

# Stop Pain – Get Healthy

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

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

## Correct Your POSTURE To Relieve PAIN and Fatigue

When I went to chiropractic college after graduating from OSU, I learned about spinal misalignments and how to care for them with a specific adjustment.

When I became a doctor, I continued to learn more about the body, how to examine and treat it from many sources. One thing I discovered early on was that a patient's over all posture misalignment was often the reason for pain in different areas.

For example, when you have one shoulder higher than the other, you can easily have neck pain or headache. It could cause your arms or hands to feel weak or numb. If you have had this when I examined you, you know that I may find that your pelvis or sacrum (tailbone) is not aligned or is stuck in a specific direction, causing your body to compensate to even out the strain.

Even when it balances for this, your muscles and joints in the area of compensation are working too much and too hard- so you feel it! This process can happen from the neck causing the back or legs to hurt.

Many of my patients have seen this first hand. So, if I find the MAIN stress point in the posture and release it by joint or muscle releasing treatment or also by home work like exercise, your posture recovers and your symptoms go away faster and stay away longer.

If we attempted to treat only the area that feels pain, you would most likely need the same treatment repeatedly. My goal is to balance and restore your body so that all areas perform well and eliminate the need for undo stress on the muscles, joints or nerves.

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See page 4 to get information on a FREE consultation for you or your family and friends. You will get a POSTURE EXAM and why your body fails to feel good!

We invite local businesses including those of our patients to partner with us in bringing you the mailed version of this newsletter.

These are folks we know have something of value to offer you and feel you will benefit from them!

If you have a business that would like to participate in sponsoring this newsletter when it is mailed to our patients, call us!

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### Specific Nutrition To Prevent Disease and Slow Aging!

By now most of us know that we don't eat healthy. We often try to make it up by taking one or more vitamin/mineral supplements. If you just watch TV, you are bombarded with infomercials that are selling all kinds of nutrition "stuff" that is the latest and the greatest. You think you'll be wonderful just for swallowing these magic pills!

Though you might get something good this way, often you can just make your body more stressed by taking supplements that are not what you need, but in fact may make you feel worse. But if you can test your body, you can know what you need and focus on those things you find out of balance.

A very important area of nutrition is to fight the Free Radicals that form in our bodies. Free Radicals or **FRs** are atoms or groups of atoms that cause cell damage, impair the immune system which will lead to infections and different degenerative diseases such as heart disease and cancer. In fact up to 60 diseases are connected to these **FRs**! And you will AGE like crazy if you let your **FRs** go crazy...

There are a number of known free radicals that occur in the body. They may be formed by exposure pollutants in the air, water or food, radiation including overexposure to sunlight, eating processed foods, and a variety of body chemical reactions caused from breaking down fat or exercising!

Free Radicals are normally kept in check by the action of **FR** scavengers that occur naturally in the body which the body makes especially when healthy. There are also a number of

nutrients that act on **FRs** and are called antioxidants. These include "whole vitamin C", vitamins E and A, beta-carotenes, the mineral selenium, certain herbs, and extracts of some things that we don't normally eat like grape seeds.

Although many antioxidants can be obtained from food sources like sprouted grains, and fresh fruits and vegetables (grown in healthy soil), it is difficult to eat enough of them (5<sup>+</sup> servings of fruits and veggies a day) to hold back the **FRs** that are created daily. But we should eat as much as we can in our diet.

We can minimize the free radical damage by taking supplements of key nutrients. A high intake of protective antioxidant nutrients appears to be especially protective against cancer or in reducing its reoccurrence if it goes into remission. AND, it helps you stay looking and feeling younger, especially your skin.

Now the BIG QUESTION is...how are your FREE RADICAL LEVELS in YOUR BODY?? You can do expensive blood or tissue tests. Fortunately, there is a urine test that is **50X** more accurate in measuring your levels than a blood test. It is called the **Oxidata Test**. You can read about it at <http://www.oxidata.com>.

We NOW do this test in our office as part of our **QUIKSTAT health testing system**. **When you test you will know!** See the next column for information about these tests.\*

Questions? CALL Dr D and set up a consultation, in the office or by phone. **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 Radical- 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...

A Quikstat Exam can be scheduled with Dr. DiVelbiss.

If you have questions, ask for a FREE consultation. This will include reviewing the nutritional symptom survey that you complete.

## Can Acupuncture Or Meridian Therapy Help Me?

### How Does It Work?

Far too often in the medical professions, a patient is told after extensive examination, "There is nothing wrong," "It is all in your head," or "Sorry, you'll have to learn to live with it". The examining doctor unable to find the cause of the problem has little else to tell the patient. Fortunately, many people are now seeking an Acupuncture evaluation for help.

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 we were to compare a 175 pound man on one end of a seesaw and a 47 pound child on the other end, it becomes obvious the seesaw would be "broken" due to the fact the heavier person would be sitting on the ground and lighter would be dangling in the air.

Even though the seesaw is producing a symptom of being broken, an extensive examination would not reveal anything wrong with the seesaw. The obvious answer is in the balance. Correction of the balance corrects the problem.

This is Acupuncture's goal- to restore normalcy to the body's energy balance by utilizing a combination of Acupoints located on the twelve meridians. This is accomplished by a variety of means, the needle is just one.

Medical research continues in this country and others to attempt to explain in western scientific terms what the ancient Chinese seventy centuries earlier described. Today, many theories have been postulated as to why Acupuncture is so effective in pain control. However,

as more discoveries are made, more research is indicated.

### Is Treatment Painful?

NO! Many physicians certified in Acupuncture and licensed Acupuncturists are employing electronic and laser stimulation to the Acupoint with equal effectiveness as the needle. Both of these procedures are painless and are quickly becoming standard worldwide. **Needles are not essential and we do NOT use them!!**

### How many treatments are usual?

Obviously the number of treatments vary with different conditions and individuals. Chronic problems generally require more treatment than acute ones. Some patients notice an immediate improvement after the first treatment, whereas others may not notice any effect until the seventh or eighth visit. It's been shown that a certain percentage of patients continue to improve and receive maximum benefit up to three months following a course of therapy.

Patients are encouraged to be patient with the healing process. If the treatments are recommended and results occur in just five visits, the doctor may elect to discontinue treatments or continue their use to stabilize the condition.

### What Conditions Are Accepted?

Acupuncture textbooks list well over one hundred different conditions that respond well to Acupuncture. The World Health Organization has indicated Acupuncture is effective in the following conditions.

Acute and chronic pain relief, migraine, tension cluster and sinus headaches, trigeminal neuralgia, bladder dysfunction, bed wetting, cervical (neck) pain, and mid-back pain, low shoulder, tennis elbow, post-operative pain relief, gastric problems, asthma, allergies, skin

conditions, hemorrhoids, abnormal blood pressure, fatigue, anxiety, neurologic syndrome, various eye problems, etc.

This is only a partial list of the numerous conditions Acupuncture has been credited with helping.

### Are Results Permanent?

For acute problems where there has been little or no organ system or 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.

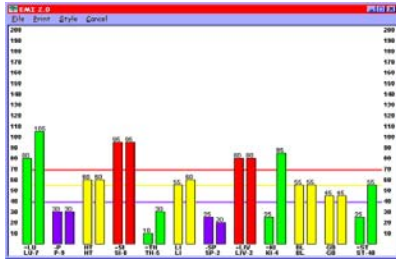
### Acupuncture Examination

Perhaps the cornerstone of Acupuncture examination is pulse diagnosis whereby the trained practitioner, by feeling the pulse, is able to determine the balance of the twelve (12) meridians. This ancient method of diagnosis is giving way to modern electronic evaluation referred to as "Electro Meridian Imaging" (EMI). The practitioner places a small painless electronic probe on the skin over specific Acupoints. By way of a sensitive metering device, the electrical potential of the point is measured. This examination is extremely reliable and is becoming the standard method of diagnosis internationally.\*



**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 is a sample of EMI-  
Electro Meridian Imaging.



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

The testing can emphasize the Musculo-Skeletal system and help pain, stiffness, fatigue, arthritis and other 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 the Symptom Survey Questionnaire to score your priorities and to grade the results you receive from the acuthery.\*

Dr DiVelbiss invites you to **CALL for a FREE Consultation with Posture PAIN Evaluation\***. He will give his full attention and explain what the best way to help you might be. Dr. D is 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**

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\*Consultation with Posture PAIN Evaluation does not include further exam, x-ray or treatment.

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