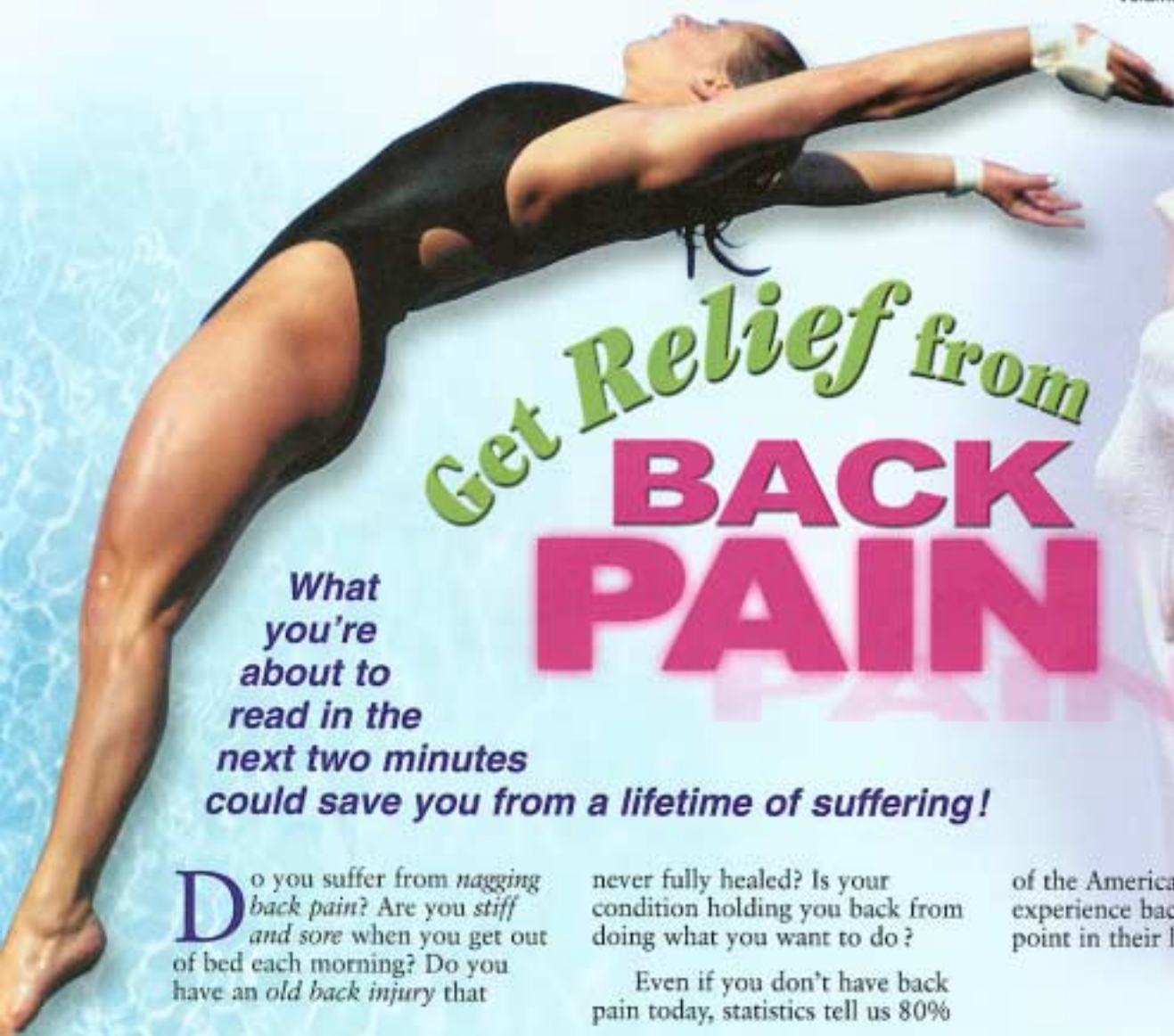


CHIROPRACTIC

NATURAL HEALTH™

Volume 14, Issue 4



Get Relief from **BACK PAIN**

What you're about to read in the next two minutes could save you from a lifetime of suffering!

Do you suffer from nagging back pain? Are you stiff and sore when you get out of bed each morning? Do you have an old back injury that

never fully healed? Is your condition holding you back from doing what you want to do?

Even if you don't have back pain today, statistics tell us 80%

of the American population will experience back pain at some point in their life!

Now, There's No Need to Suffer

We have good news! Chiropractic is proven relief from back pain, without drugs or surgery!! When you have back problems, our office is the first place to start.

Millions of back patients have fully resumed work, school and play—without pain—thanks to chiropractic care. The same can happen for you. But don't just

take our word for it. Inside, read what researchers say about chiropractic!

continued on next page

PROVEN RELIEF from BACK PAIN

In 1993, the university-based Manga study found that **CHIROPRACTIC** manipulation and management "is superior to other treatments for most acute and chronic back pain in terms of effectiveness, cost-effectiveness and patient satisfaction."

In 1994, a 2-year U.S. government study (involving a review of nearly 4000 articles), declared **CHIROPRACTIC** care to be "effective as a 'first line approach' to treating acute low-back pain."

Numerous studies have continued to prove the lasting benefits of chiropractic care!

"Back" to Basics

There's more to your back than meets the eye! It's made up of hundreds of bones, muscles, tendons and ligaments. Plus, thousands of nerves! It's our job to keep it all structurally balanced.

Your spinal column is composed of 24 movable bones called vertebrae, that make up a series of spinal joints.

Ligaments attach bone to bone, tendons attach muscles to bone to allow free movement of your entire body.

The illustration [below] shows the four main groups of vertebrae. The lumbar area (low back) supports the weight of the entire upper half of your body! Any wonder why it hurts?



Thirty-one pair of spinal nerves pass through the openings between each vertebrae. Those nerves serve and control all the organs and tissues of the body.

When your spine is out of alignment, nerves become irritated and can cause several symptoms. Symptoms from nerve irritation include pain, numbness, muscle spasm, tension or even dysfunction of the affected organ. That's why you need chiropractic to align your spine and keep your nervous system balanced.

Chiropractic delivers more than back pain relief. Our goal is to enhance your total health!! ♦

"Curves" in All the Right Places!



Your spine contains four natural curves. A car accident, a fall or daily spinal stress can alter the shape of natural curves. Chiropractic adjustments can restore your spinal curves to improve mobility and comfort.

Cartilage cushions between each vertebrae, known as intervertebral discs, act as shock absorbers. Even if you've never had a serious injury and consider yourself in good physical condition, the force of gravity along with daily lifting, twisting and turning, subject your discs to daily wear and tear.

As the walls of your discs weaken, the inner jelly-like substance inside the disc can bulge or herniate and put pressure on delicate nerves. Pain can be localized in your back or referred elsewhere.

Spinal misalignments (subluxations) can cause immediate damage to your

disc...or progressive disc degeneration over time. You may have no pain until extensive damage is already done!!

Doctors of chiropractic can restore proper nerve function, which will reestablish normal spinal joint mobility and relieve painful pressure from the disc. This is done by realigning the spine with gentle chiropractic adjustments. Prevent disabling back problems! Get pain relief now! ♦

How Chiropractic Adjustments Relieve Back

- Remove nerve spinal interference
- Release muscle spasm
- Speed recovery of muscle
- Soothe tense muscles
- Restore spinal joint movement
- Help prevent disability
- Improve posture

When you have back pain, you need chiropractic care at your appointment!

Call today !!

Yes!

You Do Have Options!!

FAILED BACK SURGERY

Have you been told surgery is your only option? Have you ever read an Informed Consent Form for a spinal operation? Some of the risks, just to name a few, include: infection, allergic reaction, disfiguring scars, severe blood loss, loss of function of any limb or organ, paralysis, brain damage and cardiac arrest!

Some 200,000 patients undergo lumbar spine surgery every year. Unfortunately, 20 to 40% of those patients will have unsuccessful results. In fact, 10% will be worse after the initial surgery. Many will require a second surgery.

"Surgery has been found to be helpful in only 1 in 100 cases of low back problems. In some cases, surgery can even cause more problems."

—Agency for Health Care Policy and Research

The U.S. government study released in 1994 stated, "Surgery has been found to be helpful in only 1 in 100 cases of low back problems. In some cases, surgery can even cause more problems."

Why such a large failure rate? There are many factors. One reason is that often the underlying structural problem—that caused the back/disc condition in the first place—can't be surgically corrected!

When spinal misalignments and nerve interference are the cause of

your back condition, there is no surgery that can realign the spine!

Try the proven, safe, conservative approach first! You deserve the chance to find out if chiropractic can put you back on track without the risks of drugs or surgery. Call us today!! ♦

I'm "Back" on My Feet Again!!

by Julie Gocal

One of the best things I ever did for myself was to take up karate. Practicing the art of self-defense has given me a sense of well-being and confidence. But karate has also given me something else...pinched nerves!

Those quick, sharp, karate movements easily throw my spine out of alignment. In fact, I knew something was wrong from day one. My back muscles would tighten up and then excruciating back pain would always follow my karate exercises.

I suffered for about a year and a half before I discovered how chiropractic could help me. I was pleasantly surprised to find out just how gentle the adjustments were...and how a simple chiropractic procedure could have me feeling normal again.

Even though the soreness got a little worse before it got better, I'm so glad I stayed with my chiropractic program! After having "pinched" nerves along my spine for so long, it took some time for my injuries to heal.



Since my treatment, I have more flexibility and improved muscle coordination. Everyone involved in any type of sport can benefit from chiropractic! ♦



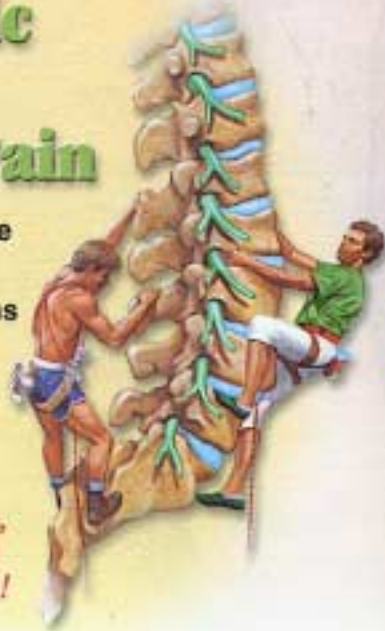
Chiropractic
Adjustments
Relieve Back Pain

Interference

Sprains

Treatment

Trouble,
Make
Today!!





Jane R. Scott, D.C.

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Snellville, GA 30078

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**Someone You Know Needs
Chiropractic...RIGHT NOW!!**

*You'll feel good about helping those
you know...get the help they need.*

- Do you know someone who has recently been involved in a *car accident*?
- Do you have a neighbor that suffers from *headaches, back pain or sciatica*?
- Have your parents become less active due to *joint pain* and stiffness?
- Do you have a friend or relative who has a *chronic health problem* or problems with *low energy*?
- Do you know someone who has been *injured on the job* or who has *carpal tunnel syndrome*?

**Refer Your Family &
Friends Today!**

Spring into Health

FREE CONSULTATION

*Enjoy a fresh burst of newfound
health with chiropractic care.*

No Cost • No Risk • No Obligation

CALL NOW!

Offer valid only for patients who have not
been in this office within the past 6 months.
Offer expires [redacted]

**Call Now !
(770) 972-9160**

Scott Chiropractic Center

Jane R. Scott, D.C.

Dear Friend,

**YOU MUST READ THIS
Before You Even Think About Back Surgery!**

Back pain? Disc problems? Maybe you've been told, "Back surgery is your only option" or "Learn to live with the pain." Maybe a well-meaning friend has warned, "If you go to a chiropractor, you could get worse!" You deserve to get the facts!!

The next time you hear someone offer such comments, please call us. The many benefits of chiropractic care are backed by over 100 years of clinical experience, volumes of scientific research...as well as millions of satisfied patients!

When comparing chiropractic care to medical care for back pain, it has been proven that **CHIROPRACTIC** is not only safer--it works faster, saves you money and gives you longer lasting results!

Chiropractic works naturally to prevent the need for surgery and to help you enjoy total health! **Call us today!!**

Yours for Natural Health,

Jane R. Scott D.C.

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