

Stop Pain – Get Healthy

Dr. D's Newsletter for Self-Help, Tips, News, Research and Alternative Care

April - May 2005 * DrDhealth.com

Dr. John DiVelbiss, D.C. for Chiropractic, Acupuncture (w/o needles), and Nutritional Therapy

What DO You Do When Your Neck is Injured from a Car Accident

First things first. If you are injured in a car accident, you must get the police to come and record the details and write their report. Hopefully, the "other guy" gets the ticket. MOST IMPORTANT...even though you are not aware of injury, you are in shock and emotionally "running on adrenaline" so you may not realize that you are hurt or how badly you are hurt!

If you are obviously injured be as still as possible and try to assess your injuries. Get to the Emergency Room as soon as you can. BUT please remember, the ER is emergency only and are not equipped to handle the soft tissue injury you will have. You MUST NOT use heat...PERIOD! Only ICE the first 2 to 3 days. Ice your neck through a very thin or damp cloth for 10 minutes at a time and then allow to re-warm for 90 minutes at least before next application of ice. WHY? If you over chill injuries your body will increase blood flow to warm up, and if you are torn and bleeding you will BLEED more! Which is also why you don't use heat. Repeat 4 to 5 times a day for 2 to 3 days.

AS SOON AS YOU CAN, call your insurance company and have them open your MedPAY coverage to pay for your health care bills. Even if you are Not at fault, this will speed up bill paying and your company will be reimbursed by the at-fault party.

NEXT and SOON...CALL Dr D and get your injury really evaluated by someone who is trained AND experienced in soft tissue care, especially from auto trauma. The longer you wait to take care of yourself, the more you prove that you are not really injured and that your care is not car accident related. So save yourself this extra STRESS, get checked quickly to document your injuries and get the care you need, and prevent appearing negligent to the insurance company or allowing poor healing to start.

Your injuries include many things. Tearing, crushing, stretching, hemorrhaging, misalignment, etc. AS a result the EXACT ADVICE for each part of your injuries is important. While you will need care, you also need to know what home work to do, how to sit walk, move...you get the idea! Also, remember that you will need time to get through the acute stages and the following weeks of repair and weeks and likely months of the remodeling and recovery that your injured tissues MUST go through to finalize the best healing possible.

The Auto accident patients I see have been prior patients already or are referred in or seek us out. I do not and will not solicit them by phone or mail. When you are injured, you don't need someone chasing you!!

DO NOT put off care! CALL US NOW. If you have had a recent auto or work injury, the longer you wait the harder it is to heal and recover fully. Your coverage is usually 100%. GET the help you NEED!

This issue of our newsletter is being kindly sponsored by the Dick Clark of Frank B. Young, Inc. Realtors.

Dick teaches a great seminar on financial health and how to build your net worth.

My wife and I and 3 of my kids have attended and learned from him.

Highly Recommended!

Please see page 4 for more info.

We invite local businesses including those of our patients to partner with us in bringing you this newsletter. These are folks we know and appreciate and think you will as well!

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May is Osteoporsis Prevention Month!

Specific Nutrition To Prevent or Reverse Osteoporosis!

AS part of our initial **QuikStat** tests and exam for your Nutritional needs, you will have your Calcium availability and use in your body tested. You will find out if you have enough calcium for your needs and whether your body can use the calcium it has. To prevent bone density loss or recover from it there are only a few specific things you **MUST DO!**

First, you must take in enough calcium. Beginning in your stomach, you must have an effective acid digestion function in your stomach and have the protein you need to make your calcium digestion, absorption and use happen. If you fail to have sufficient acid to quickly digest protein, food will sit in your stomach and rot and it will come back up the esophagus as acid reflux.

Assuming your stomach is effective and you eat the right amount of protein (too much is bad for calcium use to), the food or supplemental calcium moves into the small intestine where it is absorbed into the blood and gets used or put into the bones to replace the calcium that is lost as a bone normally recycles itself.

Calcium is used in many functions of the body besides making bones strong. It helps activate your white blood cells to fight infection and toxins. It is important to all muscle contraction and nerve functions.

If you get calcium and digest it well you still are not guaranteed that your bones will stay strong. Other nutrients like vitamin D and K will help. Sufficient good protein and essential fats must be available. Other trace mineral are important too!

Second, you must use your body to maintain its fitness and especially bone density. Exercise, especially

resistance training that stresses bones, has been shown by research to stimulate bone growth and will increase density in bones. However you must be careful how much and how hard you do this. It needs to be appropriate to the level of bone density you have.

What to DO next:

You can now easily get a bone density test to learn your current bone status. The test will give you a “T score” which is your benchmark for you to prevent or restore bone loss. Your MD or local centers that test bone density can easily test you. But they will want to prescribe drugs for the bone loss. If you do not want this or the side effects, Call Dr D.

Get functional testing of calcium sufficiency and effective use in your body...the Quikstat tests and exam.

An extended panel of blood tests can also give answers about the best approach to take nutritionally.

You will need to eat better, exercise and use specific supplementation to prevent or correct Osteoporosis.

There has been an Exciting and Recent discovery of a substance that can help. It is called “Ipriflavone”. It acts on healthy bone by:

- Enhancing calcium’s action
- Inhibiting bone decrease
- Promoting bone formation
- Improving bone strength

And it has been well researched and is safe to use.

**Ready for HELP?
Call Dr D- Start QuikStat tests Now! 614-529-8171**

QUIKSTAT TESTS:

They consists of the following 4 urine and several physical tests...

1. INDICAN- this tests for effectiveness of your digestion; it also tests for toxicity of the bowel
2. Free Radicals- “Oxidata”
3. Vitamin C- this tests the ascorbic acid part of whole vitamin C
4. Calcium (urine and physical tests) **Are you getting enough? Are you using it well?**
5. Adrenal Fatigue- Are your adrenal glands OK? It may explain why you are tired or in pain!
6. Urinary Dipstick- 10 tests that you get at the MD’s office as well.
7. Nutritional Symptom Questionnaire: This will reveal the burden your body is under and what are the highest priority issues.
8. Several in-office and home tests for acid-alkaline balance, mineral reserves, thyroid imbalance, stomach acidity levels, allergies, etc...

If you want more info on Ipriflavone and how it can help you prevent or fight Osteoporosis, go to the web site, DrDhealth.com and look in the Nutrition link for articles about this and other calcium topics.

Can Acupuncture Or Meridian Therapy Help My Arthritis Pain & Stiffness?

The musculoskeletal system is susceptible to many stresses both internal and external. When the body has been injured and repaired with scar tissue, there can be a slow deterioration of the area and degeneration can set in that will feel stiff and sore.

All too often, the joints, muscles and nerves no longer act or feel normal or “young”. Many treatments are tried to relieve. Drugs, injections, skin lotions, therapy, chiropractic, nutrition, and a wide variety of products to help you hide or block the stiff achy feeling.

Acupuncture addresses the muscle-tendon-joint reactions to create changes in the body “ENERGETICS” which will change the blood and nerve flow to the areas, often resulting in pain relief, increase warmth, comfort and range of motion.

The exam that is used is called the EMI, Electro-Meridian Imaging that we introduced in last month's newsletter. See website for prior issue. A special exam is run and software analyzes and graphs the results to show where the energy of the body is wrong, how bad the disturbance is, and how best to rebalance this to relieve or control the problem.

The human body's energy flow courses over twelve meridians or channels that are normally well balanced. If a disruption of energy flow exists, it can alter the entire

system, producing pain or symptoms in the body.

If you have degenerative arthritis, you often react and feel the WEATHER. So you can be worse if it's too damp, too cold or too windy (barometer is falling). The outside layers of the body in acupuncture is seen as a protective armor to the internal organs. It is said in Acupuncture lore that what you will die of first manifests as a musculoskeletal complaint.

What Can You Do?

Get your body tested with EMI.

The EMI test is painless, quick and inexpensive. Many pains and problems of the outer body can be helped by finding out the imbalance and fixing restoring the normal flow of the body's energies, nerves and blood flow.

Once the EMI results are graphed several acu-therapy treatments are done using low level laser light, electrical stimulation, heat, acupuncture or other methods.

Additionally, the patient may also need to do home acu-therapy to assist or accelerate the progress and relief. An acupuncture treatment with needles is not done or needed for results.

The treatment is not billed to insurance as it is. Though some plans include acupuncture payment, our procedures are to enhance your body's health, not to treat disease.

Are Results Permanent?

For acute problems where there has been little or no tissue damage, results are often permanent. For

chronic conditions, symptoms may recur from time to time. Generally a few additional treatments are sufficient to obtain relief.

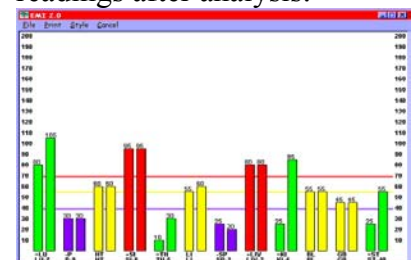
You can continue to suffer or try to change. The acu-therapy method is not only easy to experience but has a long history of helping people with pain, stiffness and sensitivity to weather changes. And it is done without needles!

Here's the EMI Machine:



This EMI testing device gives us the readings on the energy in the meridians and can also be used as an electrical stimulation device to balance the meridian system and relieve pain or dysfunction in your body.

Here's a sample of the EMI readings after analysis:



EMI uses a software program that takes the scans from the EMI machine and graphs the meridian energies.

When the EMI testing emphasizes the Musculo-Skeletal system, you can get help for pain, stiffness, fatigue, arthritis and other similar chronic conditions. The testing can also be done to look more at the organs and internal functions of the body to help you with a variety of complaints that are rooted “inside”!

Knowing the balance of energy in the meridians gives us a “blueprint” to give the best treatment to balance your system. We use this tool along with others to accurately apply meridian therapy or acupuncture without needles to your needs. You may want to CALL DR D for a consult to discuss your concerns. We also use a questionnaire to score your body's priorities and to grade the results you receive from the acu-therapy.

Check out more articles and helps online related to this month's newsletter articles.

Please visit our web site and "BLOG" at <http://www.drdhealth.com>

We will be adding more fresh and helpful content in the weeks ahead. For those of you who would rather read or get this newsletter online, you will be able to subscribe to our list which will always be private and your email is never shared. Soon you will be able to access a "members only" site for information, news, tips downloads, research and more.

Your first step is to get subscribed to the Dr D Health Alert List online. You will be kept informed as we grow! If you have feedback or **any specific requests** for topics or areas you would like covered in this newsletter or on the web site, email me at drdhealth@hotmail.com and tell me about it.

Dr. DiVelbiss invites you to **CALL** for a **FREE Phone Consultation concerning your Neck Pain, whether from Auto Accident, Work or other causes***. He will give his full attention and explain what the best way to help you might be. Dr. D will make sure your insurance is billed for the services provided. He is also on many networks for insurance coverage for his Chiropractic services.

Though not covered by insurance, Nutrition and Acupuncture - Meridian Therapies can be very effective in solving many problems that do not respond to medical or even chiropractic care alone. Get Your **FREE Nutrition or Meridian Therapy Consultation**. These offers are good for **NEW and Returning Patients**.

CALL NOW: (614) 529-8171

3820 Fishinger Blvd., Hilliard, Ohio 43026

*Consultation with NECK PAIN does not include examination, x-ray or treatment. It is to familiarize you with our services and to help you.

Want to Build Your Financial Health?

- How to set goals and organize your finances
- Prepare for your future financial health and retirement
- Learn to buy properties to rehab or as rental income
- How to grow your net worth carefully and steadily



Want to know more? Call 777-9600 for more information. Mention that you heard about the Free Seminar in this newsletter. Dick's seminar could be an answer for your finances.

Upcoming classes are forming and filling for June 11th and 25th. There will be others as well. If you are interested at all or know someone would be, I encourage you to call and experience this seminar first hand as we have. Also interested in a Real Estate Career? Call Dick Clark and his staff. They'll be glad to help!
CALL 614-777-9600

