

# SPECIAL REPORT on

## Insomnia

**FOR THOSE WHO EXPECT CHIROPRACTIC TO BE ABOUT MERELY BAD BACKS AND NECKS**, this can be confusing. So, *please*, let me unconfuse you, from the start.

Chiropractic is NOT the treatment of back and neck pain. It is NOT the treatment of anything. That's right, as a (real) chiropractor, I do not treat anything, including bad backs and necks. I do not treat sleep problems, but people can get well, here, anyway.

So... if Chiropractic is not a treatment, *what is it?* It is the PURSUIT OF HEALTH, through the correction of interference to the brain and nervous system, what we call Vertebral Subluxation Complex (VSC), by chiropractic adjustments, by hand, to the spine, **allowing the body and mind to heal, to function at a higher level.**

A lot of people get sleep problems. Very common. And some have them for decades, long enough to assume that *“that’s the way I am.”* Your (medical) doctor probably agrees. He or she may prescribe one or more sleep drugs, which all carry side effects, some mild and some, serious. What DO these medical geniuses do? First, your primary doctor will throw one or two or three drugs at you. If one doesn't work, they'll “try” another. (*This is science?*) If you, or the doctor become too frustrated, off to the specialist. These days, there are now sleep specialists, who seem to diagnose everyone with sleep apnea (*I have to wonder if some degree of sleep apnea is normal?*), and prescribe those awful CPAP machines.

So far, no one has wondered WHY you are having trouble getting to sleep, and/or staying asleep. No one had even given a thought to CAUSE, as to why you have bad sleep. No one has ever even considered how you can get well.

Here's some basic biology that evades your primary doc and your specialist... Your brain and nervous system controls and coordinates itself, as well as the rest of your body. And, your head is attached to your neck. (*OK, that's obvious, but in the medical world, they focus on their one thing, in this case, the brain, ignoring everything else that might affect the brain.*) If there is interference to your brain (where sleep occurs), your brain may dysfunction in a manner that interferes with normal sleep patterns. Why not correct the interference, allowing the body to heal itself, naturally?

Here, at THE HARTE OF CHIROPRACTIC, I do not diagnose, nor do I treat anything. I correct interference, allowing your body to heal not just your sleep difficulties, but to allow your body, as a whole, to function better. Health.

**“My sleep has improved.** Emotionally, I've been able to stay afloat during a very difficult time. – Angelica Pinochet, Sausalito

**“Sleeping better! More energy!”** – Linda Curtis, Tiburon

**“I'm five weeks in and have stronger vitality and immunity, better balance, digestion and sleep. My hip feels normal and I can regularly go on strenuous hikes without any recourse and my neck is comfortable and has much more mobility.”** - Kim Crozier, Santa Rosa

**“I feel rejuvenated after each adjustment. I keep telling my friends. I stopped taking Advil and Tylenol. No more sleeping pills!”** - Silvia Fernandez, San Rafael

*“Definitely more energy, better concentration, **better sleep**, no back pain, no more allergies in the morning.” – Monika Torggler, Sausalito*

*“**Sleep better**, better emotional balance, more alert, less pain, more strength.” – Maria Lopez, Tomales*

*“**Sleeping better**, feel better physically.” – Erika Schmidt-Peterson, Novato*

*“**I sleep better**. Since my first adjustment, no more migraines, after five years of suffering.” - Leticia Baldenebro, San Rafael*

*“I feel rejuvenated after each adjustment. I keep telling my friends. I stopped taking Advil and Tylenol. **No more sleeping pills!**” - Silvia Fernandez, San Rafael*

*“**With improved sleep**, my day begins with more energy and better mental clarity. I'm not in a fog all day. Movement is improved.” - Diane Elliot, Novato*

*“**Sleeping better**, feel better physically.” – Erika Schmidt-Peterson, Novato*

*“**Better sleep**. Better life.” – Cori Rapp, San Anselmo*

*“**Sleep is great**. Energy is great. Outlook much better.” - Nancy Cardinali, Lagunitas*

*“**Sleeping improved.**” – Jim Simonds, Cotati*

*“I am 70+ years old and a lifetime of athletics and running was starting to take a toll on my daily life and well-being, leaving me with lingering pain, stiffness, **sleep issues** and overall malaise. I have been seeing Dr. Harte for 5 weeks and I feel more mentally alert, am sleeping better and we are jointly conquering my various joint and back pains. I appreciate Dr. Harte's open office environment and great sense of humor and look forward to continuing to work with him.” - Dan Cherrick, San Rafael*

*“**I sleep like a baby now, without medication**, since coming to Dr. Harte. I “I have more vitality. I've ceased meds for osteoporosis (Fosamax), and cut down on Synthroid (thyroid). – Heather Andrew, Novato*

*“**I get much better sleep**. I get over illnesses much faster, and I don't get sick as much. I do notice a better memory. Overall, much improved sense of well-being.” – Emily Judd, Mill Valley*

*“**I sleep like a baby now, without medication**, since coming to Dr. Harte. I have no use for my high blood pressure pills anymore, since seeing Dr. Harte. I now take only cholesterol and thyroid pills. I will not refill those prescriptions. **I sleep well now.**” - Neil Sorensen, Novato*

*“**Sleeping better**, sitting straighter, walking straighter. Less pain in ankles, knees.” - Matt Smith, Novato*

*“**Best sleep in 5 years!** - Gerry Zalkovsky, Mill Valley*

*“**I sleep better**. Since my first adjustment, no more migraines, after five years of suffering.” - Leticia Baldenebro, San Rafael*

*“Within six months, I was pain free. But some other miraculous things happened along the way. I used to have two or three colds a year. I have not had a single cold in three years (since coming to Dr. Harte). I used to have trouble sleeping. **Now, I sleep like a baby**. I had restricted urine flow, but now it is back to normal. My PSA dropped from 9.5 to 3.5. Then, I went to a radiologist who did an ultrasound and a color doppler of my prostate. He told me that the cancer is dormant.” - Ted Heath, New Mexico*



Fine, you've read this report. **Now you have a clear choice.** You can continue to do what you're doing, or you can not only change the direction of your sleep problems (maybe even be able to get rid of that awful CPAP machine), but you can change the entire course of your health, your life! How? Through (real) chiropractic care, I liberate your nervous system, *allowing* your body to heal itself, from the Inside-out, through gentle, specific, scientific chiropractic adjustments.

**How do you start?** How do you find out about your specific situation? We begin with an extensive history, an examination like you've never had before, three neurological scans, and digital spinal X-rays. Then, I spend a great deal of time analyzing your individual situation, and we sit down to discuss findings, and how you can get well.

All this... the history, the examination, the nerve scans, the X-rays and the Report of Findings, is normally \$1075. But, because you've taken the time to read this special report, and because you were referred by a Member of this practice, you save \$905. All this will cost you *only \$170*. Call me now, to set up a convenient time for your first visit. 415/460-6527. *"I will help you."* – Dr. D. Harte (D.C.)