



Where will you OPTIMIZE your results...

The M.D., The NUCCA Doc, or the Physical therapist?

Do You Know That Chiropractic Care Is Second To None? According to a study conducted by Ontario's Ministry of Health "...for the management of low-back pain, chiropractic care is the **most effective** treatment, and it should be fully integrated into the government's health care system." The same study also found, "...injured workers ... diagnosed with low-back pain returned to work much sooner when treated by chiropractors than by physicians."

According to the British Medical Research Council Study, spinal manipulation performed by chiropractors was found more effective than alternative treatments for low-back pain.

According to medical researcher TW Meade, M.D. "...chiropractic is a very effective treatment, more effective than conventional hospital outpatient treatment for low-back pain, particularly in patients who had back pain in the past and who developed severe problems". The Effectiveness and Cost Effectiveness of Chiropractic Management of Low-Back Pain (The Manga Report). Pran Manga and Associates (1993) - University of Ottawa, Canada. Low Back Pain of Mechanical Origin: Randomized Comparison of Chiropractic and Hospital Outpatient Treatment. Meade, TW et al British Medical Journal - 1990;300:1431-1437.

Chiropractic Treatment vs. Standard Medical Care

Patient Evaluations	Chiro Care	Family M.D.
Mean number of days incapacitated after first visit	11 days	40 days
Restricted for greater than one week	17%	48%
Perception of doctor's confidence in diagnosing and treating low-back pain	60%	23%
Satisfied With Their Treatment	66%	22%

Patient Evaluations of Care from Family Physicians and Chiropractors. ACA Journal of Chiropractic - 1989.

Chiropractic Treatment vs. Outpatient Hospital Treatment by P.T.s and M.D.s In this study, British medical researchers found chiropractic treatment significantly more effective than hospital outpatient treatment, especially in patients with chronic and severe back pain. Significantly fewer patients needed to return for further treatments at the end of the first and second year in those who received chiropractic care (17% compared with 24%). In addition, "two and three years after patients with back pain were treated by chiropractors, they experienced far less pain than those who were treated by medical doctors." "The Effectiveness and Cost Effectiveness of Chiropractic Management of Low-Back Pain" (The Manga Report). Pran Manga and Associates (1993) - University of Ottawa, Canada.

Chiropractic Treatment vs. Physiotherapy Spinal manipulation provided greater improvement of symptoms in those suffering from persistent back and neck complaints compared with physical therapy. The patients receiving spinal manipulation also had greater improvements of physical functioning in fewer visits. Randomized Clinical Trial of Manipulative Therapy and Physiotherapy for Persistent Back and Neck Complaints: Results of One Year Follow Up. Koes, B.W. et al. British Medical Journal - 1992;304:601-605.

I find medicine is the best of all trades because whether you do any good or not you still get your money. (Moliere: "A Physician in Spite of Himself," 1664)

We are starting yet another patient testimonial book. It is a great place for others to get encouragement and hope for their problems. Please take the time and tell your story. It is a wonderful gift to others searching for relief and recovery.

We have also added a new section in the back of each volume. It will include current articles on the efficacy of alternative care. Thank you to all contributors! Dr.F

Pain: One Patient's Story

"I have been a chiropractic patient for some fifteen years. Recently, due to my former Dr. moving out of town, I chose Dr. Friedman because my son had received such great relief from back pain. My first adjustment was one week ago. I walked out of the office with instant relief of my own back pain. Upon my return visit a week after my first adjustment, I'm still holding the adjustment and am still without back pain. Chiropractic Care Does Work!!"

M.C.

*Where will you get the best results...Chiropractic, Physician, or the Physical Therapist?
Meds... Do you know what your taking?
Our Beyond pain workshop...every 1st Tuesday of the month @ 6:30pm
Our new web site...www.alternahealthsolutions.com*

Inside this Issue:

AlternaHealth Solutions
270 Carpenter Drive, Ste. 530
Atlanta, GA 30328

Drugs.... Do you know what your taking?

Drugs comprise the major treatment modality of scientific medicine. With the discovery of the "Germ Theory" medical scientists convinced the public that infectious organisms were the cause of illness. Finding the "cure" for these infections proved much harder than anyone imagined. From the beginning, chemical drugs promised much more than they delivered. But far beyond not working, the drugs also caused incalculable side effects. The drugs themselves, even when properly prescribed, have side effects that can be fatal, as Lazarou's study¹ shows. But human error can make the situation even worse.

Medication Errors

A survey of a 1992 national pharmacy database found a total of 429,827 medication errors from 1,081 hospitals. Medication errors occurred in 5.22% of patients admitted to these hospitals each year. The authors concluded that a minimum of 90,895 patients annually were harmed by medication errors in the country as a whole.

A 2002 study shows that 20% of hospital medications for patients had dosage mistakes. Nearly 40% of these errors were considered potentially harmful to



the patient. In a typical 300-patient hospital the number of errors per day were 40.38. Problems involving patients' medications were even higher the following year. More recent studies on adverse drug reactions show that the figures from 1994 (published in Lazarou's 1998 JAMA article) may be increasing. A 2003 study followed four hundred patients after discharge from a tertiary care hospital (hospital care that requires highly specialized skills, technology, or support services). Seventy-six patients (19%) had adverse events. Adverse drug events were the most common at 66%. The next most common events were procedure-related injuries at 17%.

In a NEJM study an alarming one-in-four patients suffered observable side effects from the more than 3.34 billion prescription drugs filled in 2002, drug side effects or the side

effects persisted because the doctor failed to heed the warning signs.

Medicating Our Feelings

We only need to look at the side effects of antidepressant drugs, which give hope to a depressed population. Patients seeking a more joyful existence and relief from worry, stress, and anxiety, fall victim to the messages blatantly displayed on TV and billboards. Often, instead of relief, they also fall victim to a myriad of iatrogenic side effects of antidepressant medication.

Also, a whole generation of antidepressant users has resulted from young people growing up on Ritalin. Medicating youth and modifying their emotions must have some impact on how they learn to deal with their feelings. They learn to equate coping with drugs and not their inner resources. As adults, these medicated youth reach for alcohol, drugs, or even street drugs, to cope. According to the Journal of the American Medical Association, "Ritalin acts much like cocaine."

there are over 50 sources for this article. If you would the full article and sources contact Dr. Friedman

Doctors give drugs of which they know little, into bodies, of which they know less, for diseases of which they know nothing at all.

Voltaire

Beyond Pain Workshop

Tuesday August 3rd 6:30pm

The first Tuesday of every month Dr. Friedman will be talking on the NUCCA procedure. It is the perfect opportunity to introduce a friend or family member to our office. A guest speaker will talk on other natural ways to expedite and optimize your healing. The workshop will be held from 6:30pm to 8:15pm. Afterwards, free consults with the Doctor will be available.

Seating is limited...call for a reservation

Thanks to Carolyn S., Jerry C., Susan S., Whole Foods, And Sunflower Café for your support of the July Workshop

(404) 459-6603

www.alternahealthsolutions.com