
- 6 Mushinski M. Average hospital charges for medical and surgical treatment of back problems: United States, 1993. Statistical Bulletin. Metropolitan Life Insurance Co., Health and Safety Division, Medical Dept., April-June 1995.
- 7-12 *Ibid.*
- 13 Croft, Peter, et al., Outcome of Low back Pain in General Practice: A Prospective Study. British Medical Journal 1998; 316: 1356-1359 (2 May).