

**Read This Report If You
Are Tired of Living With
Low Back Pain!**

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Dear Friend:

I want to first thank you for requesting and then taking the time to read my report. Before you begin I would like you to know that I have successfully helped many people fully recover from pain, even stubborn low back pain. Perhaps, you asked for this report or maybe it was given to you by someone concerned about your health or well-being. Maybe you have been experiencing moderate or even severe low back pain with or without muscle spasms and have been missing out on living from not being able to do the things you enjoy because of back pain. I want you to know that there is hope.

The hope of knowing that I understand your frustration from the changes in daily life that pain creates. I also know how to diagnose, treat and quickly relieve your pain, restore your function and get you back to doing the things you love and need to do as quickly as possible. As a chiropractor I not only enjoy treating people with neck and low back pain I excel at it and truly enjoy helping others. Perhaps I can provide the solution to your neck or back pain, anyway, if you want to know more, just keep reading...

This Report Reveals How to Eliminate Your Low Back Pain Safely and Easily Without Dangerous Drugs or Many Times, Unnecessary Surgery

Read This Report If You Are Living The Life Your Pain Dictates and Not The Life You Desire Because of Neck or Low Back Pain...

Low back pain isn't finicky when it comes to choosing it's victims- athletes, non-athletes, young, old, male, female, strong, weak...over 66% of all people between the ages of 18 and 55 have experienced some form of low back pain. Additionally, low back pain (LBP) is estimated to affect over 80% of all people at some time in their lives. This debilitating and ubiquitous condition is so prevalent that it might be seen as indigenous to the human species! Although management of LBP was, in years past, handled primarily by medical doctors, more and more people are turning to chiropractic care as the treatment of choice for this life-altering malady.

In the past chiropractic has had difficulty getting it's fair share of respect from the medical establishment even though it has always been enthusiastically received by low back pain sufferers.

That was, until now. Thanks to a 1993 study sponsored by the Ontario Ministry of Health, Chiropractic no longer has to rely on anecdotal evidence to support its safety and effectiveness in treating LBP. Known as "The Manga Report" after its principle researcher, the study focused on the effectiveness, as well as the cost effectiveness (to society) of chiropractic management (as compared to medical management) of LBP.

Hear What The Ministry of Health's Magna Report Had to Say...

While the study was based in Canada, its implications are important for anyone suffering from LBP. Four primary aspects of chiropractic care for LBP were studied- efficacy, patient satisfaction, safety, and cost effectiveness.

- Chiropractic management of LBP was determined to be more effective than medical management of LBP. Additionally, the study found that there is a great need for further clinical evidence of the validity of medical management of LBP.
- Spinal manipulation (also known as "an adjustment") was found to be more effective when performed by a chiropractor, as opposed to a medical doctor or physiotherapist.
- Patient satisfaction was much higher with chiropractic treatments compared to medical doctors.

Of particular interest was the fact that no clinical or case-control studies could be found that even implied that chiropractic spinal manipulation was unsafe for low back problems.

In comparison, some medical treatments for low back pain, such as drugs and surgical intervention, were found to be unsafe.

Low Back Pain ...Did You Know?

- 8 out of 10 Americans suffer from low back pain at some time in their lives.
- Back pain is the second leading cause of time loss at work in the U.S. (second only to the common cold).
- Back pain is one of the costliest forms of time loss from work.

What Are The Causes?

Back pain has a variety of causes, from simple muscle strains to damaged discs. The following are four common causes that are frequently diagnosed and treated in this office:

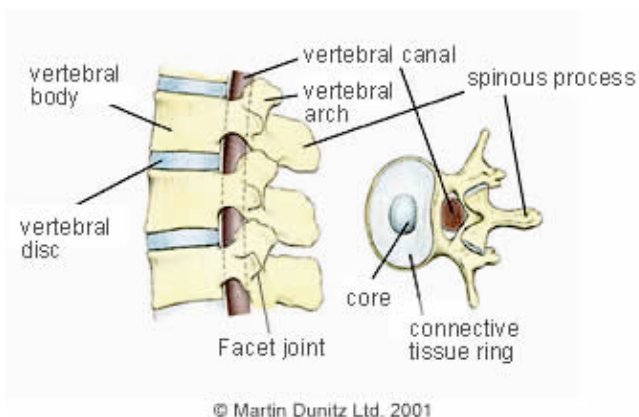
Sacroiliac Syndrome

Your Sacroiliac or SI joints sit on either side of your tailbone at the base of your spine. They are large joints which are important in everyday life because they move slightly when you walk and dampen the shock that each step places on your spine and body. Occasionally they become locked producing a generalized dull ache in the low back that can be felt in the buttocks and down the back of the thigh. Normal activity can be limited by protective muscle spasms even though there are no muscles actually crossing the SI joints. This is one of the reasons this type of low back pain doesn't get better with the stretching and exercise treatments commonly done by physical therapists but responds wonderfully to chiropractic adjustments that correct the problem.



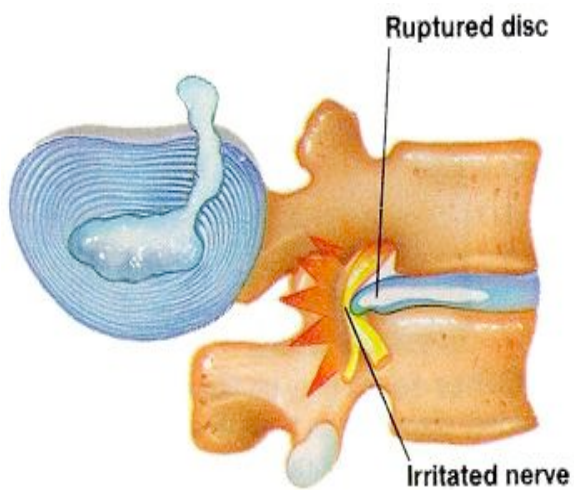
Facet Joint Syndrome

This is a very common cause of lower back disorders. Facet joints occur in pairs at the back of each vertebra and they prevent excessive motion of the spine. When these joints are exposed to excessive trauma - from sports, work, normal aging, etc. - they can become inflamed and motion may be restricted at a particular level of your spine. This may cause low back pain or even pain which is felt in the back of the thigh. Once again, protective muscle spasm may further complicate the situation.



Ruptured Discs

The term "slipped disc" is actually a misnomer because a spinal disc can't actually "slip". Each vertebra is separated from the one above and the one below by a cushioned disc. Each of these discs are tightly attached to its neighboring two vertebrae and can therefore, never "slip" out of place. What can happen though is a disc that has weakened due to repetitive injury or small traumas may rupture. This allows some of the soft center material to leak out through the tough outer casing into the vertebral canal. This "leak" can press on the nerves which go to your legs, causing sharp pain down to your toes. This leg pain is often worse than the back pain itself. This is a less common form of back pain than SI or Facet Joint Syndrome, but it is somewhat more serious.

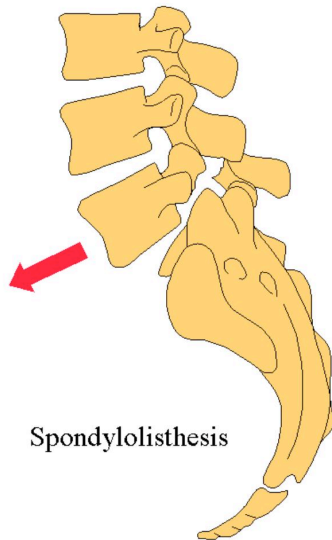


If you are concerned about a ruptured disc, look for these symptoms:

- deep dull ache in the lower back and/or buttocks
- leg pain with numbness, tingling or weakness
- body tilts to one side to relieve the pain
- movement is restricted and slow
- leg pain with coughing, sneezing or straining

Spondylolisthesis

In adults, spondylolisthesis is usually caused by degenerative disk disease and often affects people over 40 years of age. If too much slippage occurs, the bones may begin to press on nerves and surgery may be necessary to correct the condition.



Causes

- Genetics: An individual may be born with thin vertebral bone.
- Overuse: Some sports, such as gymnastics, weight lifting and football, put a great deal of stress on the bones in the lower back.
- Spondylolisthesis may also develop because of degenerative changes in the vertebral joints.

Symptoms

- Some people may have spondylolisthesis without any obvious pain or symptoms.
- When present, pain usually spreads across the low back, and feels like a muscle strain.
- Spondylolisthesis can cause spasms that stiffen the back and tighten the hamstring muscles, resulting in changes to posture and gait. If the slippage is significant, it may begin to compress the nerves and narrow the spinal canal.

How do I Get Rid of My Low Back Pain Without Taking Drugs or Having Surgery?

Eighty percent of back pain will go away on its own after two months. Then why seek help from a Chiropractor? Chiropractic treatment can greatly reduce the time it takes for you to return to full form. In fact, if treated early enough after an injury, your recovery will be much quicker than if you left it for several weeks. Secondly, untreated back pain which resolves on its own reoccurs at a rate of 80%! Chiropractic treatment will help prevent recurrences by insuring that you have proper motion in your spine through adjustments that identify weak and improperly functioning areas of your spine that may need strengthening or alignment.

What You Are Doing May Make Things Worse!!!

Pain medication provides only temporary relief. NSAIDS (Non-Steroidal-Anti-inflammatory-Drugs) like Ibuprofen (Motrin) put stress on your liver and kidneys and actually lead to most cases of ESRD (End Stage Renal Disease) in this country, that's people who are on dialysis awaiting kidney transplant surgery. Improper sleeping positions may strain the lower back. You need to create an environment for healing. If you are constantly aggravating your lower back, you will never get better. Most exercises put more pressure on the discs of your lower back. If you are in pain, chances are you are making things worse if the cause of the pain is not addressed. "Although 90% Of Patients With Acute Low Back Pain Improve After 2 Months, They Face A 60% Chance Of Recurrence Over The Following 2 Years."

There is a better way.

The good news is that chances are I can help you. If You Want To Feel Better, You Will Have To Do Something Different!" My practice is "different" it focuses on patients like you who suffer from back pain. I try to relieve your pain in the shortest amount of time possible.

We try at all costs to avoid lengthy treatment plans by putting our patients on a customized low back exercise home program as quickly as possible. I believe that is one reason why my office was rated the "Best Chiropractic Office in The Tri-State Area" with a 99.5% patient satisfaction rating in our recent satisfaction survey!

Often times, low back pain is caused by dysfunction of the joints of the spine that can lead to scar tissue (fibrosis) and a limitation of motion (stiffness). Once the dysfunction is corrected, patients usually are pain free in a relatively short period of time. We attempt to find the cause of the back pain rather than the most common approach which is pain relief medication.

Don't Settle For "You" Have to Learn to Live With It!

If you have heard your doctor say something like, "You're probably suffering from a sprain or strain and some bed rest and medication will take care of it" followed several weeks later when the drugs didn't work by, "you know you're getting older and it's arthritis". These kinds of statements are sure signs that your doctor may not be the person to talk to if you really want to safely get out of pain fast!

You see, most medical doctors don't have little training and experience diagnosing and treating the REAL cause of most cases of low back pain. Not knowing what to look for will only result in ineffective treatments and you being in pain longer!

All Pain Medications Are Dangerous and Have Possibly Serious Side Effects...

Taking any pain medication, whether it's the over-the-counter or prescription kind, will never cure your low back pain! At best, these drugs will only offer 6-8 hours of relief by turning off your body's self protecting ability to feel pain from your lower back. This puts you at risk in 2 serious ways:

- Pain is your body's way of keeping you injuring your back even more. Take a pill and you're disabling your body's first line of defense.
- Taking drugs, even aspirin, can have damaging and sometimes deadly effects on your stomach lining, kidneys, and liver.

So before you take another medication to help you with your pain, ask yourself this question: Are the risks (a chance at increased pain, and dangerous side effects) worth 6-8 hours of false relief?

Taking pain medication just masks the problem. Just like cutting the wire that goes to your oil light in your car; when your oil was low you would no longer see the low oil light as your engine was wearing out and getting ready to lock up for good!

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www.accentonhealth.org

If You Would Like To Truly Find Out the Condition Of Your Low Back and What is Required To Fix It, I Recommend You Have a Standing X-ray Of your Spine with A Digital Postural Evaluation!

I'm Tired of Pain So What Do I Do Next?"
Don't Wait Another Day, Call Me and Schedule A Consultation and I'll Perform a Posture Pro Computerized Biomechanical Evaluation and a Chiropractic Examination!

My Patients Speak...

"I've never had Chiropractic Care before seeing Dr. Bohn, but since coming here, all I can say is "What took me so long to have this treatment!" John Zehala

"Dr. Bohn is very friendly and gentle" Carol Abernathy

"Friendly service - concern for patients' health - very real - not obligated - and I obtained the treatment I needed" Ben Flanagan

"Dr. Bohn is very competent and is thoroughly knowledgeable regarding his profession, I have benefited greatly from his teaching" Dr. Michael Pollard

Well, that's about it. I hope you have learned something from this report. I also hope that I have enabled you to make good, educated decisions about your health.

I appreciate the time you have spent reading this report and wish you only the best in health and wellness!

Sincerely,

Dr. David A. Bohn

Thank You!