



**CHIROPRACTIC
Care Clinic**

Dr. Tim Kamerman

The Spinal Column

from **CHIROPRACTIC CARE CLINIC**

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DR. KRISTY WARD

Doctors With A Heart

**COME IN FOR
A \$25 EXAM!**

Offer expires Feb. 29, 2008

**CAN
CHIROPRACTIC
HELP ME?**

**DO YOU SUFFER
FROM PAIN,
HEADACHES OR
BACKACHES?**

WHY \$25? Because thousands of people have spine related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if chiropractic care can help you.

Your first visit will include:

- ♥ Spine evaluation
- ♥ Muscle strength tests
- ♥ Orthopedic/neurologic tests
- ♥ Any needed X-rays

**Limited
appointments available
Call
268-2273
now**

**CALL 268-2273 NOW
AND BRING
IN THIS
AD**

**FIRST
VISIT
\$25**

My Story . . . by Leslie Luttrell



For the last 17 years I have suffered from migraine headaches so severe that I would just lay on the floor because I couldn't move. I've also had trouble with my knees, hips, and back. I have been through physical therapy so many times that I quit counting. Then, in October 2003 I had a stroke at age 42. I was in physical therapy off and on again for two years.

The pain kept getting worse; nothing helped. I took all kinds of pain medicine but still got no relief. Then, in 2005 my hands started going numb; I had no feeling at all. I went to two neurologists but they couldn't find anything. I had MRIs, CT scans, and x-rays. Finally, I said "no more tests, therapy or pain pills – I will just suffer." The doctor wanted to do surgery on my neck for two protruded discs, surgery on my shoulder for nerve damage, and knee replacement on both knees. I refused to have surgery because I had heard so many horrible tales. I started praying to God to just send me someone to relieve my pain just a little bit. Then, in September 2007 I was in the hospital for a week for a potassium deficiency. It was .8 and was supposed to be 3.4 or 3.7. Nothing I did could raise it above 2.8. I took potassium pills; still, nothing helped. In the meantime, I got to a point where I could not climb steps and could not get up from a sitting position without having to pull on furniture in order to get up. I couldn't raise or use my right arm at all and I was scared that I would have another stroke. Then, one Sunday morning, I was reading the *Daily Citizen* when I saw this ad that asked the question, "Is Your Knee Pain Getting Worse?" The new procedure was to relieve knee pain with laser treatments. My answer was, "That's me!" Monday morning I kept telling myself that I needed to call the Chiropractic Care Clinic but put it off until Wednesday. When I called, Amanda answered the phone and told me I could come in Thursday morning at 9:00. I went in and

talked to Dr. Kamerman and Dr. Ward and told them my story. They took x-rays, then told me what was wrong. I have a slight curve from Scoliosis, my neck has two protruding discs, my hips are misaligned, and I have arthritis in my shoulders and knees. I also had some spurs on the vertebra in my neck that caused pain.

The doctors also did a metabolic test and told me what vitamins I needed. The next day (Friday) I had my second laser treatment and could raise my arm about halfway. After five treatments, I had no pain in my knees, hips and neck. I could raise my arm and actually rotate it all around. Too, I could get up from a sitting position without any help.

I've been going to see Dr. Ward and Dr. Kamerman for two and a half months or more and can walk up and down stairs. I can now carry things with my right arm. Last week, I went to see my regular doctor. He said, "I don't know how you did it!"

The orthopedic doctor couldn't believe I was pain free and climbing stairs. It felt so good to not be in pain. Also, my migraines are less painful. I have more energy since taking the mineral and vitamin supplements. Whenever I feel just a little stiffness, I call the Chiropractic Care Clinic and make an appointment to come in for a treatment.

I go in for adjustments once a week, sometimes twice weekly if I've fallen or twisted myself – or even if my knees start getting stiff. I don't understand how laser treatments work but they do. **I know for a fact because they worked for me!** I feel so free nowadays; I can go anywhere I want and do almost anything, like walking, for exercise. I truly want to thank everyone at Chiropractic Care Clinic because they've given me my life back.

can chiropractic help?

Chiropractic is based on the scientific fact that your nervous system controls the function of every cell, tissue, organ and system of your body. Your nervous system consists of your brain, spinal cord, and millions of nerves. While your brain is protected by the skull, your spinal cord is protected by the 24 moving bones of the spine.

an accomplished professional

Today's Doctor of Chiropractic is well educated. After completing the same undergraduate study that other types of doctors get, chiropractic doctors receive still another four years of postgraduate college education. Before practicing, they pass a rigorous National Board Examination and meet stringent licensing requirements. To keep up with the latest research, doctors attend seminars, scientific symposia, and read professional journals.

diagnostic imaging

Based on your examination findings, X-rays or other types of diagnostic imaging may be necessary.

These images can help reveal pathologies, document the history of your spinal health, and guide your doctor in creating a care program based on your unique spinal condition. Today's high-tech equipment and ultra-sensitive films help minimize your exposure.

If areas of abnormal spinal function are identified, your doctor will recommend a chiropractic care program, including spinal adjustments. Your plan of care is based upon your age, condition, lifestyle, and unique spinal problem(s).

specific adjustments

The primary course of care will be specific chiropractic adjustments. This will help return individual spinal bones to their proper motion and position. There are hundreds of ways of using carefully directed and controlled pressure to restore better position and motion to "stuck" or fixated spinal joints. This may require a quick thrust, or in other instances a slow, constant pressure. Sometimes, only one area of the spine is adjusted, and other times the entire spine will receive attention.

Many everyday activities can cause these spinal bones to lose their normal position or motion. This can result in nervous system dysfunction and ultimately, ill health.

The chiropractic approach to better health is to detect, reduce, and help prevent nervous system dysfunction.

a closer look

After taking a complete case history to review important aspects of your health, a thorough examination will be conducted.

You'll be asked to turn and bend, your posture will be checked, your reflexes and muscle strength will be tested, and other orthopedic and neurological tests may be performed. These tests are designed to show any areas of your spine that may be causing problems.

a teamwork approach

When you consult this office you are entering into a unique partnership. Your current health is the result of your habits, your thoughts, your actions, and all the circumstances of your life. Little can be done about the past, but we're here to help you with the future.

Learn as much as you can about the nature of true health and follow your chiropractic's recommendations.

other procedures

Your doctor may recommend additional procedures or suggest other ways to help reduce inflammation, provide relief, or enhance the healing process. These may include ice, heat, muscle and soft tissue rehabilitation, nutritional advice, exercises, or other procedures.

chiropractic care is safe

Chiropractic adjustments are safer than aspirin, muscle relaxers, and back surgery. Dozens of research studies have documented the safety and effectiveness of chiropractic adjustments. When compared with traditional approaches, chiropractic care is remarkably safe. In fact, millions of chiropractic adjustments are safely delivered to satisfied patients every day.