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Do Muscle Relaxers and Painkillers Help Back Pain?

Here are more reasons to be glad you see your chiropractor.

Medical doctors have a habit of giving painkillers and muscle relaxers to people with lower back pain. Imagine their surprise when a study* showed that taking those drugs doesn't help! It's true – those patients taking aspirin, Tylenol™ or other non-steroidal anti-inflammatory drugs (NSAIDs) and muscle relaxers actually take longer to get better than those who had not.

To put icing on the cake, in a study in a recent issue of the internationally respected journal *Spine*** , researchers examined the use of muscle relaxers in 1,600 people. Muscle relaxers not only did not help but those taking them took *twice* as long to recover (32 days vs. 16 days) as patients not taking muscle relaxants (5). Note to researchers – how about enough with the drugs and start referring your patients to chiropractors?

*Verbrugge LM, Patrick DL. Seven chronic conditions: their impact on U.S. adults' activity levels and use of medical services. *American Journal of Public Health*. 1995;85:173-182

**Bernstein E, Carey TS, Mills Garrett J. The use of muscle relaxant medications in acute low back pain. *Spine*. 2004;29(12):1346-1351.

Solving the real drug problem



The real drug problem is the legal drugs that kill hundreds of thousands of people each year. Death from illegal drugs does not compare to that. Want to teach your kids to not take drugs – legal and illegal? Show them a way to deal with life's stresses, aches and pains without taking drugs. Explore drug-free healthcare – and bring your kids with you when you visit the chiropractor, homeopath, naturopath, nutritionist or other healer. The April 5, 2004 issue of the *Atlanta Journal Constitution* (AJC) reports on a study from Metropolitan State University in Minneapolis that shows children and teens are

more likely to use non-medical alternatives if their parents did too! According to the researchers: "Not surprisingly, the most significant factor that determined whether a pediatric patient would use complementary or alternative medicine is whether an adult in the family used it."

Anyone who has never made a mistake has never tried anything new.
– Albert Einstein

Chiropractic and Spinal Research

Chiropractic is not for diseases but for people. By that we mean that no matter what disease or symptoms your body may be expressing, you always need to have a healthy spine. In fact, everyone with *any* health problem needs a spine free from subluxations (misalignments). It might make all the difference. Feel free to forward these studies to others.

Ear infections and chiropractic. 20%-30% of children suffer from middle ear infections (acute otitis media). In many cases antibiotic therapy leads to repeated episodes of the condition. In this study 21 children (9 months to 9 years) with acute otitis media were placed under chiropractic care. After adjustments the red and bulging eardrums returned to normal in 95% (with a drop in temperature).

Chiropractic and Infertility, Migraines. A 28-year-old woman visited a chiropractor because of severe migraine headaches since she was a teenager, irregular menstrual cycles and inability to conceive. After two months care she reported no headaches during the preceding month. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant.

Reduction of a confirmed C5-C6 disc herniation. A 39-year-old male cable technician complained of right neck and arm pain. He had a football injury 20 years prior with similar pain at that time. He now had an aching, deep pain running from the base of his neck to the right elbow and sharply down his arm. Magnetic resonance imaging (MRI), thermography and muscle testing apparatus revealed a C5-C6 (neck) disc herniation. Under chiropractic care he became symptom free; a later MRI revealed a reduction in the herniation.

TEENAGERS ARE LIKE CATS



1. Neither teenagers nor cats turn their heads when you call them by name.
 2. No matter what you do for them, it is not enough. Indeed, all humane efforts are barely adequate to compensate for the privilege of waiting on them hand and foot.
 3. You rarely see a cat walking outside of the house with an adult human being, and it can be safely said that no teenager in his or her right mind wants to be seen in public with his or her parents.
 4. Even if you tell jokes as well as Jay Leno, neither your cat nor your teen will ever crack a smile.
 5. No cat or teenager shares your taste in music.
 6. Cats and teenagers can lie on the living room sofa for hours on end without moving, barely breathing.
 7. Cats have nine lives. Teenagers carry on as if they did.
 8. Cats and teenagers yawn in exactly the same manner, communicating that ultimate human ecstasy: a sense of complete and utter boredom.
 9. Cats and teenagers do not improve anyone's furniture.
 10. Cats that are free to roam outside sometimes have been known to return in the middle of the night to deposit a dead animal in your bedroom. Teenagers are not above that sort of behavior.
- Thus, if you must raise teenagers, the best sources of advice are not other parents, but veterinarians. It is also a good idea to keep a guidebook on cats at hand at all times. And remember, above all else, put out the food and do not make any sudden moves in their direction.**
- When they make up their minds, they will finally come to you for some affection and comfort, and it will be a triumphant moment for all concerned.**

TMJ in relation to Headaches, Neck Pain and Lower Back Pain

**OPEN THE
FIRST
SUNDAY OF
EVERY
MONTH
(by appt)
9-11:30am**

Have friends, family or co-workers who would 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.

**Thank you for
all the referrals**

Did you know that according to the American Academy of Craniofacial pain, one in eight Americans suffers from recurring headaches that are severe enough to affect their quality of life? Furthermore, an estimated 80% of headaches occur from muscle tension related to your bite. Problems with the temporomandibular joint (TMJ) has long been treated using pain meds, night guards, and dental grinding of the bite. None of these procedures evaluate the root of the cause. These procedures are merely soothing symptoms and many work minimally at best. Over the past couple of years, I have dedicated much time to understanding the cause of TMJ and other related conditions such as undiagnosed or misdiagnosed migraines, tension headaches, ringing in the ears, dizziness, pain when chewing, head and neck pain and TMJ's association with chronic lower back pain. Although no specific data exists regarding the social impact of TMJ disorders, it is estimated to account for as much as thirty billion dollars a year in lost productivity. Americans lose 550 million work days every year due to symptoms associated with TMJ, with facial pain and headache being the most common complaints.

The TMJ and jaw are attached via two muscles to the second vertebra (C2) in the neck (spine). This C2 is commonly injured along with the spine. The spine will misalign and cause imbalance in the jaw. Because of this imbalance, the jaw tracks incorrectly, discs in the jaw degenerate, and pain ensues. This imbalance is the root of the problem. The answer is to correct the spine and reverse the degeneration of the TMJ joint directly. This protocol offers long term relief and healing of the TMJ and many other spinal related conditions such as neck pain, lower back pain, and headaches of all kinds.

"I have had severe headaches for as long as I can remember. I have been to neurologists and TMJ specialists and nothing helped. I took 6-9 pain killers everyday for years. With Dr. Friedman, I now only have occasional mild pressure in my neck and I no longer take pain killers."

"One visit and my TMJ was gone. No more 20 years of night guard."

"I have had neck and shoulder pain and severe TMJ for years. I had been to everyone. The pain was so bad I was in tears. Dr. Friedman corrected my spine and balanced my jaw. Within 30 days, the improvement was dramatic. It has been 4 months now and I am pain free since my third office visit."



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