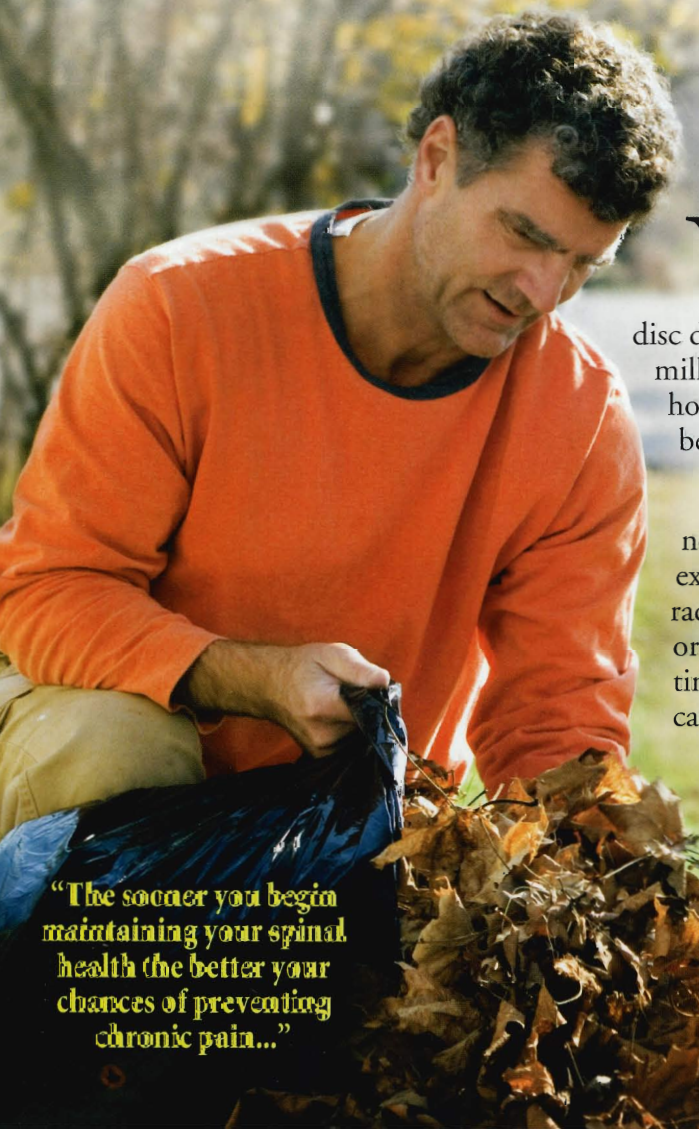
CHIROPRACTIC
NATURAL HEALTH™
Vol. 20, Issue 11

How Chiropractic Helps "Disc Problems"!

Unlike your teeth and your nails, you only get ONE set of discs! And when your discs go, so goes your mobility, comfort and possibly even your health and…your height!!



"The sooner you begin maintaining your spinal health the better your chances of preventing chronic pain..."

You're probably thinking, "Why are we talking about disc disease when I have a million things to do before the holidays…can't this wait for a better time?"

The truth is, there *IS* no better time! If you are experiencing muscle weakness, radiating arm or leg pain, hot or cold spots, numbness or tingling—holiday stress and carting around heavy packages won't help matters. In fact, if you have a disc problem, over-taxing your body may even aggravate your condition.

Much of the mechanical stress of everyday movements is transferred to your discs! That's why discs are subject to injury, disease and degeneration over time. Chiropractic adjustments can effectively remove painful pressure from your discs.

Untreated, disc problems can lead to chronic pain, nerve damage and spinal degeneration. Even if you don't have any noticeable symptoms, your discs can be compromised and you could be heading for serious problems down the road.

The sooner you begin maintaining your spinal health, the better your chances are of preventing chronic pain, disability and the prospect of a risky surgery later in life.

Scientific Proof Inside! ▶

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Why You Need HEALTHY DISCS!!

You depend on the strength and flexibility of your discs for most everything you do… standing, sitting, reaching, twisting, bending, sleeping, and so on. Chiropractic adjustments are helpful in preventing or reducing excessive wear on your joints so you can perform these activities comfortably.

Did you know that discs make up approximately one-third of your spinal column? If discs weaken and prematurely wear thin, you can lose height or end up walking hunched over, appearing a lot older than you are!

Disc Degeneration

Discs are the cartilage pads that separate each of your 24 vertebrae

When your vertebrae are properly aligned, your spinal joints move with a fluid motion. However, if they are misaligned, joints can't glide as smoothly and may become "stuck" (or *fixated*). Gradually, fixated vertebrae can grate against each other, wear out the disc, cause bone spurs, fuse—and can, eventually, lead to osteoarthritis of the spine.

Yes! *Chiropractic* Can Do All of This for YOU!!

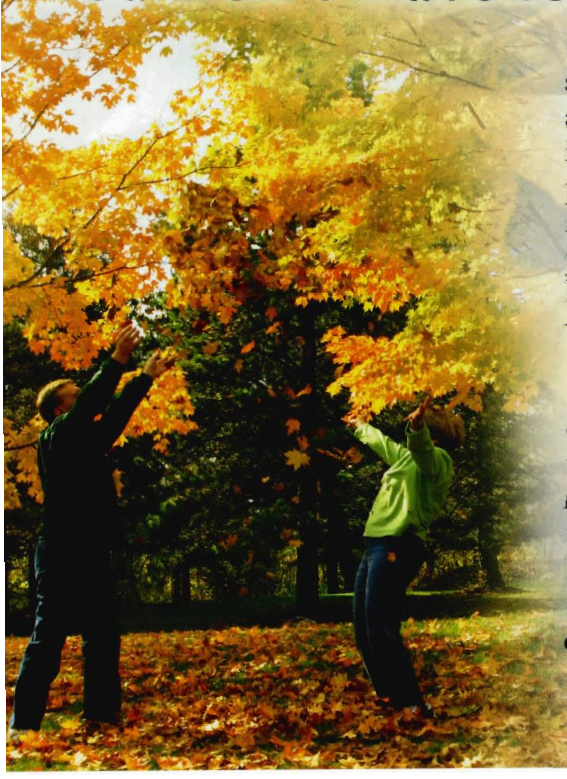
Your discs are pads of cartilage with a tough outer layer and a soft gel center. Actually, discs are like tree rings. As the inner rings weaken and tear, the gel gradually seeps through the cracks until the outer ring bulges and presses on nearby nerves or the spinal cord itself. If the gel extrudes into the spinal column and irritates a nerve, you can experience excruciating pain or numbness!

Disc problems in the *low back* can lead to sciatica or severe shooting hip, leg and foot pain. Disc problems in the *cervical spine* can cause radiating arm pain. Routine spinal exams and a regular program of Chiropractic care can help make sure that won't happen to you!

Misaligned vertebrae place excessive pressure on the discs. Spinal adjustments aim to realign the spine, lift the pressure and allow the gel to go back into the center of the disc—where it belongs.

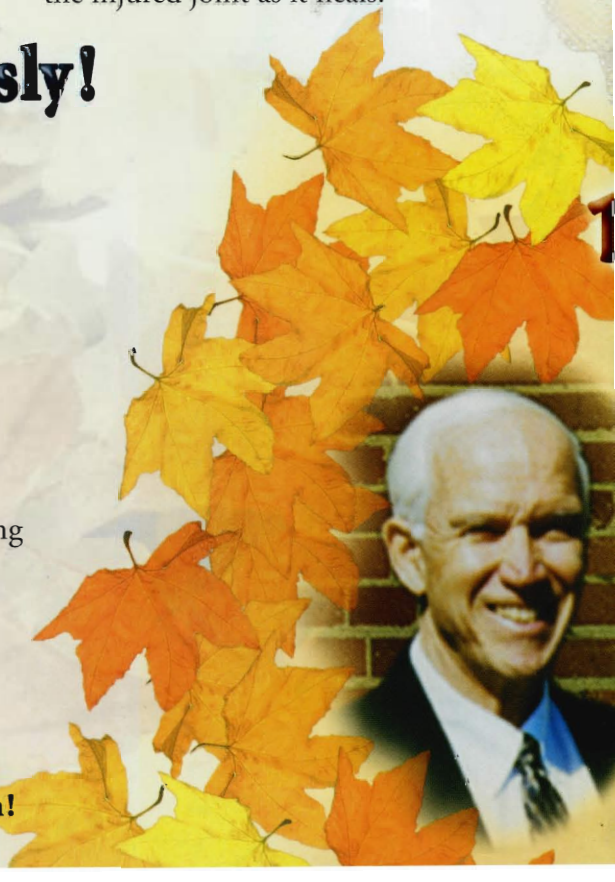
Like a sprained ankle—an injured spinal joint can take 60-90 days to fully heal. It's critical to complete your series of adjustments to keep pressure off the injured joint as it heals.

You Don't Have to Suffer Needlessly!



Since discs do not have a blood supply, they require a "pumping action" of the spine to infuse fluid into the joint. A fixated joint prevents adequate lubrication from reaching the disc. As the inner portion of the disc dries out, it becomes brittle and even more vulnerable to injury.

Chiropractic care specializes in correcting fixated joints and restoring the pumping motion necessary to re-hydrate and nourish your discs. Six-month spinal check-ups can help prevent and, in some cases, even halt the progression of spinal degeneration.



No Drugs! No Surgery! No Pain!
CALL NOW!! ❖

Science Says a *Fixated Joint* Leads to "Degeneration" in Just 3 Months!

The prestigious scientific journal *Spine* claims that fixated spinal joints—even over a short time period—can accelerate degeneration. In this study, spinal surgery was performed on canines. A single spinal joint (two vertebrae and a disc) was temporarily immobilized, creating the same effect as if the vertebrae were fused.

Three months later, biopsies of surrounding tissue had already shown significant degenerative changes in the spine. This was after just three months! Because of the similarities between canine and human spines, you now know what can happen when you have an immobilized joint!!

Further studies have shown that it's not only the injured joints that break down. Once vertebrae have fused, it will take more motion to move the discs above and below the fixated (fused) joint, causing adjacent joints to break down as well. This begins the process of degeneration.

It's All About "The Balance"!

Science demonstrates both ends of the degeneration spectrum. First, we see what happens when the joints have limited motion. Then, we see what happens with too much motion. The end results are the same: degeneration.

Chiropractic care helps to correct fixated joints and to restore balance. You've seen the damage done over just three months…how long has it been since your last Chiropractic exam?

Please don't delay. Call us today!! ❖

References:

Kahanovitz N, Arnoczky SP, Levine DB, Otis JP: The effects of internal fixation on the articular cartilage of unfused canine facet joint cartilage.
Spine 9(3):268-272, 1984.

Goffin J, Geusens E, Vantomme N, Quintens E, Waerzeggers Y, Depreitere B, Van Calenbergh F, van Loon J: Long-term follow-up after interbody fusion of the cervical spine. J Spinal Disord Tech. 2004 Apr;17(2):79-85.

My Medical Doctors Couldn't Help My Sciatica... Thanks to Chiropractic, "The Pain is Gone for Good"!

By Robert Daynes

I had a burning sensation in my right hip joint for two years. It felt like there should have been redness, swelling or bruising in the area. I couldn't see anything; it was just sore.

Two MDs felt I had bursitis or a related condition and recommended aspirin for the inflammation. I didn't want to take medication but the pain was unbearable!

Aspirin gave me temporary relief. I figured I would have to learn to live with the pain.

Since my college football days, I knew Chiropractors were great for treating sports injuries, especially back and neck pain. In fact, my trainer was a Chiropractor!

Injured players would often recover in a short period of time with Chiropractic care. However, I noticed that players who went to MDs with the same types of injuries, and who took aspirin and applied heat, took several weeks to heal from the very same injuries.

Several months ago, I made an appointment for my shoulder—***never*** thinking Chiropractic could help my sciatica. After the very first adjustment, the burning sensation was relieved!

And even though the pain was gone, I completed my Chiropractic program to make sure it wouldn't return. The pain never came back. Looking back, I didn't have to suffer those agonizing two years!! ❖

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**DATED MATERIALS
PLEASE RUSH**

PRSRT STD
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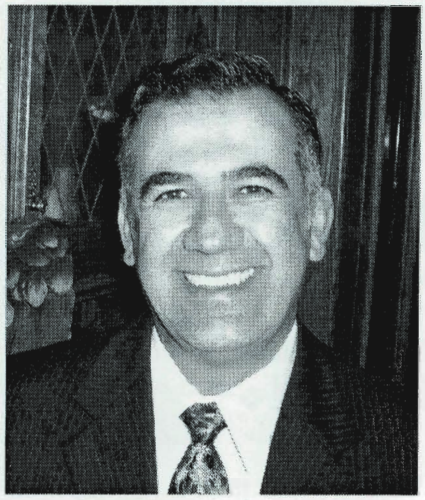

Dr. Albert D. Mansour

Hydrate for "Healthy Discs"!!

Disc hydration is an important and misunderstood factor in spinal health. Drinking plenty of water each day is necessary to maintain healthy discs.

Hydration can be greatly improved by drinking water throughout the day, *especially* during and after exercise.

Eliminating alcohol and caffeinated drinks such as soda, tea and coffee can also help your body, and your discs, stay hydrated!

Drinking *at least* eight glasses of water a day is a vital step toward achieving better back health, as well as improving your overall well-being.

**For Optimal Health,
Schedule Your Spinal Exam Now!**

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Mansour CHIROPRACTIC CLINIC

Dr. Albert D. Mansour
Mansour Chiropractic Clinic

Dear Friend,

You've Discovered The Highest Quality Natural Health Care Available To Your Family!

Welcome to **"Chiropractic Natural Health."** This complimentary newsletter is just one way of showing how much we appreciate your confidence in us. You'll find that we offer ***safe, affordable and effective*** natural health care for the ***entire*** family.

Please accept this exciting publication as an extension of our time together. Each **information-packed** issue will address your questions and concerns, as well as the latest in chiropractic research.

Inside you will find something for everyone...take a moment to share it with your family and friends today. We would also love your feedback on our newsletter. Why not pick up the phone **RIGHT NOW** to schedule your spinal exam!

Yours for Total Health,

Dr. Mansour

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