



DO YOU START BRUSHING ONLY WHEN YOU NEED A ROOT CANAL?

Relief and Healing – big differences, but both are achievable with care.

In this fast-paced world of ours, it would be nice if diets would work in one day, and if workouts would reduce waistlines in one session, but it just doesn't work that way. Now many are catching on that health does not come in a pill. Health comes from doing healthy things over time and true healing happens only with constant attention.

So why should you stay corrected? It is the only way to heal and optimize all the systems of your body. Do you start brushing your teeth only when you hear you need a root canal? The "I only come in when I need relief" mentality exists. Nothing can work correctly when you are misaligned because the spine is the master controller. When you are misaligned, every joint and muscle is twisted and stressed. This is a cause of osteoarthritis. When even slightly misaligned, your muscles are stressed to hold you together....something for which they are not designed.



No wonder they are sore and tight. Stretching, physical therapy and massage offer temporary relief, but do not address the underlying problem. Exercise helps the muscles but deteriorates the misaligned joints. The prospect of a blown disc grows with each passing day. Besides joints and muscles, the other effect is on our nervous system. Encased by the spine it is the system that heals and nurtures. When under stress, it just doesn't work properly. All those vitamins and herbs go down the drain if they can't be assimilated properly.

Recently I saw a patient from out of state. His history of lower back pain

had been on/off for 20-25 years. An Orthopedist told him he was a surgical candidate, but he chose to come here instead. After his FIRST correction, he reported 50% relief within 24 hours and 100% within two weeks. Amazing.... Abuse the body for 2 decades and it forgives quickly...BUT WAS IT HEALED? I showed him the years of degeneration, and said "If you don't keep it corrected it's going to blow out." He decided the drive was too much for him. He had not been back since 2002. His update? He has had two back surgeries and it's worse than ever. My first question was "Why didn't you follow through?" He said "I was doing great & working out with a trainer and massage. I was pain free for a year" ...Out of sight, out of mind. It has now been 30 days and he is better but I don't know if he will ever be healed. I believe we had that window of opportunity 2 years ago. If you have been in pain on and off, consider it a warning sign. Pain is our body's way to make the conscious mind aware of a problem. Listen to it, stay corrected, and allow healing to occur. Your body will thank you for it. Dr. F.

Spinal Decay: Do you know where your spine is? It's your call...



NEAR NORMAL
NO SUBLUXATION
SMOOTH AND REGULAR

Have you seen that elderly person with their spine all hunched over. You don't need to be a Doctor or have a medical history to see that they are totally unhealthy and sick inside.

The spine is the giver of life. It controls everything in our bodies.

- Everything we feel
- Every movement we make
- Our immune system
- And the way we deal with the outside world.

To the top left is a person with a healthy spine. All the disc heights are thick and the spine is smooth and clear. There systems are running efficiently.

To the bottom left is a 65 year old who has had trouble for at least 40 years. It started with on/off pain that was neglected. It was masked with pills and rehabilitation. He is now BEYOND HELP and medicated just to be comfortable.

We all have a choice when trouble starts. It is our body's way of communicating from sub-conscious to our conscious.

There is no pill, stretch, yoga position or massage that will stop this degeneration. Medications are always great to keep us comfortable for short durations. They allow us to find solutions while we allow the spine to heal & reverse the negative effects of spinal misalignment. I know a great place to start.



PHASE IV
65 YRS AND OLDER
LITTLE RECONSTRUCTION
FUSION

Spinal Surgery: One Patients Story...

Mary first came into the office about four years ago. Her history of low back pain was supposed to be resolved after ONE EASY SURGERY. Here is her story.

For the past twenty years, I have had low back pain. I started with medicine, massage and than progressed to physical therapy. I had some moments of relief but the pain never went away completely. I should have listened to my body. It was telling me something was wrong but I just kept covering it up and ignoring the signs that something was really wrong. Now, I have had THIRTY spinal fusions and rods from top to bottom. When I first met Dr. Friedman I could barely move and had tremors from the pressure on my spinal cord. My first adjustment with him and the NUCCA procedure was the best day of my life. He was able to reduce and at times alleviate the pain from severe spinal damage. I wish I had met him a long time ago. M.L.H.

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Inside this issue:

Call Us - Get Our New CD & Pass It On To Someone In Need

Spinal Decay – it can sneak up on you

Could your favorite food be making you sick?

The BIG difference between ‘relief’ and ‘healing’

Spinal surgery ... Is it in you future?

Could Your Favorite Food Be Making You Sick? Amy Smith M.S, R.N.

Did you ever think that your favorite foods could be causing your health problems? Nearly 10% of Americans exhibit clinical symptoms that can be directly attributed to food sensitivities, such as asthma, arthritis, migraine headaches, eczema, sinusitis, serous otitis media and colitis.

Many others suffer from ill-defined medical problems or health complaints more difficult to associate with diet. Symptoms such as forgetfulness, tiring easily for no apparent reason, bloating at certain meals even though not overeating, headaches and easy irritability are commonly caused by a delayed allergic reaction to foods.

Not All Food Allergies Are Created Equal

Unlike immediate allergic reactions with watery eyes and hives, delayed hypersensitivities are insidious. For example, you may eat breakfast and not have any symptoms until later in the day, or even the next day, making it difficult to associate with food. Symptoms also vary from person to person, depending on the organ or organs involved. Wheat may cause digestive problems in one person, headaches in another, and emotional strain in yet another.

Unknowingly, we continue to consume the offending food and the cycle continues. Not only do we have to put up with uncomfortable symptoms and medication side effects, but the continuous burden taxes the immune and organ systems involved in the allergic response. This may lead to an escalation of symptoms and associated health problems over time, like a domino affect.

One Simple Test

Fortunately, a simple blood test can detect hidden food allergies by measuring the level of Immunoglobulin or IgG antibodies in your blood. Using a targeted nutritional approach can greatly reduce the toxic load, clear unwanted substances out of your system and re-energize your body.



If you would like to find out whether your symptoms may be related to food allergies, set up a free consultation with Amy Smith, MS, RN, our health education and nutrition consultant, today.

Grand Opening SPECIAL we are offering \$70 OFF the price of a complete Nutrition Consulting Package.

Natural Health Care Partners

- **Counseling and Psychotherapy**
Geraldine (Jerry) Connor M.S.
- **Nutritional Evaluation and Consulting** - Amy Smith, R.N.,
- **Colonic Therapy**- Alma Bolden, Awareness Institute
- **Massage Therapy**- Lauren Zuk, Healing Touch
- **Nutritional Support**- Debbie & Doug Schmidt, Manatec Corp.
- **Trainer and Emotional Healer**- Catherine Carrigan

These practitioners provide excellent natural care. Contact Dr. Friedman for referral information.

**NOW OPEN THE
FIRST SUNDAY OF
EVERY MONTH
9:00am- 11:00-am
(appt only)**

Have a Referral?

Have friends, family or co-workers who might benefit from our services? Just let us know... We'll send free information to people interested in safe, gentle pain relief.

And, as always, we appreciate your referrals.

**Our Web Site Is Almost
Done
www.alternahealthsolutions.com**



alternahealth solutions
nucca spinal care

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**Effective, Safe and
Gentle Pain Relief
Without the Twisting,
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