

[REDACTED]
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Nagging aches and pains are just a part of living . . . right?

WRONG!

GET RID OF YOUR ACHES AND PAINS AND KEEP THEM AWAY!

Dear Patient,

How would you like to wake up every morning and go on about your business, free from the aches and pains that you've come to accept as "*just part of the aging process*"?

Wishful thinking?

Not anymore!

If you suffer from recurring stiffness or joint pain that hampers your daily routine, you're certainly not alone! Lower back pain resulting from spinal trauma is the #2 culprit in the United States when it comes to keeping people off the job. Only the common cold and flu rank higher.

I am very confident that I can lead you down a path to a more pain-free, active lifestyle. It will require active participation and ongoing effort on your part, but if you stick with it, the results are **fantastic!**

As a doctor of chiropractic, I have long been concerned with the relief of pain and discomfort. All too often, a pattern develops with my patients. They come in to get rid of neck or back pain, for example, and I put them back into proper alignment. But some time later, the pain returns and so does the patient.

Why?

Because once patients leave my office, their bodies are subjected to the same repetitive stresses that brought them in in the first place. You see, the human body was designed to be in motion 2-3 hours a day to keep itself in proper balance. The more inactive and sedentary we become, the more the body's capacity for motion is impaired.

THERE IS A SOLUTION

For a long time, I have found a regular stretching program to be an essential component in a healthy, active lifestyle. As a result, I am continually on the lookout to make my patients' stretching and motion routines more effective.

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I now believe that I have come upon the most effective comprehensive stretching and motion program, available today and I am eager to share this information with you.

Starting very soon, I will be offering lectures on this exciting new program in my office on Monday and Tuesday nights at 7pm.

WHAT IS IT?

Developed by the renowned exercise physiologist, Dr. [REDACTED] after nearly twenty years of research, **The [REDACTED] Method** is a revolutionary program that bolsters the body's ability to protect and rejuvenate itself. It recognizes that the human body is dependent on adequate motion every day for optimum health.

To this end, **The [REDACTED] Method** prescribes a series of exercises designed to restore motion and bring the body back into proper balance. Once this balance has been achieved and maintained, nagging aches and pains disappear, as the body is now working and moving as nature intended.

In order to get my patients back on the road to a more active and pain-free lifestyle, I am pleased to announce that I will soon be offering small group and individual instruction on this most exciting and effective new program in the comfort of my office. **I urge you to call me now at [REDACTED] to find out more about it.**

You see, proper execution of the necessary motion exercises is VERY important, so that you can get the maximum benefit. Once you have mastered the correct techniques, you will (in fact, you **MUST!**) be able to perform them regularly in your own home.

You see, part of the appeal of this approach lies in its simplicity. You will need no fancy equipment and no expensive machinery. All that is required is a floor, a wall and a chair — and by far the most important — ***a sincere desire to follow the program!***

I strongly encourage you to call and set up an appointment NOW, as a more active and pain-free lifestyle awaits you!

GETTING BACK TO BASICS

For prehistoric man, as well as the hunter-gathering peoples of today, keeping the body in balance through adequate motion was something that just came naturally. In the day to day routine of climbing trees, running after game (not to mention running from it!) and harvesting crops, he got all the exercise and motion he needed to keep his joints limber and his body in balance.

Even to this day, the body's need for adequate motion remains intact!

Have you ever watched a National Geographic special and noticed how straight and tall the tribal cultures stand in the wild? No hunched backs, no slumped shoulders. Even the tribal elders remain limber and active to what we consider to be an advanced age. **But for them, it's commonplace.**

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The reason is simple. Their lifestyle allows them . . . REQUIRES them, in fact . . . to use their bodies as nature intended. And, as a result, stiff joints, restricted motion and lower back pain are virtually unheard of in these cultures.

A SIGN OF THE TIMES

Today however, the modern lifestyle represents a dramatically different routine. We sit at a desk. We sit in our cars in rush hour traffic. We sit at the dinner table. And, to top it all off, many of us perform physically repetitive tasks at work and at home.

Small wonder that back pain, stiff necks, sore feet, swollen ankles and other repetitive motion disorders are amounting to a veritable epidemic. Our sedentary lifestyle doesn't allow our bodies to get what they need — **MOTION!**

If you're like most people, there is no way your daily routine will allow you the 2-3 hours of motion your body needs to remain in proper balance. Between the demands of work, family and everything else life throws your way, chances are your time is about spoken for as it is.

And yet nagging pains and stiffness are a constant reminder that the way things currently are leaves a lot to be desired. You'd like to feel better, move better and get more enjoyment out of life, yet you don't feel that you can spare the time to dramatically alter your lifestyle to be more active every day.

If this sounds like you, take heart. I am confident that I can instruct on the road to a more active, pain-free lifestyle . . . without making huge demands on your time!

Starting to sound better? Call my office at [REDACTED] and I'd be pleased to tell you more about this exciting new approach!

THERE ARE NO EASY FIXES!!

It's often been said that the true definitive of insanity is someone who does the same thing day after day, yet continues to expect a different result. In order to bring about REAL change. **YOU MUST TAKE A DIFFERENT APPROACH!**

I can show you that approach! Many, many people from champion athletes to desk-bound, white-collar professionals, have already seen tremendous improvement from these methods. I am looking forward to helping you join them.

However, you must be willing to incorporate what you learn into your lifestyle . . . **EVERY DAY!** Otherwise, once you go back to your old ways, your pain and discomfort will soon return. It only makes sense.

THE PERFECT COMPLEMENT TO CHIROPRACTIC CARE

It's long been documented that chiropractic care is the most effective way to keep the body in proper alignment and working order. And yet, once proper alignment is achieved, it is not maintained for long.

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The result? The pain returns. This is because the same inactivity and repetitive motion that forced the body out of balance will do so again . . . unless you do something about it.

It's a lot like dieting.

Have you ever seen a dieter lose weight and keep it off for good? Unfortunately, the chances are you haven't. The reason is simple. Once a dieter loses the desired weight, they soon go back to the same eating habits that got them overweight in the first place. What they really need is a change of eating habits, not starvation. All that dieting does is treat the symptom and not the underlying cause.

Learning and regularly performing the exercises that make up **The [REDACTED] Method** will help you feel better as you maintain your alignment between adjustments. In short, it will make your chiropractic care even more effective.

Together, we can start treating the underlying cause of your pain and discomfort . . . **not just the symptom!**

WHAT COULD BE MORE IMPORTANT?

The old adage, "If you've got your health, you've got everything" is true. If your body aches and restricted motion affects your day to day routine, **it's time for a change.**

Every day we make sure our clothes are clean and pressed. We change the oil in our cars regularly. You'd never even think of driving around town on bald tires. Yet, when it comes to our own bodies, the most important machines of all, we routinely neglect proper maintenance and come to accept the aches and pains that result as a "fact of life".

DON'T FALL INTO THIS TRAP!

Call my office now at [REDACTED]. I will be happy to explain how we can help get you back on the road to a pain-free lifestyle.

I sincerely look forward to hearing from you.

[REDACTED]
[REDACTED]