

## ProAdjuster Chiropractic!

ProAdjuster Lifestyle - Guide to Healthy Living Learn more about ProAdjuster Chiropractic! What is Chiropractic Care Chiropractic healthcare is a branch of the healing arts based on the scientific fact that our nervous system controls or influences the function of every cell in our body. Interference to the nervous system (caused by the Vertebral Subluxation Complex or Nerve Impingement Syndrome) will effect how the nervous system relates to the cells to which it travels. The term "Chiropractic" comes from the Greek words "cheiro and praktikos" meaning "done by hand." The Chiropractic model of health is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. Doctors of Chiropractic (DCs) essentially promote the healing process by minimizing nerve interference. When do you need a Chiropractor? The purpose of the Chiropractic approach to healthcare (the wellness model) is to uncover your health conditions, not merely cover up your symptoms. The absence of symptoms (pain) does not equal good health! The clearest way to illustrate this is by reviewing the statistics on heart attacks. Research reveals that in approximately 33% of all heart attacks, the first symptom of the attack is death! Wellness care encompasses several aspects of overall health, which can be physical, emotional, mental and spiritual. Chiropractic Education Most people are unaware that today's Doctors of Chiropractic undergo virtually the same intense education process as Medical and Osteopathic students for the first two years of professional school. Medical students and Chiropractic students alike, spend a tremendous amount of time studying anatomy, physiology, neurology and other basic sciences. The main difference during the first two years is that Medical students have a heavy emphasis on pharmacology (study of prescription drugs) and Chiropractic students emphasize nutrition and natural alternatives to drugs. The programs take a different turn after the first two years. Medical students prepare for the "trade"; by rotating each month to different medical specialties such as pediatrics, orthopedics and family medicine. The second two years of education for Chiropractic students focuses on learning the tools of their "trade"; Chiropractic treatment today can be effective using manual and computer controlled care, such as with the ProAdjuster. Both doctors of Medicine and Chiropractic are very well trained to treat their respective patients utilizing the skills of their professions. The most promising and encouraging change in today's treatment environment is that many healthcare clinics provide both Chiropractic and Medical care for their patients. The Chiropractic model of health is centered around the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. Nerve Impingement Syndrome Nerve Impingement Syndrome (NIS), or a Subluxation, occurs when a misalignment of one or more of the joints in the spine places pressure on a nerve. Nerves communicate from the brain through the spinal cord and nervous system. Pressure on the nerves can cause interference with the transmitted signal. This can cause pain and/or discomfort, as well as other symptoms. In addition to pain, other symptoms of Nerve Impingement Syndrome Include: Headaches • Fatigue • Sleep Disturbances Sinus and Allergy Issues • Mood Swings • Digestive Problems

Are you among the thousands that are suffering needlessly because of a lack of understanding of your symptoms? If so, would not you like to relieve these symptoms and return to a happier, healthier lifestyle? Cause... The misalignment of a joint is called Nerve Impingement Syndrome or a Subluxation. This can develop for a variety of reasons, including an accident trauma, poor posture or diet, lack of or incorrect exercise, a sports or repetitive motion injury, relationship or financial stress. It is the Subluxation that creates the Nerve Impingement Syndrome that prevents you from enjoying all of life pleasures. Nerve Impingement Syndrome Facts: • 80% of all childbirths result in Nerve Impingement Syndrome. • 40% of all children fall on their heads by age 1, according to OSHA; this can result in Nerve Impingement Syndrome. • Between the ages of 2 and 5 years old, children fall over 200 times; this can be a major cause of Nerve Impingement Syndrome. • Within 2 years of receiving a drivers license, 70% of all teens are involved in an auto accident. Car accidents often result in Nerve Impingement Syndrome. • Because there are so many causes of Nerve Impingement Syndrome, everyone at some time or another will suffer from NIS. In many cases, the symptoms do not appear for months or even years. • When the body detects a problem, over time it compensates for it. This compensation causes PAIN. If left untreated, this condition could lead to the destruction of the joint and irreversible damage to the nerve, causing chronic pain, or worse. Your Nervous System Chiropractic care can be the key to detecting the cause of your problem. If detected early enough, Chiropractic adjustments can often return the joint to its normal position, releasing the pressure on the nerve and eliminating the Nerve Impingement Syndrome. Your ProAdjuster Chiropractor's job is to relieve as much Nerve Impingement Syndrome as possible. By allowing the nervous system to freely transport the nerve impulses throughout your body, you will begin to feel like new again; free to enjoy life to the fullest! Chiropractors work to achieve the highest level of function for your body, relieving the pain, eliminating the symptoms. With the help of modern technology, the job of improving your health just got easier. Many people learned the importance of proper nervous system function as they watched the story of actor Christopher Reeves unfold. He played Superman in the movies. A horseback riding accident damaged his spinal cord in a very dramatic way and the consequences were profound. There is also a basic simple fact, that if one can grasp and remember, will make true sense on a very basic, instinctive level. This is called "innate intelligence," the wisdom that our bodies know what is right. Breaking down the complexity of spinal anatomy, neurology and physiology into a simple, usable and reproducible idea would go something like this: The brain controls and regulates every system, organ, cell and tissue in the body through the nerves. The nerves are our wiring system with hundreds of thousands of nerves running throughout the body. They transmit chemicals and electrical impulses to tell the body how to function. If they can do this without interruption from outside influences, then the body would have the ability to function at a near perfect state, which we can call health. If the nervous system is assaulted or interfered with however, it will either not be able to send a signal at all or only send a partial signal to its final destination. This might be a muscle, an adrenal gland, the stomach or another organ

or tissue. The nervous system can be assaulted through obvious ways like direct and severe trauma as was the case with Christopher Reeves or, less obviously, through poor posture, sports, minor falls or simply bumping your head. The brain controls and regulates every system, organ, and tissue in the body through the nerves. The ProAdjuster - A Breakthrough in Healing

Imagine thirty to forty years ago, if we told you that dentistry would be painless, that doctors would watch television to perform surgeries, that brain surgery for tumors could be done with a laser, that fetuses could be operated on within the uterus, that knife-less surgery could be performed- you would not have believed us. By the same token, would you believe us if we told you that Chiropractic treatments and reorientation of the nervous system could be done comfortably, while you were sitting in an upright position without any turning or sudden movements? Would you believe that newborns as well as the elderly with osteoporosis can be treated safely and gently? Advances in computers and engineering technologies have been able to uniquely blend with Chiropractic in order to both analyze and treat the human body in such a way that was never before realized. The potential for the human being to end pain and to achieve their peak nervous system function has never been greater. Humans are consistently asking their bodies to perform at higher levels. Now we have the techniques and the technology to match the demand placed on the spine and the nervous system. We now have the capability to fine tune our own energy and enhance every aspect of our lives. Complex Technology, Simple Solution. The ProAdjuster.

You can achieve maximum health for your body now and in the future beginning with a simple anatomical concept. The nervous system (the brain and all the nerves) controls every function of your body. If this network is interfered with, pain ensues, as does bodily malfunction, resulting in sickness and diminished overall health. The "something" you can do to improve performance and maximize health is to maximize the health of your nervous system. There are several ways to do this. The number one way is allowing a doctor of Chiropractic using the ProAdjuster equipment to analyze and treat your nervous system. How does the ProAdjuster work? To better understand, let's examine the idea of palpation. When a Chiropractor palpates your spine, they are checking for joint fluidity, motion and or rigidity. Improper motion effecting the nerve function is called a subluxation. In a similar fashion to palpation, the ProAdjuster can determine whether the vertebra's motion is too rigid or too fluid. The spine should not be too rigid (hypo-mobile). However, instead of utilizing the doctor's judgment as to what areas are hyper-mobile or hypo-mobile, the ProAdjuster measures precise levels of motion. Therefore, the ProAdjuster can isolate a problem area faster and more accurately than manual procedures. Combine Tradition with Technology

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If you have ever "flinched" at something, you know exactly what is meant by this. The piezoelectric sensor in the ProAdjuster instrument responds and registers information faster than your body's ability to react. Therefore, a precise and accurate picture of the extent of rigidity or fluidity of each vertebra is reflected. A light force is introduced into the vertebra to check motion, it is reflected back to the piezoelectric sensor, which measures the reflective force, sending it to the computer for interpretation, all before the muscle can respond in its normal way. Isn't that incredible? This is the same technology and same type of instrument that NASA engineers have used in the space program in order to evaluate the integrity of the ceramic cooling tiles on the outside of the space shuttle. The aviation industry, as well as civil engineers have used this technology in order to test metal fatigue in aircraft and bridge spans. Chiropractors are now able to use this highly sophisticated technology applied to the human body in order to determine proper function. We can have the same level of care given to our bodies as multi- million dollar spacecraft. Doesn't that give you a sense of being special and give you a higher level of confidence? How can anything so gentle and comfortable change my spine? The ProAdjuster utilizes a precise oscillating force with uninterrupted motion. It is able to increase the mobility of the spinal segments by reducing or enabling motion in the abnormal areas. In other words, the ProAdjuster is "unsticking" the joint. Have you ever seen a woodpecker tapping in an oscillating fashion on a tree? It is hard to believe, but you can watch them bore right through the hardest wood! The ProAdjuster taps in much the same way but uses soft tips that are comfortable to the human body and do not create damage.

**ProAdjuster Results** First, our doctors will engage in a one-on-one conversation with you to determine your medical history and the possible causes of your problem. The adjustment and treatment procedures then can be customized to fit each patient's needs. The next step in evaluation and treatment is to utilize the ProAdjuster's sophisticated computerized analysis to pinpoint the problem areas. The information is then charted graphically on a computer monitor, so your doctor can detect the problem areas on each and every visit. Your doctor will now begin treatment with the ProAdjuster. By applying the ProAdjuster's resonant force impulses precisely to the affected areas, you will receive gentle, effective treatment to that specific area, thereby reducing the subluxation. This will relieve the pressure on the nerve, allow the nerve to heal and restore the nerve's ability to transmit signals to and from the brain more freely. Most importantly, it will help relieve the pain! In addition, your doctor may again take the readings after the adjustment with the ProAdjuster to compare the results. That's putting analysis on a whole new level! If you are looking to enjoy more quality time with your family, have more energy and less fatigue, perform better at work and live life to the fullest with less limitations, then give Chiropractic and the ProAdjuster a try! You'll be very glad you did!

**Fatigue, Headaches, Sleeping Don't let Headaches Distract You** The throbbing&hellip;pounding&hellip;sensation of a splitting headache is an all too accepted condition for millions of people each day. Some suffer with headaches several times a month, others even more often. A headache can be a distraction that affects your job and your family life. HEADACHES are not a normal condition. Many people resort to medication to temporarily dull the pain. Unfortunately, relief is often fleeting, and the cycle returns again and again. It seems no matter how many pills are taken, if the cause of the problem is not identified and treated, the headaches will continue. Although many things can cause a headache; including sinus

problems and alcohol use, the most common cause is muscle tension. The brain itself does not register the ache of a headache, but there are nerves, veins and arteries that are wrapped around the head. If these cranial nerves are compressed, pulled or irritated, a headache can be the result. Help is often possible! Ask your doctor how ProAdjuster technology can be a part of successfully treating your headaches.

**Don't Daydream About a Good Night's Sleep** Getting a restful night of sleep is an absolute requirement. It is not an option. Your body must sleep and replenish itself for you to operate at an optimal level. For many people, a good night's sleep is something they only daydream about because night after night, they do not get the rest their body needs. There are many types of sleep disorders: night pains, daytime dozing, insomnia, sleep apnea and daytime fatigue to mention only a few. Whatever the problem is, it cannot be ignored. You must sleep for your body to recover or you will suffer many side effects. Some people resort to sleeping pills or other non-natural methods to induce sleep. Quite often, these are only a temporary fix to a deeper problem. Getting to bed on a regular schedule, avoiding alcohol and caffeine and sleeping in a comfortable position can all be helpful, but sometimes they are not enough. By bringing your body into balance, the harmony of nature can often lend itself to provide what you need...a restful night of sleep! Ask your doctor how ProAdjuster technology can be a part of successfully alleviating your sleep disturbances.

**Fatigue is a Warning Sign** Unfortunately, fatigue is a problem that saps the joy out of life for numerous people every day. Maybe the person working next to you, a family member, or even you, have felt the effects of being too tired to work properly. You simply do not have the energy to enjoy life with your friends and family. Fatigue can range from a chronic tired feeling, to a more pronounced physical and psychological depression that drains your energy and robs your time. Fatigue is a warning sign that something is wrong, either physically or emotionally in your life. To ignore this symptom is a mistake. Many people struggle through life believing that it is normal or it will go away on its own. Fatigue generally will not go away on its own and it certainly is not normal! There are many supposed causes for fatigue, from diet to improper medications. Most people simply want to feel better and put the spark back in their life. It is possible to get your energy back and start enjoying your life again, but you have to take the first step! Ask your doctor how ProAdjuster technology can be a part of successfully overcoming your fatigue.

**Mood Swings, Sinus & Allergy Problems, Living in Pain**

**Don't Let Allergies Get You Down** Suffering with sinus problems and allergies is a condition that many people live with every day of their lives. Runny nose, watery eyes and a host of threatening body responses are often the result of sinus and allergy problems. Your immune system is meant to protect you from anything that is not supposed to be in your body. Sometimes it cannot function as it was intended and your body is left at the mercy of pollutants, dust, pollen and drugs. The most common treatment for sinus and allergy problems has been to treat symptoms. Sinus issues and allergies are generally caused by histamines, so antihistamines are often used to dry the membranes. It then appears that the problem is solved. In reality, this only suppresses the symptoms. The problem with the immune system is often ignored. Stress on the nervous system may prevent it from operating at its best, therefore, it cannot deal with outside conditions affecting the body. When the nervous system functions properly, it can aid the immune system in a natural way. There have been great strides in helping people with sinus and allergy problems. You need to find the right solution for you. Wouldn't it be great if your solution could be a natural one? Ask your doctor how ProAdjuster technology can be a part of successfully alleviating your sinus and allergy problems.

**Mood Swings: Nobody Wants to be Unpredictable** Mood swings can cause a normal, reasonable person to become irritable and difficult to be around. While this can be a problem for others, it pales in comparison to the instability the person feels. No one wants to be so unpredictable but, for many, it's a way of life. There are many suspected causes of mood swings; including diet, use of some medications or unbalanced body functions and structures. Although changes in diet or medication may help some, others are often left grasping at solutions that never seem to materialize. The standard approach for many has been that of medication. Sometimes a chemical solution to mood swings can have negative side effects. The medications can be as problematic as the condition itself, even if it works some of the time. There are some doctors who have been successful at leveling the drastic nature of mood swings in a completely natural way. What a thought; no mood swings and a natural solution to a new lease on life! Ask your doctor how ProAdjuster technology can be a part of successfully balancing your moods.

**You Don't Have to Live With Pain** Pain is your body's way of telling you that something is wrong. It's a warning sign. Each and every day millions of people experience pain at some point in their day, some even start and end their day in pain. There are two types of pain: acute and chronic. Acute pain can be mild or severe and may be caused by a broken bone, bruise, sprain or even a cut. It is a new pain. Chronic pain is different. It can last for six months or more and may be accompanied by exhaustion, insomnia or weight changes. Whatever the type of pain, some people resort to painkillers to alleviate the symptoms. On the surface, there is nothing wrong with getting rid of the pain. No one wants to live with discomfort. Taking medication to reduce the intensity of the pain often only masks the causes of the problem. Wouldn't it be better to find the true cause and treat it directly? Of course it would. Ask your doctor how ProAdjuster technology can be a part of successfully alleviating pain anywhere in your body.

**Arthritis, Pregnancy, Children & Chiropractic**

**Does Arthritis Limit Your Life** Arthritis pain and the limits it places on your life may soon be eliminated. Arthritis is a condition of the entire body, but it is most often seen in the joints. A friend, loved one or even you, may wake up with body stiffness, joint aches or experience pain that limits activity. It is estimated that most people over the age of 50 have some form of the problem (usually osteoarthritis). Many people much younger can also suffer the effects of arthritis. It is sometimes traced to stress placed on the body, more specifically spinal stress, that causes wear and tear on the joints. The body's natural defense can often be seen on x-rays of the spine, where spurring or bone growth has developed as a way to build up and protect a weakened area. The standard approach for many people is to treat the symptoms of pain and joint discomfort with drugs. This is only a temporary fix at best. Wouldn't it make more sense to find the cause of the problem? Ask your doctor how ProAdjuster technology can be a part of successfully alleviating your arthritic condition.

**Children and Chiropractic** Children are very active. They can spend an endless amount of time jumping, running and playing hard. But, sometimes all of this physical activity can put an undue stress on spinal nerves, which can lower a child's resistance to a number of maladies. We think nothing of having our children's teeth and

eyes checked on a regular basis, yet many times we neglect the importance of a spinal check-up. The spine is home to the spinal cord. It is the most amazing bundle of nerves that controls every function in the body. Even the slightest misalignment can cause interference in this process and leave the child vulnerable to a host of issues. Childhood should be a time of fun, growth and preparation for a healthy adulthood. Many times children spend this joyous time plagued with adult-type problems such as fatigue, nervousness, poor concentration, headaches, back pain or irritability, just to name a few. Ask your doctor how a natural approach to health utilizing ProAdjuster technology can be a wise investment in your child's future.

**Going the Distance with your Pregnancy** Pregnancy is extremely hard on the lower back as well as on the neck and shoulders. Examine the spine of an expectant mother from the side and it's easy to understand why they're in pain. Due to the increased development of the breast tissue, the shoulders are rounded forward, placing tremendous pressure on the neck and shoulders. The weight of the growing child places the lower back in a strenuous position. The nine months of pregnancy brings many hormonal changes that relax the ligaments which stabilize the lower back and pelvis. As the pelvis rotates down in the front, the muscles of the lower back become short and tight, causing an increase in pressure on the pain sensitive joints of the lower back, producing achy lower back pain.

**Your X-Rays** X-rays provide information that will assist your doctor in planning your treatment. X-rays can reveal fractures, spinal misalignments, joint and bone disease and other facts regarding your health status. X-rays or radiographs are not always necessary. Your doctor will decide if your specific case warrants their use. If your doctor decides x-rays are appropriate, it is important for you to know that several safety precautions are utilized to make today's x-rays extremely safe. If taken, your doctor will typically review your x-rays during your report of findings. Your x-rays will become a very valuable part of your health records.

**Chiropractic Facts & Figures, Your x-rays**

1. Chiropractic Care is Safe and Effective. The safety of Chiropractic care has been well documented in professional journals of all kinds. Serious side-effects of Chiropractic manipulative therapy occur with approximately one out of every one million adjustments. Compare this to the serious side-effects of medicines and surgical errors to put safety in perspective. Research reveals that some 100,000 people die each year from effects of prescription drugs that were prescribed by their doctors. This isn't meant to be "M.D. bashing," it's just the simple truth about the safety of prescription medications, as reported in the Journal of the American Medical Association (April 1998). The article continues to say, "Discovering new dangers of drugs after marketing is common. Overall, 51% of approved drugs have serious adverse effects not detected prior to approval. Merely discovering adverse affects is not by itself sufficient to protect the public. Each year prescription drugs injure 1.5 million people so severely they require hospitalization and 100,000 die making prescription drugs the 4th leading cause of death in the United States." So the question was about the safety of Chiropractic care?
2. Chiropractors are real Doctors. Doctors of Chiropractic (D.C.) comprise the second largest health care profession with over 50,000 practitioners in the U.S. They earn the title "doctor" along with Medical Doctors (M.D.), Doctors of Osteopathy (D.O.), and Dentists (D.D.S. and D.M.D.). The educational process leading to the title Doctor of Chiropractic is quite similar to that of an M.D. and D.O. In order to obtain a D.C. degree, a student must complete several years of pre-chiropractic studies at a college or university, followed by four academic years of Chiropractic education (totaling a minimum of 7 years of study). The Chiropractic student's last year is spent in a clinical internship (similar to M.D. or D.O. "rotations"). During this time the Chiropractic intern, under the supervision of a licensed D.C., will consult, examine and treat patients in a clinic setting. Upon graduation and earning the Doctor of Chiropractic degree, a state licensing exam must be passed in order to practice. Chiropractic students study many of the same textbooks as Medical and Osteopathic students. As a matter of fact, a Chiropractic student accumulates more course hours in anatomy, physiology, biomechanics (how the body moves), neurology, and nutrition than their Medical and Osteopathic colleagues.
3. Chiropractic is part of a wellness lifestyle. Chiropractic care is like "orthodontics" for the spine. Clinically, repeated Chiropractic adjustments "train" the vertebrae to maintain their proper alignment and movement. Like the time required for braces to achieve correction depends on an individual's teeth and mouth structure, the time required for proper structural positioning to occur depends on the condition of the patient's spine, their job and other daily lifestyle activities. Think of your spinal adjustments like maintaining your car. It's recommended that you change your car's oil every 3,000 or so miles. For how long you ask? For as long as you own the car! While some individuals drive 3,000 miles in a week, others do so in a month or two. The point is, however, that we change our oil on a regular basis. The same goes for caring for your spine. Whether to get adjusted weekly, monthly or quarterly depends on each patient's specific health condition. Remember, "An ounce of prevention is worth a pound of cure!" Don't let your car's engine fall out before changing its oil!

Is the ProAdjuster right for your child? Since you want only the best for your child's health, consider the ProAdjuster. When Chiropractic and technology meet, the results are incredible. The ProAdjuster is one of the most advanced Chiropractic evaluation and treatment instruments in existence today! Both you and your child will be amazed at the ease and exactness of the analysis and treatment. Your child will receive an accurate evaluation using the same technology applied by engineers to test materials on spaceships and bridges. The ProAdjuster evaluation allows the doctor to see exactly which vertebrae are not in proper alignment. You can see your child's condition displayed on the monitor during the evaluation process. There is no guesswork. The ProAdjuster determines the best adjustment mode for your child's specific condition. It then initiates a controlled percussion that is consistent and measurable. Most important, it is a completely gentle treatment. You and your child will be happy with the process and the results! The ProAdjuster technology has been successful at treating a host of conditions suffered by individuals of all ages. Many times people live with a condition because they do not realize they have an alternative. Now is the time to embrace the alternative for everyone in your family.