

CHIROPRACTIC

NATURAL HEALTH™

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Got Questions



Ask the Expert

Any time you have questions about
Chiropractic, turn to us for answers!



Q.

I've never been in a car accident. I've never had a serious fall or sports injury. I'm in great shape and feel great. So why do I need Chiropractic care?

A.

Last time we checked, none of us stand a chance of getting any younger! Your spine actually begins to deteriorate around the age of 15.

What you do every day, like lifting, worrying, wrestling with your kids or grandkids, daily wear-and-tear, over-exertion—even violent sneeze attacks—can cause cumulative spinal stress and vertebral misalignment. Unless your spine is periodically re-aligned and joint movement is restored, spinal nerve roots may become irritated, discs may age (or wear) prematurely, and nearby tissues can become inflamed.

This inflammatory state often leads to a malfunction somewhere in your body! Ignored, anything from poor posture and spinal degeneration to improper organ function and increased susceptibility to infection, can result.

Remember, you may not “feel” anything during the early stages of degenerative disease. Pain is often the last symptom to appear. Long before you experience symptoms, Chiropractic helps restore proper alignment and joint motion so you can enjoy a more active, pain-free life at any age!

Inside...
more Q & A ►



Q.

I know Chiropractic relieves back problems, but can it help my arm and wrist pain?

A.

“Chiropractic is a proven, effective, natural solution!”

Sure it can; however, we generally don't treat specific symptoms. Instead, the goal of Chiropractic is to correct the underlying source of the problem. Chiropractic adjustments help balance your musculoskeletal and nervous systems. That's why Chiropractic can effectively relieve a wide range of conditions such as carpal tunnel, sciatica, tendonitis, frozen shoulder, foot pain, migraines and so much more!

For example, carpal tunnel syndrome results from an irritation of the median nerve that starts in the neck. This nerve runs down the arm and through the bones in the wrist (the carpal tunnel).

Because the median nerve supplies the hand and the thumb, you can experience numbness, tingling and pain in that area. If we addressed symptoms only, we'd never get to the root of the problem!

As many as 90% of diagnosed cases of carpal tunnel syndrome also have a nerve irritation in the neck. That's why carpal tunnel *surgery* has such a high failure rate! Before going *under* the knife, why not come *into* our office to see if you qualify for Chiropractic—a proven, effective, natural solution!!

Q.

How can I be sure Chiropractic is safe and effective?

A.

Here's how the U.S. Congress and the U.S. Olympic Committee might answer your question:

Did you know that Congress recently directed the Department of Defense (DoD) to provide Chiropractic benefits for all active-duty members of the military? Let's face it, the DoD wouldn't have allocated \$11 million a year to this plan if they weren't certain Chiropractic could *safely* enhance the well-being of their military force! F.Y.I: Military insurance only covers proven treatments!

Looking at other *pros* in uniform, professional athletes have long understood the value of Chiropractic care to maintain their health and improve performance. You can imagine how much blood, sweat, tears, time and money Olympic athletes invest in their careers over a lifetime.

Do you think for a moment that Doctors of Chiropractic would be added to the U.S. Olympic Committee medical staff if Chiropractic care could put

Gold Medal contenders at risk! The roster of Olympic athletes who depend on Chiropractic, including Derek Para, Carl Lewis and Greg Louganis, speaks volumes about its safety.

Since Chiropractic has been proven safe and effective for our national military and our world-class athletes, imagine what it can do for you and your family! ❖



Research Review



Epidural “Steroid” Injections: Even More DANGEROUS Than We Thought!

A recent article published in the prestigious medical journal, *Spine*, looks at some potential dangers of epidural “steroid” injections, which may pose a significant neurological risk.

Recent reports have linked epidural steroid injections to brain and spinal cord infarctions (stroke), as well as fatal outcomes! Other complications may include seizures, brain swelling, excessive bleeding and risks associated with high-spinal anesthesia.

What’s more, there are no randomized controlled studies to document the effectiveness of epidural steroid injections! Likewise, there

are studies showing only fair to poor results in 86% of cases; and another study showing no effectiveness in trauma cases.

Chiropractic care has been proven for over 100 years to provide pain relief and rehabilitation to tens of millions of patients—without drugs or surgery.

If you or someone you know are receiving epidural steroid injections,

you owe it to yourself to find out if Chiropractic can help relieve your pain, naturally. Schedule your spinal exam today!! ❖

This newsletter is not intended to replace medical advice and is intended for educational purposes only. Do not discontinue taking any medications without consulting your physician.

Scanlon GC, Moeller-Bertram T, Romanowsky SM, Wallace MS: Cervical transforaminal epidural steroid injections: more dangerous than we think? *Spine* 32(11):1249-1236, 2007.

“Chiropractic Really Works!”

By Jack Goebel

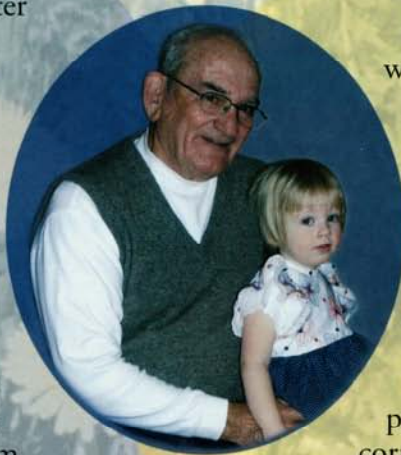
I was on a ladder doing some work in my garage when I lost my footing. I accidentally severed a part of my finger in the fall. After several months, it still felt like my hand was “asleep.” I assumed it was just nerve damage from the injury.

My daughter kept insisting I see her Chiropractor. I had never been to one before and really didn’t understand how it could possibly help me.

It only took three spinal adjustments to confirm that the numbness wasn’t due to nerve damage in my hand...it was from a misalignment in my neck. Incredibly, the tingling sensation is gone for good.

Now I never miss my twice-a-month maintenance care. I love to swim and play golf

and I’ve discovered that Chiropractic helps me stay in shape!



One day, I walked in for a routine visit with a slight limp. I didn’t even think to tell my doctor about it since I figured it was an old high school football injury I’d just have to live with. Then, after one adjustment, I literally walked out of the office that same day without the limp—and it never came back!

I’m *convinced* that the health benefits are beyond what the average patient fully comprehends. Chiropractic corrects “hidden” problems I don’t even know I have!

I have to say, the entire staff is so welcoming. They make me feel like “family.” I highly recommend it to patients young and old, alike. ❖

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Dr. Albert D. Mansour

Ear-popping Springtime Words!

- PULCHRITUDE: *noun*, beauty
- EFFLORESCENCE: *noun*, the state or a period of flowering
- VERNAL: *noun*, of or relating to spring; springlike



Words of "Wisdom"

- Change is inevitable, except from a vending machine.
- Common sense is not really common.
- Creativity is no substitute for knowing what you're doing.

"Knowledge is a process of piling up facts; wisdom lies in their simplification."

— Martin Fischer

Good for One FREE Consultation!

No Cost • No Risk • No Obligation

Why suffer needless pain from:

- Headaches • Backaches
- Neck Pain • Leg Pain
- Carpal Tunnel Syndrome

End Your Pain Now!

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**Call Now!
(909) 393-4545**



*Dr. Albert D. Mansour
Mansour Chiropractic Clinic*



Dear Friend,

The "Question" We Hoped We'd Never Have To Ask...

If we haven't seen you in the past six months, would you be so kind as to let us know what might be keeping you away?

When a patient comes in hunched over in severe pain, then leaves our office **standing tall** and **feeling great**, we know there must be others who *aren't* taking advantage of all that chiropractic has to offer!

When chronic headache sufferers **no longer need medication** and resume a **normal life** thanks to chiropractic, we feel privileged to be a part of their recovery. Seeing elderly patients **regain mobility** and **independence** after years of chronic pain is incredibly moving.

Amazing things happen in this office **every day**. Don't miss out...we can do the same for you!! **Please give us a call today. Tell others about us, too!**

Yours for Natural Health,

Dr. Mansour

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