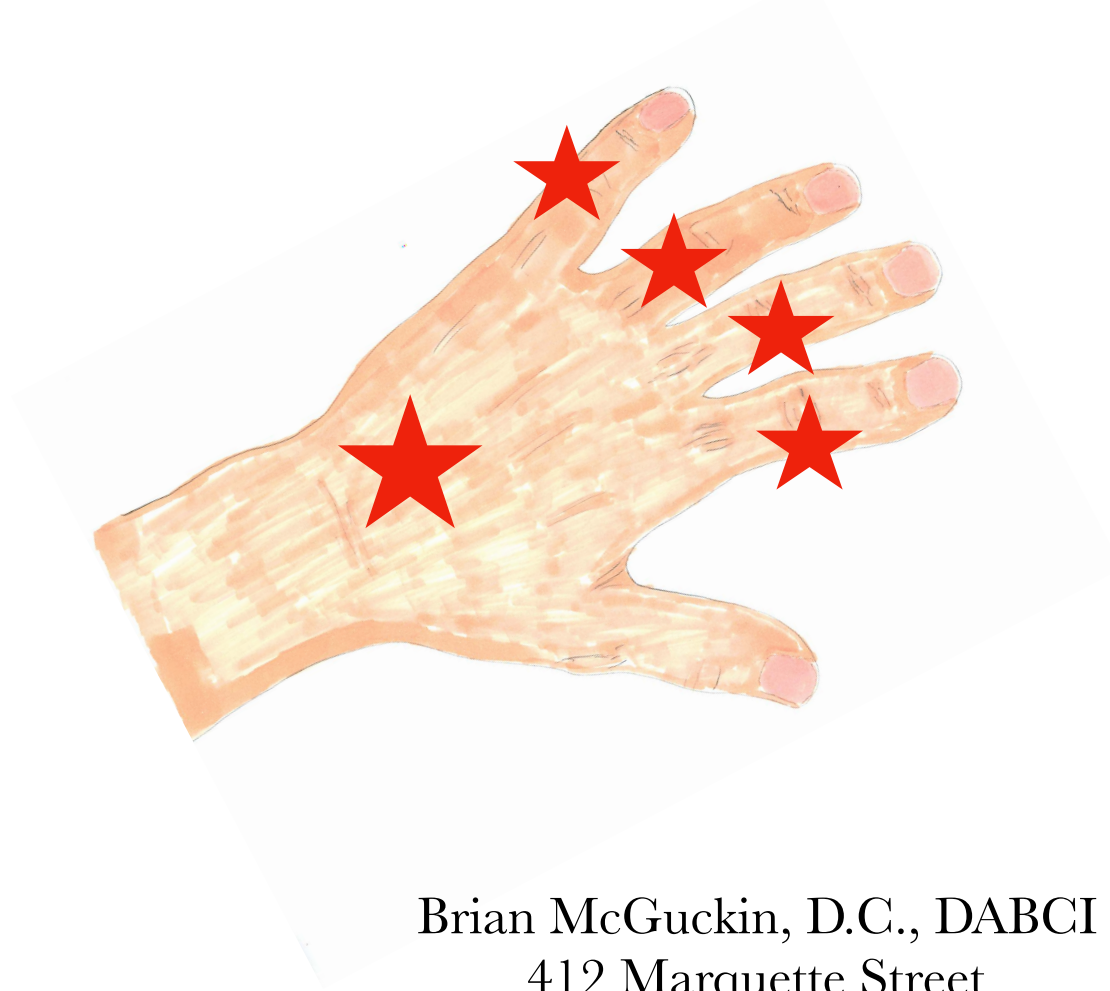




Natural Solutions That Work

DR. BRIAN MCGUCKIN

Joints No More Pain



Brian McGuckin, D.C., DABCI

412 Marquette Street

Valparaiso, IN 46383

www.DrMcGuckin.com

219 - 531 - 1234

Our entire body replaces itself every 6 to 8 years. Bones taking the longest amount of time.

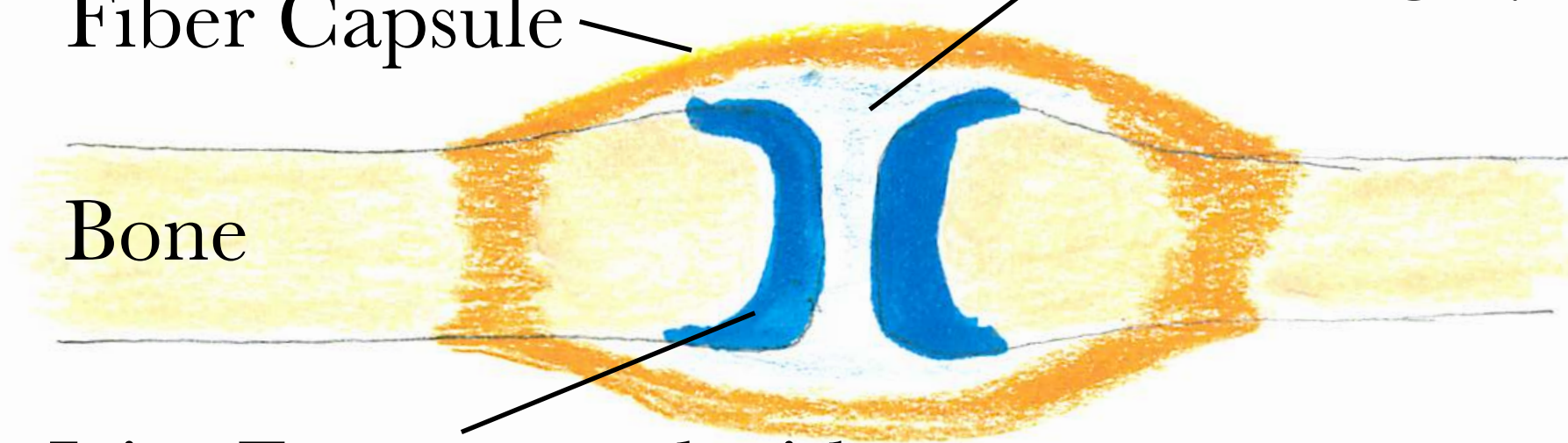
Finger Joint

Fiber Capsule

Lubricating Synovial fluid

Bone

Joint Face covered with
smooth cartilage



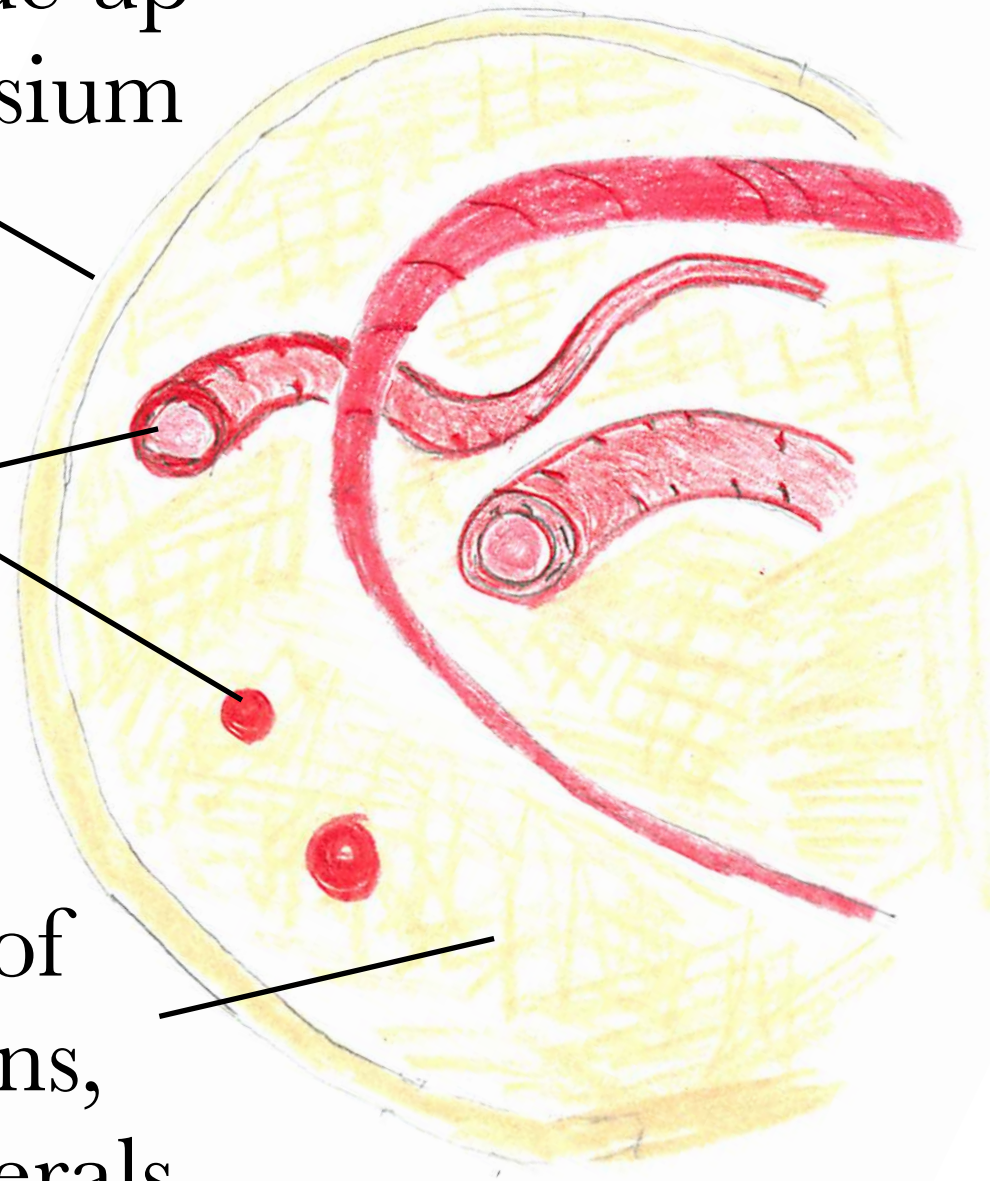
Finger Joint

Healthy Bone has abundant nutrient rich blood flow for cell replacement.

Outer bone wall is made up of potassium & magnesium

Blood flow in bone

Inner bone is made of shape forming proteins, calcium and trace minerals



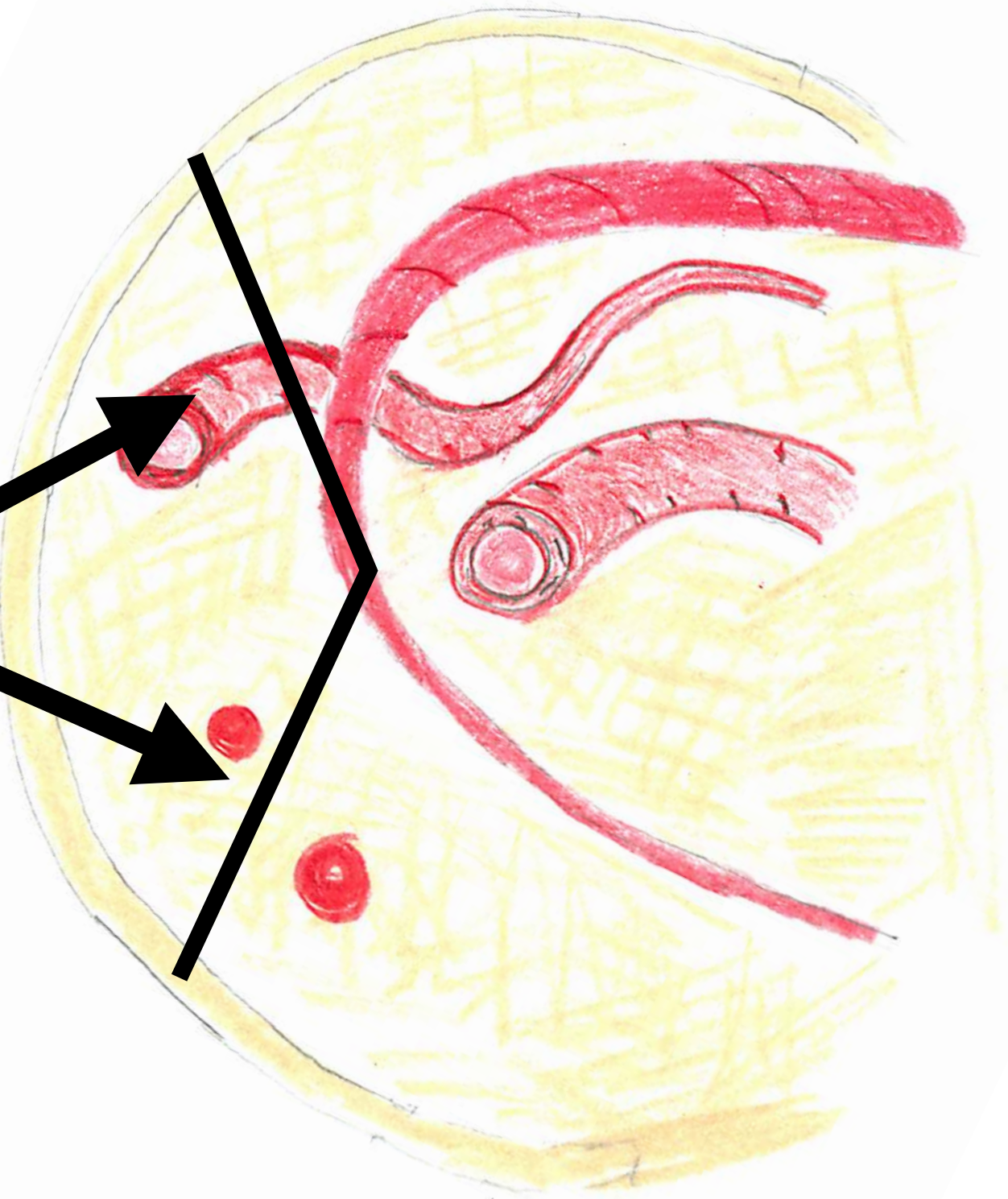
Finger Joint

Impact Injuries
crush bone

Falls

Sports

Repetitive work



Impact Injuries

Crush Bone

Blood flow is reduced to a trickle as scar tissue fills in the damaged areas.



Impact Injuries Crush Bone

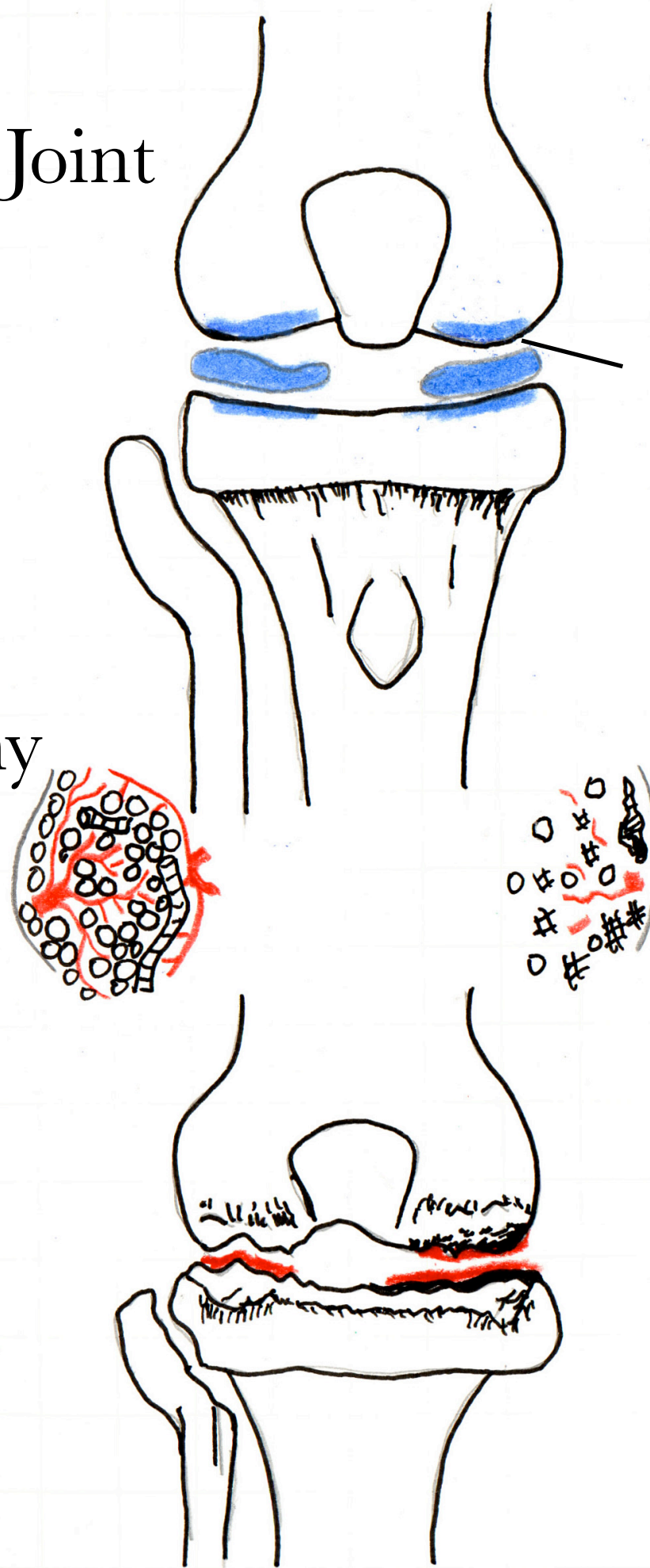
The younger you
had more cell
energy and was
able to maintain
the shape of the
bone even with
the reduced
blood flow.

Knee Joint

Cartilage

Healthy
Bone

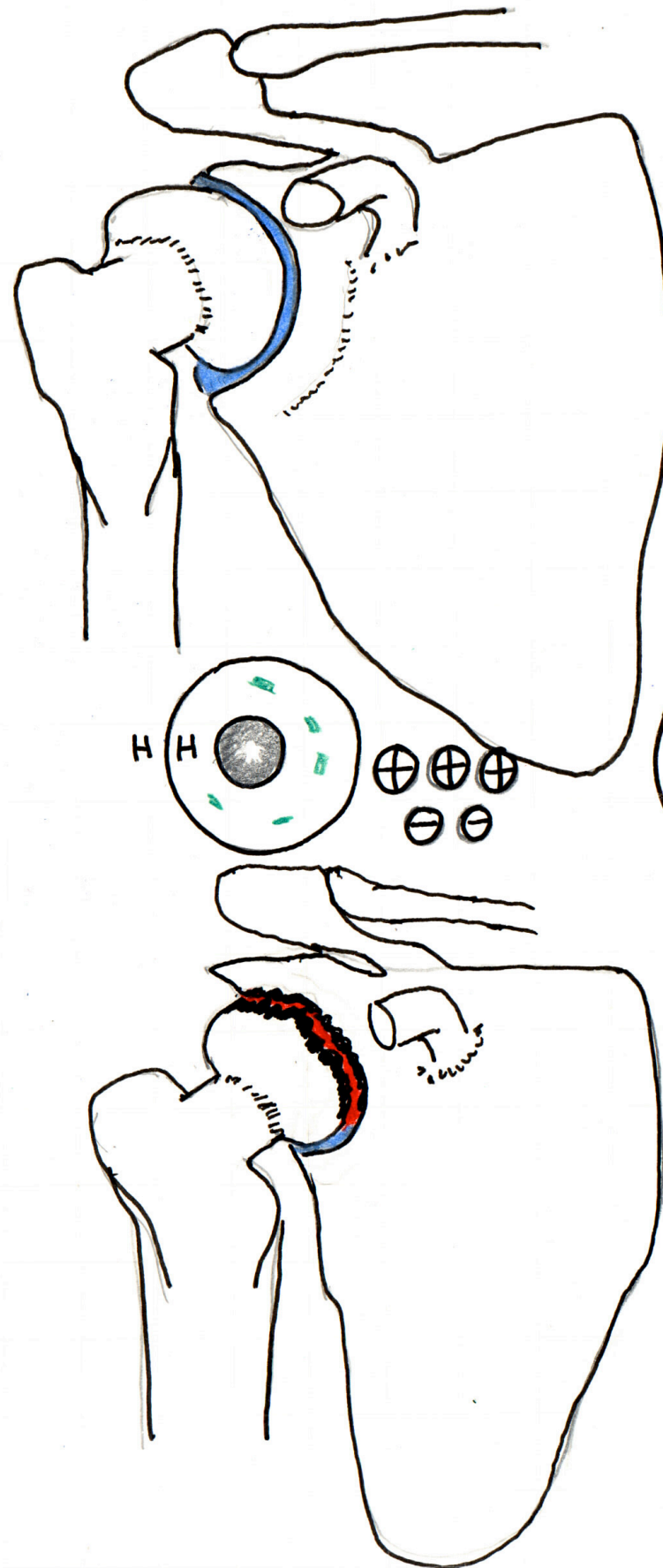
Lack of
nutrients to
the joint
from
injuries.



Impact Injuries Crush Bone

Our ability to turn food into energy is not age dependent.

What has happened is we have had more time to become less efficient by being acidic.



Hydrogens make us acidic. Two hydrogens grab an oxygen and make water.

Cells cannot make energy when they are acidic. Arthritis sets in.

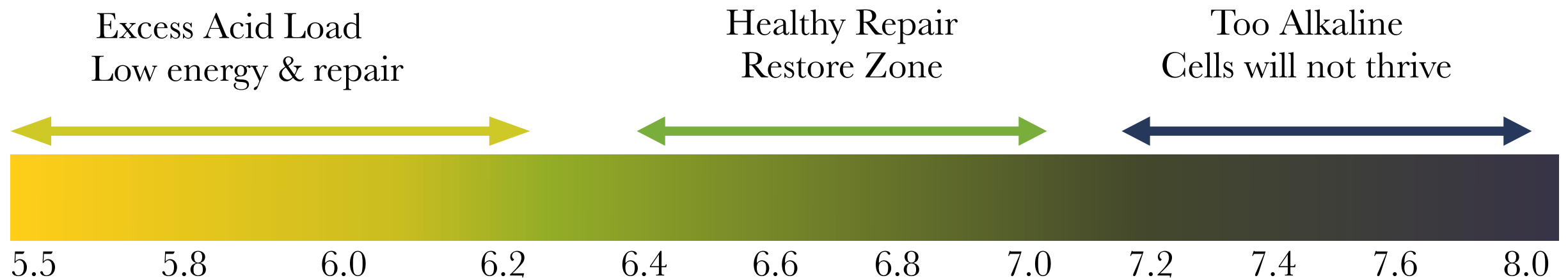
We can prevent degeneration with Nutrition and Cell pH

Cartilage will regrow if the cells can make energy.

Bone will stop deforming into arthritis if it has enough cell energy

Omega 3 Oils for Inflammation - EPA/DHA
Glucosamine Sulfate
Minerals
Cell pH

Track your Cell Energy



Wet the pH tape with the very first morning's urine.

Match the color of the used strip with the chart. The first morning's urine pH is an instant read and matches that of the cell within 3 seconds.

The goal is to have an urine pH of 6.4 to 7.0 on litmus paper.

If you are not in the Healthy Repair / Restore Zone, then we have to find out why your body is unable to remove the excess hydrogen from your cells.

We can help you get your energy back.

Ask for pH strips from our office.

Cell Energy



Inside our cells are energy producing organelles called **Mitochondria** that use an electron \ominus produced to convert it into an energy molecule called ATP



A healthy cellular environment has a balance of hydrogen inside the cell.

Acidic Foods

Reduce Repair and Recovery

When water  drowns the mitochondria  it loses its ability to turn food into energy.

If energy production drops we feel sluggish, but also slows down our ability to **repair and recover.**

We are here to help you reach the Healthy Repair / Restore Zone



**Call the office to set up a discussion on
how to use these products and
reach your goal.**