

THE UNIQUE AND  
EXTREMELY  
EFFECTIVE APPROACH  
FOR GETTING RID OF  
YOUR BACK PAIN THAT  
YOUR DOCTOR HAS  
NOT TOLD YOU  
ABOUT!

Your free report is enclosed below.

## **The Unique And Effective Approach You Should Consider To Rid Yourself Of Back Pain, That Your Doctor Has Not Told You About**

If you are suffering from any type of back pain, you may or may not be aware of the different ways to relieve your pain. With all the literature out there on this subject, most people become confused as to which approach may be best for them. What is important to understand is that in order to relieve back pain and keep it away, the actual source of the pain must be eliminated. For this to happen, this condition must be corrected. With correction of the cause of the problem being the key, the likelihood of reoccurrence is diminished.



### **JOINT FIXATION AND MUSCLE IMBALANCE, THEY KEY TO ALIGNMENT**

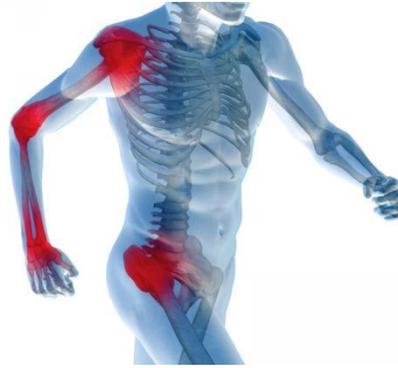
Correction must occur at the joint level, usually either between the individual bones or vertebra of the spine or at the pelvis/hip region. Joint dysfunction in these areas is typically a misalignment issue or a lack of motion or “fixation”

problem. Both types of dysfunction are called “subluxations”. With every joint dysfunction or subluxation, there is muscle imbalance in the muscles and other soft tissues overlying these joints. This muscle dysfunction must be corrected as well. Muscle imbalances can cause stress on the joints and surrounding ligaments and may even contribute to a joint fixation if they are prolonged. Ensuring that all your muscles are balanced will help to maintain the alignment of your spine and other joints in your body.

Minor corrections of both joint and muscle dysfunction are possible with certain body movements, especially certain exercises. However, the majority of subluxations require a form of correction called “manipulation”. This spinal manipulation must be specific to the area and type of subluxation, as well as to the areas of the body where there are changes caused by compensation. In other words, if you correct the area primarily involved, you must also correct other areas of the spine or extremities that have potentially subluxated, as well.

NOT ALL SUBLUXATIONS CAUSE PAIN...BUT THEY CAN CAUSE OTHER PROBLEMS!

These other areas may be “silent”, as they may not cause pain or other symptoms. They could be in an area of the body where the initial condition started, or they could be areas secondarily affected by the back



pain. Some examples of this would include a scenario where a person with flat feet and pronated ankles develops lower back pain, or a person with lower back pain develops neck stiffness and headaches because of the compensation changes working up the spine. So, as you can see, it is also possible for joint dysfunction in the feet or legs to eventually compensate upward through the spine, actually causing or contributing to headaches.

To briefly summarize, in order to eliminate back pain, the following is necessary:

- Both joint and muscle dysfunction must be corrected. (Provide a benefit)
- This dysfunction can occasionally “self-correct”, but the majority of time it requires correction by a doctor highly trained in “manipulation”. (Provide a benefit)
- Correction is absolutely necessary for proper healing. If the symptom alone is treated, the back condition and ensuing pain will inevitably return. (Provide a benefit)
- Compensation patterns must be found and corrected as well, or the condition and the pain will return. (Provide a benefit)



WHY TAKING A WHOLE BODY APPROACH IS THE BEST APPROACH

But the journey to pain relief does not always end here. Many times a holistic or “whole body” approach may be necessary to achieve full correction and lasting pain relief. While finding and

correcting joint and muscle imbalances and all of their associated compensatory patterns will be enough for many, it may be necessary to delve deeper into potential causes. Other important factors essential for optimal healing may include dietary changes, exercise and posture correction. Changing your shoes, the mattress you sleep on, and the type of chairs you sit in can also make a significant difference. Even your stress level can have a major effect on both how much pain and inflammation you experience and how long it lasts.

As you can see, there are many factors that can individually or in combination affect your ability to heal. For most of us to even have a fighting chance in getting over our back pain, we must address these issues. However, we cannot lose track of the main focus – to correct the cause of the problem first! This can only be accomplished by a doctor who is proficient in correction of both joint and muscular dysfunction.

#### SO, WHERE DO I FIND THIS TYPE OF DOCTOR?

This doctor must also be an expert in evaluating and diagnosing the effects on the nervous system, as well as the many other body systems that either affect the back condition or are affected by it. This doctor must take a whole body approach and be very specific in his manipulation technique. This very holistic, individualized approach to correction is accomplished using a discipline called Applied Kinesiology. It is performed by a doctor, most commonly a chiropractor who has gone through additional specialized training and certification.



Applied Kinesiology is a therapy that evaluates the structural, chemical and mental aspects of health using muscle testing. It is a non-invasive way of evaluating body function, which is very effective in especially finding the root causes of back pain. Muscle tests are conducted in a way that evaluates specific muscles. As mentioned previously, muscle imbalances will result in some muscles testing strong, and others testing extremely weak. The weakness indicates not

only poor muscle function, but also possible dysfunction in organs, glands or other tissues that are related to the weak muscle through the nervous, vascular, or lymphatic systems of the body. By addressing the nerve that is causing the weak muscle we can also indirectly aid in organ function as well.

The advantages of taking a more comprehensive approach include a quicker healing rate and less likelihood of a reoccurrence of back pain. The back pain sufferer also develops a much better understanding of their body's reaction to the potentially numerous stressors that have initially caused the problem. Lastly, changes in overall lifestyle are implemented to prevent a reoccurrence.

For more information on this unique and effective approach to back pain please feel free to contact Dr. George Debs or Dr. Karolina Laboissonniere at 508-425-3304.

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