

Scientific Research Series

Reversal of Degenerative Disc Disease with Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration[©]

Exciting New Clinical Research Proves
What Many Thought Wasn't Possible

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Dr. John Zielonka and the Ottawa Chiropractic & Natural Health Centre are proud to have Ottawa's only **Non-Surgical Robotic Laser Spinal Decompression** system as part of their **Signature Neuro-Spinal Restoration Program**. There are only 12 health clinics worldwide that utilize this advanced, patented system. This revolutionary technology is the world's first and only to combine simultaneous "true" Spinal Decompression with Class IV laser, the highest level of laser approved by both Health Canada and the FDA. This unique, simultaneous combination continues to show unparalleled success in previously difficult and unsuccessful cases. As such, those who have suffered with chronic, debilitating back and neck pain from disc herniations, disc bulges, Degenerative Disc Disease, osteoarthritis, sciatica, "pinched nerves", spinal stenosis, compression fractures, spondylolisthesis, whiplash, carpal tunnel syndrome, migraines, failed surgery and wishing to avoid surgery, finally now have renewed hope.

The following are clinical case studies specific to the reversal of Degenerative Disc Disease directly from Dr. Zielonka's patients at his clinic in downtown Ottawa, Ontario, Canada.

Non-Surgical Robotic Laser Spinal Decompression[®] - A Revolutionary Solution for Degenerative Disc Disease and Osteoarthritis-Related Chronic Back and Neck Pain

Chronic back and neck pain, especially from conditions such as Degenerative Disc Disease (also known as osteoarthritis), can be debilitating and significantly impact one's quality of life. Traditional treatments range from prescription drugs, chiropractic care, and physical therapy to invasive surgical procedures. However, advancements in medical technology have paved the way for a groundbreaking approach: Non-Surgical Robotic Laser Spinal Decompression

(NSRLSD). This revolutionary technology offers a promising solution for those suffering from serious chronic back and neck pain, providing relief without the need for invasive surgery.

Understanding Degenerative Disc Disease and Osteoarthritis

Osteoarthritis is a degenerative joint disease characterized by the breakdown of cartilage in the joints, leading to pain, stiffness, and reduced mobility. In the spine, this condition can cause the intervertebral discs and facet joints to deteriorate, resulting in chronic back pain and neck pain. Osteoarthritis in the spine can lead to the formation of bone spurs, nerve compression, and inflammation, which exacerbates the pain and discomfort experienced by patients.



Stages of Degenerative Disc Disease

While there are different models of stages ranging from 3 to 6 stages, the 4-stage model is as follows.

- Normal** Adequate, full disc height and normal spinal curvatures.
- Phase 1** Thinning of the disc and/or a loss of the normal spinal curve.
- Phase 2** Advanced degeneration – significant thinning of the disc and/or bone spurs (osteophytes).
- Phase 3** Severe degeneration – large bone spurs and/or partial or total fusion.

Many Doctors Aren't Aware That Degenerative Disc Disease Can Be Reversed

“You’re getting older – what did you expect?” is the common response given by many doctors to explain the degeneration of your spine as you age. The problem is that this belief is a self-fulfilling prophecy as it absolves self-responsibility and results in inaction allowing your spine to continue to degenerate.

If age was the sole factor in the degeneration of your spine, then please explain why some 60-year-olds have no spinal degeneration while some 30-year-olds have advanced spinal degeneration. Or better yet, explain why your L5 vertebrae is degenerating while your L3 isn't – they're obviously both the same age. It's not age or time that causes degeneration – it's what we do (or don't) over that time. It may be common to degenerate over time but there's nothing normal about it.

First, let's understand that all of these terms mean the same thing.

**Spinal Degeneration = Spinal Deterioration = Spinal Decay =
Degenerative Joint Disease = Degenerative Disc Disease = Osteoarthritis**

The Most Common Arthritis

There are over 100 different types of arthritis of which osteoarthritis (OA) is the most common. Contrary to common belief, OA is due to lifestyle factors and **not** genetics (unlike rheumatoid arthritis). It is essentially a “wear and tear” of the discs and the joints. There are 3 factors that can speed this degeneration:

1) Damage

Quite simply, if you damage something, it will “wear and tear” faster. If your car gets in an accident, guess which part of your car will rust first. This damage can be what I call “fast damage” or “slow damage”. Fast damage would include things such as car accidents (whiplash) or other types of injuries. Slow damage would include a much smaller amount of pressure but over a prolonged period of time. This would include chronic work posture, poor posture or uncorrected spinal subluxations (spinal misalignments).

2) Lack of movement

I'm sure you've heard the old adage "if you don't use it, you lose it". The reason it applies here is that while most of the body receives its nutrients via the blood stream, there are no blood vessels that go directly into the disc. Hence, a disc receives its nutrients through a process called **imbibition** which means the more movement **specific** to each individual disc, the more nutrients that will be pumped into that disc. A lack of nutrients would obviously be likely to result in more degeneration.

Unfortunately, simple stretching exercises will not fully restore this movement. It is not about the general overall movement of the spine; it is about the movement between each adjoining pair of vertebrae. If a vertebra is degenerated, herniated, or subluxated, movement at that specific level will be restricted (and thus less nutrient intake) regardless of all the stretching in the world.

3) Loss of Nutrient Production

This is the one area that some might consider age-related, but its effects can be reversed. The human body is capable of producing and utilizing the nutrients necessary for disc building but it stops doing that around age 40. As such, proper science-based supplementation is necessary to overcome this loss of production. Contrary to wishful thinking, the nutrients (and amounts) necessary to help you rebuild your discs cannot be achieved through diet alone regardless of your beliefs.

Of key importance here to all those who are haphazardly supplementing is the fact that supplements alone will not produce optimal results if normal movement is not also restored to push those nutrients into the disc. It is the combination of all of these factors that provides optimal results. This also explains why some who are "anti-supplementation" don't see the desired results. It's not that proper supplementation doesn't work, it's that they're not being delivered to where they're needed.

Can Degenerative Disc Disease Be Reversed?

It is important to appreciate that Degenerative Disc Disease or Spinal Degeneration is an **ongoing process**, not a static condition. In other words, if you do nothing to change your ways, it is likely **to progress**. To have a normal spine (and not a common one) steps must be taken to

a) undo the damage, b) increase spinal range of motion and c) restock the disc with the proper nutrients.

Traditional Treatments and Their Limitations

The conventional treatment for Degenerative Disc Disease often includes a lifetime of prescription and over the counter drugs that not only have significant and serious adverse reactions but do nothing to fix the actual underlying cause of the problem. What many don't realize is that not only do they not correct the underlying cause but, by only masking the pain, they actually allow the condition to continually progress even further thus necessitating a lifetime dependence on those same drugs regardless of how one feels.

Care for Degenerative Disc Disease might also involve a combination of chiropractic care, physical therapy, pain management, and in severe cases, surgery. Therapy aims to strengthen the muscles around the spine, improve flexibility, and reduce pain. Pain management often includes medications such as nonsteroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, injections and even opioids.

Surgical interventions, such as spinal fusion or decompression surgery, are considered when conservative treatments fail to provide relief. While surgery can be effective, it comes with significant risks, including infection, nerve damage, and prolonged recovery periods. Additionally, not all patients are suitable candidates for surgery, particularly those with underlying health conditions.

The Advent of Non-Surgical Robotic Laser Spinal Decompression

Non-Surgical Robotic Laser Spinal Decompression (NSRLSD) represents a significant advancement in the treatment of chronic back pain, particularly for conditions like Degenerative Disc Disease. This innovative technology combines the precision of robotics with the therapeutic benefits of laser therapy and spinal decompression to provide a non-invasive, effective treatment option.

How Non-Surgical Robotic Laser Spinal Decompression Works

NSRLSD utilizes a specialized robotic system to perform spinal decompression and Class IV laser with unparalleled accuracy. The process involves the following steps:

1. **Comprehensive Consultation and Examination:** This is essential for proper diagnosis of all of the underlying causes of a patient's condition as well as formulation of a detailed treatment plan specific to the patient. A full-spine nerve scan, diagnostic digital X-rays (including possible motion studies) and a review of any advanced imaging techniques, such as MRI or CT scans, are used to assess the patient's spine and identify the exact location and degree of vertebral slippage. This information is crucial for creating a customized treatment plan.
2. **Robotic Decompression:** The robotic system is programmed with the precise coordinates of the affected area. It gently decompresses the spine (not basic traction or standard decompression), creating negative pressure within the disc. This negative pressure helps to reposition the slipped vertebra and alleviate pressure on the surrounding nerves.
3. **Robotic Laser Therapy:** Concurrently, a Class IV laser is used to simultaneously target the affected area. Class IV laser is the highest level of laser approved by both Health Canada and the FDA. This patented, simultaneous application is of key importance. The laser's energy promotes healing by stimulating blood flow, reducing inflammation, and accelerating tissue repair. The combination of true decompression and laser therapy enhances the overall effectiveness of the treatment.
4. **Concurrent Necessary Components:** Additional program components include Neuromuscular Re-education, Spinal Neurological Correction, Muscle Tissue Restoration, and Disc Replenishment and Healing Protocols.

Benefits of Non-Surgical Robotic Laser Spinal Decompression

NSRLSD offers numerous advantages over traditional treatments, making it a preferred option for many patients with Degenerative Disc Disease-related back pain.

1. **Non-Invasive:** Unlike surgical procedures, NSRLSD does not require any incisions or anesthesia. This reduces the risk of complications and allows for a quicker recovery.
2. **Precision and Customization:** The use of robotics ensures that the decompression and laser therapy is performed with high precision, targeting the exact area of concern. The treatment plan is tailored to the individual patient's needs, enhancing its effectiveness.
3. **Zero to Minimal Discomfort:** Patients typically experience no discomfort during and after the procedure. There is no need for lengthy hospital stays, and most patients can return to their normal activities immediately after treatment.

4. **Reduced Dependency on Medications:** NSRLSD can significantly reduce the need for pain medications, including opioids, anti-inflammatories, and pain killers, which have numerous side effects, serious long-term risks and risk of dependency.
5. **Enhanced Healing:** The Class IV laser component of NSRLSD promotes natural healing processes, reducing inflammation and encouraging tissue repair.
6. **Cost-Effective:** Although advanced, NSRLSD can be far more cost-effective in the long run compared to surgical interventions, considering the reduced need for extended hospital stays, medications, and follow-up treatments.

Case Studies and Patient Outcomes

Clinical case studies and patient testimonials highlight the effectiveness of NSRLSD in treating Degenerative Disc Disease-related back pain. Patients report significant pain reduction, improved mobility, and an overall enhancement in quality of life. These positive outcomes underscore the potential of NSRLSD as a game-changer in the field of spinal health.

The following are case studies taken directly from Dr. Zielonka's patients who have undergone his Neuro-Spinal Restoration program including Non-Surgical Robotic Laser Spinal Decompression. All patients mentioned have provided their consent to reveal their findings.

Case 1 – Jim E.

“I was on Percocet for years”

Jim is a 63-year-old man who had been suffering with severe chronic low back pain and Degenerative Disc Disease for over 30 years. At its worst, Jim lost complete feeling in both legs and could barely walk. He was on Percocet for years as well as numerous other drugs. Imagine what this did to both Jim's physical and mental health.

After arriving at the Ottawa Chiropractic & Natural Health Centre, Jim underwent our comprehensive Non-Surgical Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X-rays and a Neurological Scan. This enabled us to find the true underlying causes of Jim's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

“I can sleep again”

Jim was placed on our proprietary and specialized Neuro-Spinal Restoration Program that included our Robotic Laser Spinal Decompression system as well as other components specific to Jim's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan

Jim was progressing nicely on our program and then had the unfortunate luck to be involved in a serious car accident where his vehicle was crushed between a gravel truck and the guard rail. Needless to say, this seriously exacerbated his low back condition as well as introducing new injuries.

We're pleased to state that while we would never wish a car accident on anyone, we have significant experience at dealing with such injuries and how to address such a significant setback. Jim's program has been extended through his motor vehicle insurance and under our care has regained the strides he had been making.

“My back feels great”

His neurological scan, ranges of motion and disability indexes all showed concurrent improvement. Follow-up X-rays showed an increase in disc height at the L5-S1 level of an almost unbelievable 200% (there was very little to begin with) and 82% at the L4-L5 level. Jim's spondylolisthesis at the L3-L4 level was also improved by 47%.

While there is still work to do based on the aggravation caused by the gravel truck, his back is now better than it has been in 30 years where he can actually sleep again, and his life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, thank-you to Jim for sharing his story with us and offering hope to those who had given up.



Before

L3-L4 Degenerative Disc Disease 5.24mm
 L4-L5 Degenerative Disc Disease 2.92mm
 L5-S1 Degenerative Disc Disease 0.89mm



After

L3-L4 Degenerative Disc Disease 9.94mm
 = 90% increase in disc height
 L4-L5 Degenerative Disc Disease 5.33mm
 = 82.5% increase in disc height
 L5-S1 Degenerative Disc Disease 2.67mm
 = 200% increase in disc height

Case 2 – Tim’s Experience

Tim is a 55-year-old executive who suffered with significant neck pain radiating down into his left arm and fingers for 5 years due to a motor vehicle accident and chronic work posture. Past care included neurosurgeons, medical doctors, sleep specialists, prescription drugs, physical therapy, massage therapy and traction. In Tim’s case, he actually found that the physical therapy and massage therapy made his condition worse.

Tim found the worst aspect over the past 5 years was how adversely his sleep was affected which of course affected all other aspects of his health. Secondly, he loved to golf which he was unable to do. Lastly, headaches were also a serious issue.

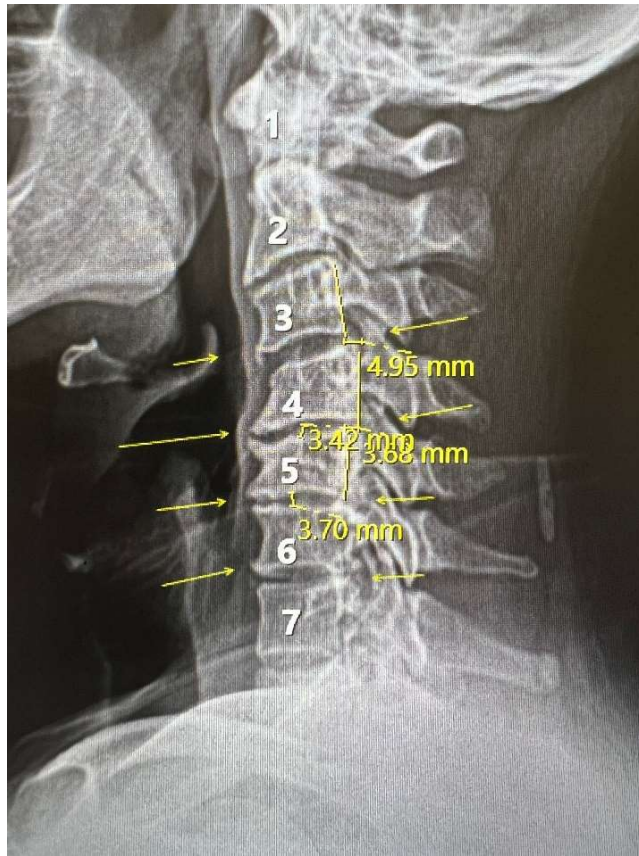
After thorough consultation and examination, Tim was diagnosed with severe Degenerative Disc Disease, foraminal stenosis, spondylolisthesis, disc herniation and significant nerve compression.

There are multiple important points to consider here.

1. Unbeknownst to many, and as discussed above, motor vehicle accidents are a significant factor in speeding up the process of Degenerative Disc Disease even in cases where the person feels no significant injury. A landmark study from Cambridge University showed that a vehicle only needed to be travelling at 8 miles per hour to cause significant injury. It is estimated that a motor vehicle accident speeds degeneration by 10 years, thus a 30-year-old will have the spine of a 40-year-old.
2. The fact that Tim's condition was made worse with physical therapy and massage should not be construed as a critique of these professions as this can happen with any health profession. Rather, one should investigate why this happened. Was it an inaccurate diagnosis, the wrong form of care, an inexperienced provider, or some other factor? When a patient does not progress, referral to a different health professional should be strongly considered.
3. Tim's lack of success with traction - and success with Non-Surgical Robotic Laser Spinal Decompression – just confirms the difference between these two forms of care.

Tim was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week) as well as other components specific to Tim's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.

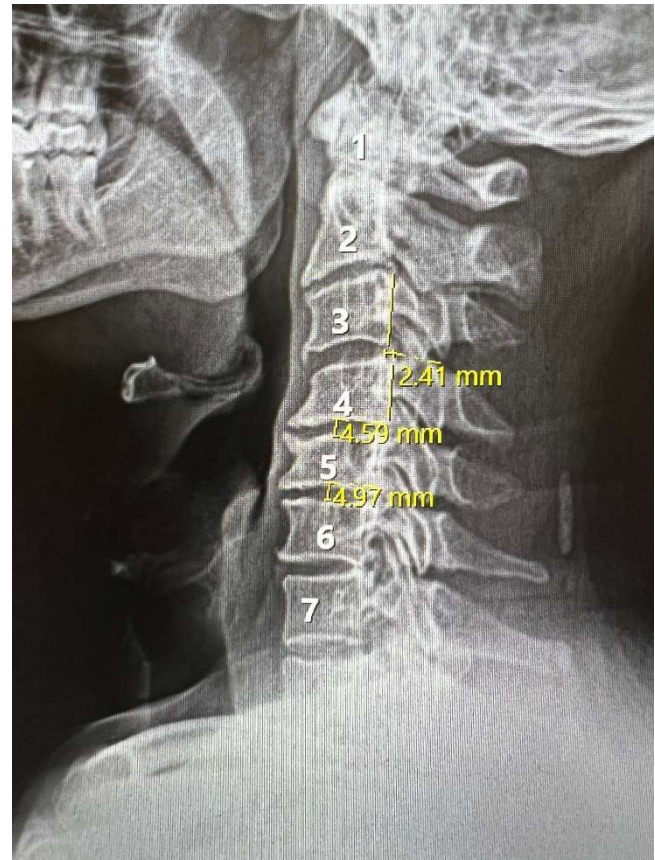
At this point you may have noticed that while our programs can range from 2 to 12 weeks and will vary based on the individual's specific condition, a common frequency is 8 weeks at a frequency of 3 times per week. This is derived from the best research and clinical studies that show a minimum of 24 sessions is required to make physiological changes in the spine, disc, and nervous system.



Before

L4-L5 Degenerative Disc Disease 2.07mm

L5-S1 Degenerative Disc Disease 1.33mm



After

L4-L5 Degenerative Disc Disease 5.40mm

= 161% increase in disc height

L5-S1 Degenerative Disc Disease 2.08mm

= 56% increase in disc height

We are pleased to tell you that Tim has seen significant improvement and was in fact able to make his golf trip.

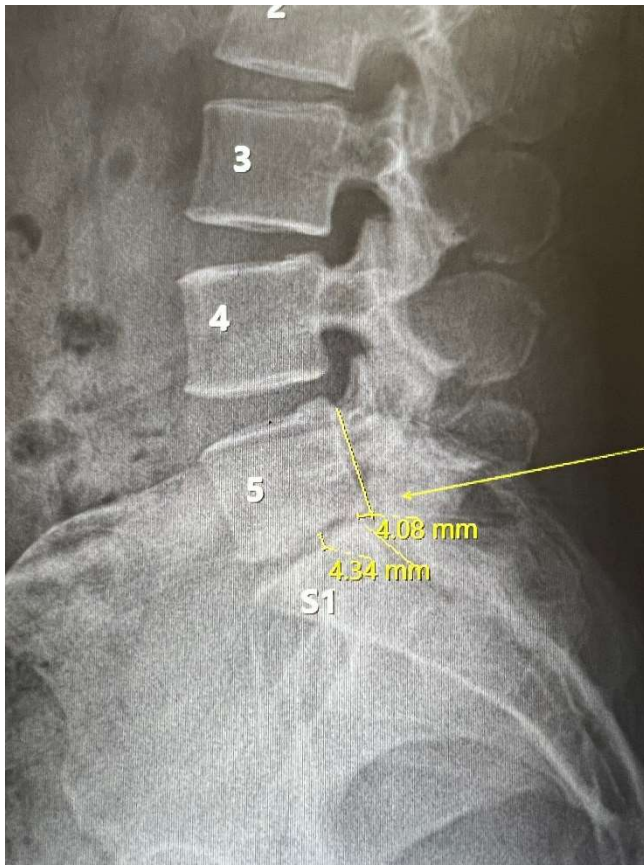
Case 3 – Deborah’s Experience

Deborah is a 46-year-old digital marketer who suffered with significant low back pain of 10+ years duration which was only expected to continue given the nature of her profession.

After thorough consultation and examination, Deborah was diagnosed with Advanced Degenerative Disc Disease as well as radiculopathy, spinal stenosis, spondylolisthesis, sciatica and significant postural abnormalities.

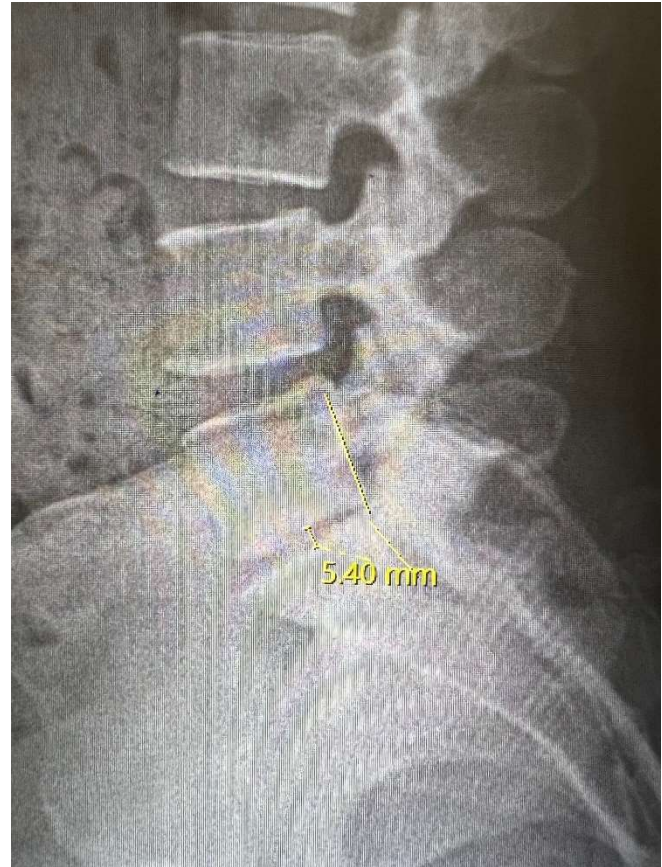
Deborah was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression**

for an 8-week period where she received 3 sessions per week. She was also given Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.



Before

L5-S1 Degenerative Disc Disease 4.34mm



After

L5-S1 Degenerative Disc Disease 5.40mm
= 24.4% increase in disc height

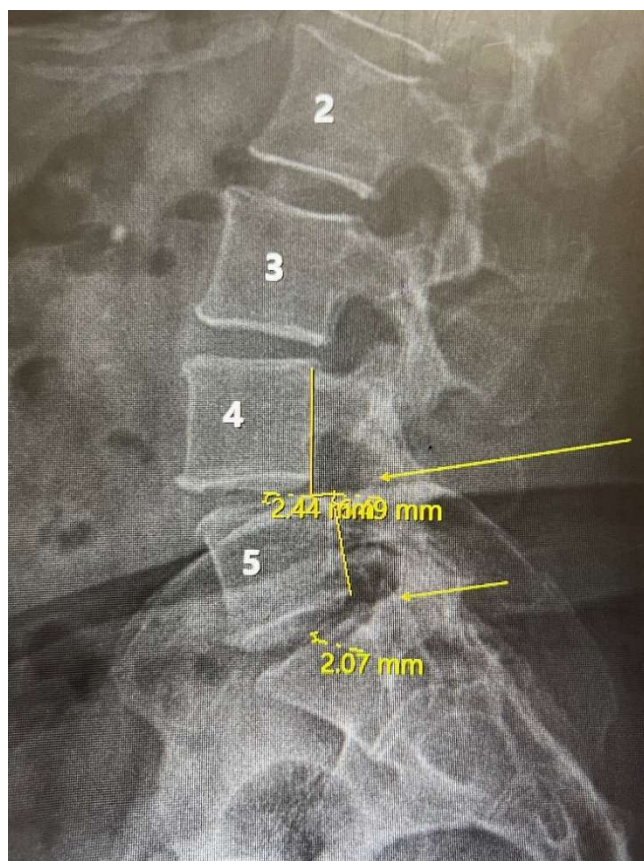
Given Deborah's multiple and significant underlying causes, this is an excellent result for such a short time period including resolution of her spondylolisthesis. Deborah is very pleased with her improvement to date.

Case 4 - Brenda's Experience

Brenda is a 59-year-old government worker who was suffering with significant low back and leg pain due to many factors for the past 2 years.

After thorough consultation and examination, Brenda was diagnosed with advanced Degenerative Disc Disease, sciatica, spinal stenosis, and spondylolisthesis.

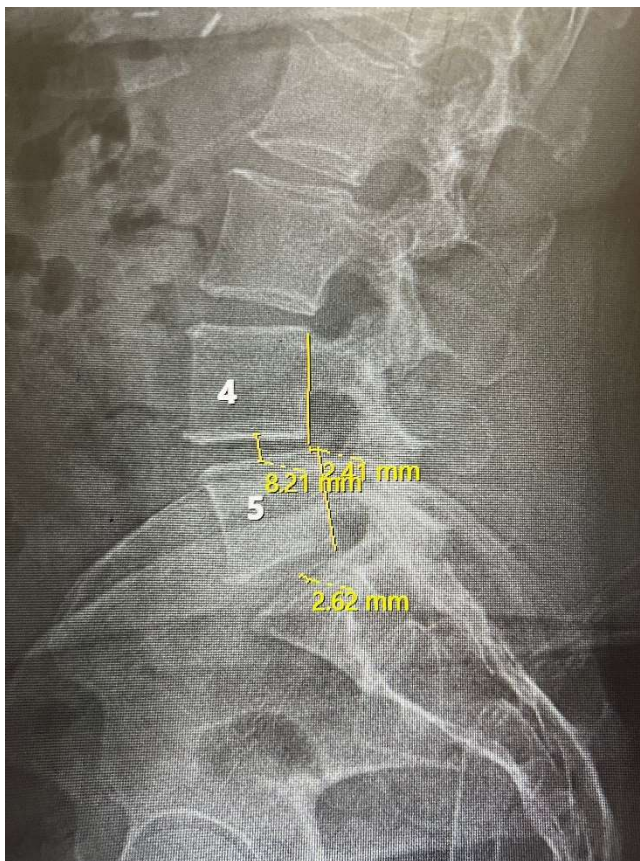
Brenda was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week) as well as other components specific to Brenda's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.



Before

L4-L5 Degenerative Disc Disease 2.44mm

L5-S1 Degenerative Disc Disease 2.07mm



After

L4-L5 Degenerative Disc Disease 8.21mm

= 237% increase in disc height

L5-S1 Degenerative Disc Disease 2.62mm

= 26.6% increase in disc height

Given the advanced and multifaceted nature of Brenda's condition, the degree of improvement she achieved through Neuro-Spinal Restoration and Non-Surgical Robotic Laser Spinal Decompression is quite remarkable.

Case 5 – Radwan's Experience

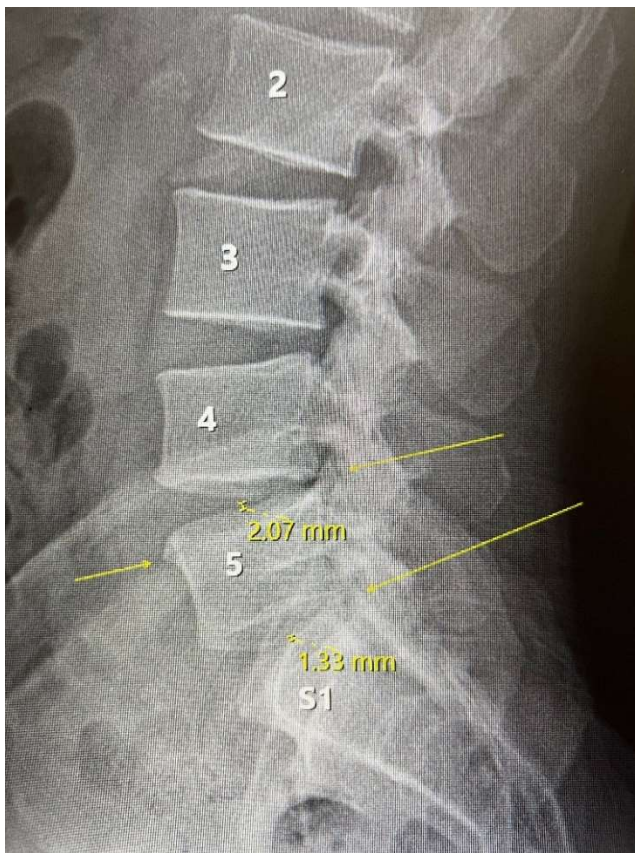
Radwan is a 37-year-old construction worker who had suffered with significant low back and bilateral leg pain for the past 20 years. Needless to say this significantly affected his ability to work and meet the requirements of his job.

After thorough consultation and examination, Radwan was diagnosed with Advanced Degenerative Disc Disease as well as sciatica and nerve radiculopathy.

Radwan was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week) as well as other components specific to Radwan's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.

Radwan's results specific to his advanced Degenerative Disc Disease are as follows.





Before

L4-L5 Degenerative Disc Disease 2.07mm

L5-S1 Degenerative Disc Disease 1.33mm



After

L4-L5 Degenerative Disc Disease 5.40mm

= 161% increase in disc height

L5-S1 Degenerative Disc Disease 2.08mm

= 56% increase in disc height

The World and the Medical Community is still catching up with the Science

Given the significant improvement in these patients and especially in those who had essentially given up hope after “having tried everything”, one might question why much of the world and the medical community is still unaware of the benefits of Non-Surgical Robotic Laser Spinal Decompression and Neuro-Spinal Restoration. In fact, many insurance companies as well as some uninformed therapists attempt to incorrectly pigeonhole it into basic traction thus doing the patient a grave disservice. Traction, inversion, standard spinal decompression, and Non-Surgical Robotic Laser Spinal Decompression are not the same. They all have a different approach, a different protocol, and thus a different end result and different level of success.

I address this question in one of my bestselling books on a completely different topic. In *“The Science of Brain Health – The Simple 7-Step Formula to Prevent the Nightmare of Alzheimer’s”*, I point out that according to the science itself, there is typically a 17-year lag between when a scientific discovery is made and when the average doctor becomes aware of it. Additionally, there is a further 10-15-year lag before that discovery or procedure becomes mainstream. Finally, one must consider that some have financial incentive to continue outdated approaches that manage conditions versus actually correcting them.

Many health professionals, including those from supposedly reputable institutions, falsely believe that Degenerative Disc Disease is not reversible. This comes from a lack of understanding and expertise or simply a lack of awareness of the latest advancements in healthcare. As such, this false belief is keeping people from getting the care they need and in essence, sentencing them to a life of unnecessary pain and dysfunction. They also fail to appreciate that there is a significant difference between standard spinal decompression and Non-Surgical Robotic Laser Spinal Decompression.

Spinal decompression, versus basic traction or inversion, was actually invented in the 1990s by Dr. Allen Dyer, MD., PhD., and former Minister of Health for Ontario, for which there currently exists hundreds of studies to its effectiveness. Class IV laser also dates back to the 1990s for which there also exists hundreds of studies to its effectiveness.

However, clinical practice showed that while some responded well to standard spinal decompression, there were still others who did not as the spine would resist the decompression. This led Dr. Mark Jagger of Toronto, Ontario, Canada to revolutionize this care by simultaneously combining these 2 treatments. As such, he invented the world’s first and only Non-Surgical Robotic Laser Spinal Decompression. There are only 12 clinics in the world (all located in Canada and the United States) that have this patented, revolutionary technology. Of key importance is that the combination of these 2 treatments happens simultaneously at the exact same time. The more decompressed the disc is, the deeper the laser can go. The deeper the laser goes, the more the disc can decompress.

Further, differences in care will be dependent on the doctor’s experience in calculating the 4 technical factors (decompression tension, laser intensity, robotic pattern, time intervals) as well as duration and frequency specific to the patient’s needs.

The Future of Non-Surgical Robotic Laser Spinal Decompression

As technology continues to advance, the capabilities of NSRLSD are expected to expand. Ongoing research aims to refine the technique, improve patient outcomes, and make the

technology more widely accessible. The integration of artificial intelligence and machine learning could further enhance the precision and customization of treatments, providing even better results for patients.

Conclusion

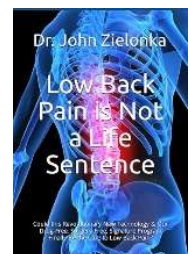
Non-Surgical Robotic Laser Spinal Decompression is revolutionizing the treatment of chronic back and neck pain, particularly for conditions like Degenerative Disc Disease. By combining the precision of robotics with the therapeutic benefits of laser therapy and spinal decompression, NSRLSD offers a non-invasive, effective, and safe alternative to traditional treatments. As more patients experience the benefits of this innovative technology, NSRLSD is poised to become a cornerstone in the management of spinal conditions, especially when it is part of a comprehensive **Neuro-Spinal Restoration** program, providing hope and relief to countless individuals suffering from debilitating back pain and neck pain.

Please watch our videos here: <https://youtu.be/s2X0FKhxsPs?si=y7a23rDnmlb44Se>

Ottawa's Only Non-Surgical



Dr. John Zielonka is one of Canada's most trusted health and wellness experts. He is the owner and founder of the [Ottawa Chiropractic & Natural Health Centre](#), in the World Exchange Plaza in downtown Ottawa, Ontario, Canada which is home to Ottawa's only Non-Surgical Robotic Laser Spinal Decompression system and Signature Neuro-Spinal Restoration Program. Dr. Zielonka is a Certified Rehabilitation Doctor, the Past Director and Founder of Rehabilitation at the Ottawa Sport Science Centre, and a 16-time award winning Neuro-Functional Chiropractor who has helped thousands achieve a better way of life. He is the author of 10 books including "Low Back Pain is Not a Life Sentence. Please email us at patientadmin@excellenceinhealth.com or please visit www.excellenceinhealth.com or www.DrJohnZielonka.com. You can always call us directly at (613) 688-1036,





Our Why

You know **what** we do
and **how** we do it,
but do you know **why** we do it?

We believe in **Health by Choice – Not by Chance**[®]. Does society know everything there is to know about health? Absolutely not. Do we know more than enough to be far healthier than we are? Absolutely yes. Society has been misled to think that poor health is due to bad genes, bad germs and bad luck. The science clearly shows that this is not true and that you have more control over your health than you have been led to believe. True health is not found in more drugs, removing body parts or waiting for the latest miracle cure – it's found in you and the actions you take or fail to take on a daily basis. Imagine how much better the world would be for everyone if we were all healthier.

That's why our core values, **Leadership, Trust, Integrity, Truth and Human Health Potential**, and **Our Why**, guide everything that we do in our health centre. It's also why we'll never stop teaching you how to achieve and maintain true health over the course of your lifetime. There is one catch, however; you have to want it, invest in it, and make the effort to achieve it – and yes – you have to do it for the rest of your life.

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15X AWARD WINNING NEURO-FUNCTIONAL CHIROPRACTOR
& ROBOTIC LASER SPINAL DECOMPRESSION EXPERT

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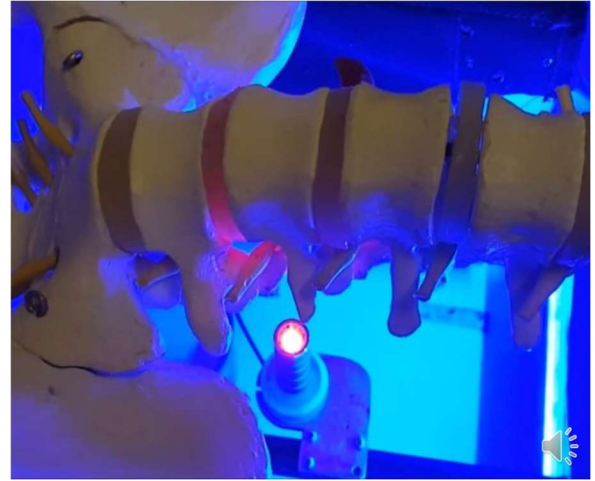
Low Back Pain is Not a Life Sentence

**Could this Revolutionary New Technology &
Our Drug-Free, Surgery-Free, Signature Program
Finally Be the Cure to Low Back Pain?**

Dr. John Zielonka



Robotic Laser
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We help people struggling with chronic back and neck pain, who feel they've tried everything, Finally put an end to their pain and suffering by utilizing the most advanced revolutionary science-based technology, without drugs or surgery, and return them to the life they deserve.

Do You Suffer from Debilitating, Chronic Pain?

- Disc Herniations**
- Sciatica**
- Degenerative Disc Disease**
- Spinal Stenosis**
- Pinched Nerves**
- Whiplash**
- Failed Surgery**

There is Hope – Especially for those who feel they've tried everything

Your 1st step to changing your life is to call us today at (613) 688-1036 and schedule your Comprehensive Initial Consultation and Examination including a Full Spine Neurological Scan and Diagnostic Digital X-Rays to determine if you're a candidate for our programs.

Getting ready every morning “was hell” and my pain was stopping me from doing all the things I enjoy and need to do after work as a welder. I had tried so many different things without success. I’m only a quarter of the way through my program and I feel way better. Dr. Zielonka and his health team are awesome. Eric – Ottawa

I was suffering from chronic low back and leg pain that was a 9/10 in severity even though I was taking 6 Gabapentin and 9 Tylenol for a total of 15 pills EVERY DAY. After my initial 8-week program I am 80% better and take ZERO pills. I give them 6 stars out of 5. Lou S.



Voted Ottawa’s Best the past 10 Years in a row

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