

# SPECIAL REPORT on Spinal Surgery

*(How you can avoid it, and, if you've had spinal surgery,  
how you can avoid having more)*

A lot of people get back and neck 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. If it's bad enough, you have an orthopedic specialist, who surely agrees. Sometimes, it gets bad quickly.

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 orthopedist. He or she will put you through a bunch of tests, probably including an MRI, and come up with a diagnosis (eg. “herniated disk,” “stenosis,” “spinal arthritis,” “spondylolisthesis,” etc.) A diagnosis is just a name, but you are made to believe that that diagnosis explains everything (it does not), and is the ultimate answer to your suffering. You're put on some drug to manage your symptoms, but you're still in pain. When the side effects of that drug become too much, you're switched to another drug. And you're still in pain.

**THE MRI DOG-AND-PONY SHOW:** When it's been bad enough and/or long enough, you'll get that MRI, allegedly to “show” your problem. I hate to tell you this, but, in most cases, it's more to SELL the operation. The orthopedist will point to a spot on the MRI, and you'll nod your head, as if you understand. (You don't.) But neither does the orthopedist. Besides, the orthopedist will be looking, and intent on “fixing,” that one spot that he believes is causing you pain. It is virtually never one spot that is in trouble, in your spine.

So far, no one has wondered WHY you are suffering. No one had even given a thought to CAUSE, to why you have a bad back. No one has ever even considered how you can get well, without dangerous surgical procedures.

In my opinion, there are only two good reasons for spinal surgery, a tumor, or a fracture that is unstable. Otherwise, spinal surgery is irresponsible, unscientific and ineffective. If it was just ineffective, that would be bad enough, after all the danger of complications, the recovery, and the cost. The fact is that spinal surgery often leads to greater pain and disability, leading to more spinal surgery to fix the previous spinal surgery, eventually leading to you getting referred to the most pathetic of all medical specialties... **Pain Management.**

Here's some basic biology that evades your primary doc and your specialist... Your brain and nervous system controls and coordinates your digestive system, from your mouth and salivary glands, down to your anus and hemorrhoids. If there is interference to that control, one or more parts of your spine and adjacent structures will not function properly, which is a state that we, in Chiropractic, refer to as “disease,” which leads to disease. 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 spinal difficulties, but to allow your body, as a whole, to function better. Health.

*"A lifetime of dealing with acute back pain and not gaining any ground after going through all the "experts" services including an X-stop implant, I decided to see Dr. Harte as my last hope. It has been three years now and I can tell you that I have never felt better. I've lost 25 pounds, cut my blood pressure pills in half, and regained my normal posture.*

*Dr. Harte is very caring about his patients. His methods address the spine as the health of the whole person. I used to be in my doctor's office about 15 times a year for various issues, now I see him once a year for a physical. He says I'm in the best shape that he can remember. All my blood tests are normal. I will see Dr. Harte for the rest of my days."* -Al Farbstein, San Rafael



*"I've had multiple back surgeries, the last one two years ago which included fusion at L5/S1. Around last October the sciatica the ortho said would be fixed was worse than before the surgery. I've lived in Marin County for almost 20 years, but always figured chiropractic could not help people who have had fusion. But this time the ad was different or at least different from what I remembered. This time it said to not give up on chiropractic just because we've had surgery. I called and have not regretted it. I've experienced more relief over the last 9 months than I thought possible. It's not just the sciatica that is a lot more bearable. The neck pain and agonizing back pain are more manageable, sleep is better. Quality of life is much better overall." – Michael Deutch, Tiburon*

*"In June, 2000, I was facing a second back surgery. I decided to try Chiropractic with Dr. Harte instead. My leg and buttock pain of many years vanished. I continued in Dr. Harte's Wellness program, to continually improve my health. After taking blood pressure medication for 13 years, I began to experience dizziness. It turned out that, through the adjustments to my spine, my pressure had returned to normal, so my medication was no longer necessary, and was now causing the dizziness. I stopped taking it, and my blood pressure is just fine." --Janice Cobb, Corte Madera*

*"I no longer need surgery. My migraines have been reduced, and my TMJ (my jaw) no longer hurts, and I can finally get a good night's sleep. Thanks, Dr. Harte!" - Sandra Wayner Sausalito*

*"I have been ecstatic about the results I am seeing from almost three years of coming to Dr. Harte. My overall health is much better, and my major complaint, pain in my neck, has diminished to just noticeable. This has been really good care. Dr. Harte is an attentive and compassionate chiropractor, who uses a lot of feedback from testing. I enjoy his chipper outlook, and zany sense of humor. Definitely an upper to come to the office. I am now almost 79, and I can lift more weight, walk more miles, sleep like a baby and lead a busy life that was interrupted five years ago by pain so severe that neurosurgeons were advising immediate surgery. I definitely recommend him as a chiropractor, and you may find that you don't need to see other doctors so often when you are in his care." – Gay Luce, Corte Madera*

*"I was diagnosed with herniated disc and spondylolisthesis. I felt uneasy about spinal shots and a friend advised chiropractic help. She recommended Dr. Harte in Corte Madera. I was unable to walk, sit or lie down to sleep, for the horrific pain I was taking maximum dosage Percocet. I had 2 adjustments a day, 4 days a week. After 3 weeks I stopped taking all painkillers and was able to sleep solidly for 5 hours. After 6 weeks I could walk short distances without my canes, returned to part time work, and could finally take my adjustments lying down on my belly! After 4 months my kick-scooter and walking canes were retired and my back continues to heal on a program of 1 adjustment, twice a week." - Jeffrey Sutter, San Francisco*

*"I've been going to Dr. Harte for years and think he is wonderful. Lately, I've been suffering from a really bad shoulder. I haven't been able to sleep, extend it, or do much without severe pain. I was convinced that I had ripped something and would probably need surgery. Yesterday I went in and he worked on my shoulder quite a bit, and today, it is remarkably*

*better. I can't express enough what a relief that is. I didn't want to consider surgery, but was really worried I might not have a choice. As of this morning, I think I'll be better in another couple of weeks. Yay to the slayer of subluxation! **Dr. Harte is the best.** He told me to come in extra this week to get it taken care of (no charge), and now it is better. I can't imagine life without Dr. H!"* - Michele Benjamin, San Francisco

*"I have been going to traditional doctors for years, trying to alleviate leg pain and numbness in my foot. I went to physical therapy, **had spinal injections**, and took medication. Nothing helped. I couldn't sleep through the night, as I'd wake up in severe pain. I thought that my condition was chronic, but then I ran across Dr. Harte's flyer and decided to go see him. Since seeing Dr. Harte, **my leg pain is gone, numbness in my foot is dissipating and I can sleep through the night without ANY pain.** I am so thrilled that I went to him. **He's the best.** I would wholeheartedly recommend him."* - Grace Minaberry, Corte Madera {**Dr's note: "Spinal injections" are just a prelude to surgery.**}

*"My formerly incapacitating chronic back pain is a thing of the past, and despite injuring my knees and badly breaking a collarbone in later biking accidents, visiting Dr. Harte regularly has kept me doing the things I love, rock and ice climbing, mountain biking and even running."- George Schevon Berkeley, CA {**Dr's note: George was, indeed, threatened with spinal surgery at a young age, as I was.**}*

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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 spinal problems, 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. I have helped so many people avoid unnecessary, dangerous back and neck surgery!

You want REAL science, don't you? Changing the state of your spine directly changes the course of your life. HOW? Inside your spine is your nervous system, which runs your heart, your bladder, your immune system... everything! You don't want ANY interference in your spine.

**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, which is a gift right there. 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.)

**NOTE: Sadly, most chiropractors around here, if you've had spinal surgery, wouldn't touch you with a ten-foot pole. With my very gentle, highly specific chiropractic adjusting techniques, I will help you, even if you've had fusions.**