

HEALTHSOURCE OF LAKEWOOD
Chiropractic and Progressive Rehab

CHRONIC BACK AND NECK PAIN

Disc/Stenosis/Sciatica
SUCCESS SECRETS

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Disclaimer: This Free Report is for informational purposes only. We do not claim to treat or heal any specific disease. The information here is not designed to diagnose or treat any problem and is *not* designed to substitute for professional and individualized health advice. Please do not stop or start taking prescription medication without the advice of your prescribing doctor, as this can be very dangerous to your health. (You should always consult your prescribing doctor regarding prescription drugs.) We at HealthSource of Lakewood focus on improving your health and the imbalances that are affecting you. We do not declare to be better than any other provider, just very *different* in our approach and treatment. **(Different approaches lead to different results.)**

Disc/Stenosis/Sciatica Success Secret #1:

Your Problems Started Long Before You Felt Pain.

Damage can occur to your spinal discs long before you feel it, due to the disc make-up. Let me explain. When we look at a disc in the spine, we see it is made up of a gel-like substance in the center called the nucleus pulposus. It has the consistency of well-chewed gum. Surrounding the nucleus pulposus and containing it is a ring of cartilage called the annulus fibrosis. It is in this outer ring of cartilage where nerve fibers are found but the thing is, they are most abundant in the outer one-third. Why do I mention this? Because you can have a bulge in the disc where the gel center can push through the inner two-thirds of the cartilage before you know something is wrong. It is only when the gel substance pushes all the way to the outer one-third that you will perceive pain. By then, the disc damage has been done. The good news however, is that our program is designed to safely and effectively care for this very condition.

Disc/Stenosis/Sciatica Success Secret #2:

Healing Takes Time.

One of the most common misconceptions about back and neck pain is that “no pain” means “no problem.” As one undergoes **Spinal Decompression Therapy**, reducing disc pressure can provide some very welcomed relief (*see the "Spinal Decompression Fact Sheet" at the end of this report*). But Nicholas Bogduk, one of the world's authorities on back pain, says the damaged outer cartilage ring of a disc takes 300-500 days to fully heal. Why is this important? If you want to greatly reduce the re-occurrence of back or neck pain once the pain is gone, you must follow your recommended prevention program for lasting results.

Fortunately, our program which includes **Non-Surgical Spinal Decompression Therapy** has been specifically designed to help maintain disc unloading so the healing process can fully take place. In our next success secret, we will discuss the importance and proper interpretation of MRI studies.

Disc/Stenosis/Sciatica Success Secret #3:

MRI Is A Great Diagnostic Tool...But It Won't Tell The Whole Story.

MRIs are the gold standard for evaluating soft tissues, especially the intervertebral (between the spinal bones) disc. However, an often-overlooked factor has to be considered when reading MRIs: In most cases individuals with discogenic (caused by discs) low back pain find that lying down gives them the most relief, and sitting, getting up from sitting and standing are the most uncomfortable. The main reason for this is that lying down tends to place the least amount of force on the discs.

Now, let's say you have this scenario and you go get an MRI but it only shows minimal bulging and something called annular tears. Annular tears are small tears in the outer cartilage ring of the disc that can be potential weak areas where the gel-like centre of the disc can push out and consequently press on nerves causing excruciating pain. However, you are not in a gravitational position on the MRI table, you are in a position that gives you relief...this can result in missing what your disc looks like when it hurts...you know, when you are sitting, getting up from sitting or standing.

Disc/Stenosis/Sciatica Success Secret #4:

Decompression Therapy and traction are NOT the same.

There is a misconception that traction in general will be just as effective as **Non-Surgical Spinal Decompression Therapy**. There are many inherent problems with sustained traction of the spine, with muscle spasms and increased disc pressure being at the top of the list. Traditional traction pulls both spine and muscles. Decompression, on the other hand, creates a gentle pumping motion that is controlled by a computer, thereby reducing muscle spasm while unloading the disc.

In a limited number of cases, traction has its place. However, decompression therapy is more complex, and therefore able to treat more complex cases. Proper patient selection is the single most important factor. To this end, we utilize a comprehensive exam and imaging studies to be sure you're a good candidate for our treatment. In reality, there are some individuals who are not good candidates for this form of care. If you are accepted into care, rest assured that there's a high likelihood of a favorable outcome.

Disc/Stenosis/Sciatica Success Secret #5:

Your Brain and Your Disc.

The cerebellum is in the back part of your brain and it controls ALL of your spinal musculature as well as your balance and coordinated movement. When the cerebellum is not firing correctly, the muscles will spasm, the vertebrae lock up and the disc loses fluid and degenerates. When we get the cerebellum firing better, the spinal muscles will no longer be in spasm, the vertebrae will move better and your disc can heal. This can NOT be overlooked.

Disc/Stenosis/Sciatica Success Secret #6:

Oxygen Therapy.

Your brain and nervous system need two things to survive: fuel and activation. Fuel comes in the form of glucose and oxygen. You get the glucose from the food you eat BUT as you age, your ability to utilize oxygen decreases. We are giving you oxygen to help you heal faster. We want to get you better as fast as possible. Our oxygen concentrators put out 90-95% pure oxygen.

All cells, especially nerve cells, require three factors to survive: oxygen, glucose and stimulation. That's why our protocol for treating the most difficult low back and neck pain incorporates oxygen therapy.

As we age, our ability to assimilate oxygen decreases. This is called oxidative phosphorylation. According to William Campbell Douglas II, M.D., "...except for the period between ages 30 and 40, there is an average loss in oxygen-carrying capacity of the blood of about five points for every ten years of aging." Therefore, as part of our screening we may check for any anemia patterns, as well as measure your spO2 or oxygen saturation. The use of oxygen has been demonstrated to be a tremendous adjunctive therapy to speed healing. It is no wonder that traumatized patients are given oxygen, as it is a vital element for the sustenance of life.

Disc/Stenosis/Sciatica Success Secret #7:

Soft Tissues and Your Back/Neck Pain.

Whenever an individual has chronic or recurrent back or neck pain, you can be sure there is muscular involvement. After all, the nerve controls the muscle. Whether it is weakness or lack of normal firing or both, muscle function needs to be addressed.

Muscles, tendons and ligaments that surround and support the spine and disc **MUST** be properly stretched and strengthened to support and stabilize the spine and disc. Most people understand this but do not recognize that this should come **AFTER** the disc has had time to heal and not before. The specific rehabilitation protocols which we teach you in our office are easily done in the comfort of your home and are an essential requirement for lasting results.

Disc/Stenosis/Sciatica Success Secret #8:

Knowing When to Treat Disc vs. Muscles.

I'm sure you or someone you know with back or neck pain has been given a series of exercises and even stretches to do which didn't seem to solve the problem, or even made it worse. One of the main reasons for this type of outcome is because the damaged disc had not been addressed first; consequently, loading it more with exercises inhibited improvement.

You see, with our advanced training, our examination focuses on **Non-Surgical Spinal Decompression Therapy**. A detailed history plus our comprehensive exam will show in what order your discs and muscles should be treated, so that you have the best chance of a great outcome the first time.

Disc/Stenosis/Sciatica Success Secret #9:

The evils of GLUTEN!

Did you realize that something as simple as food intolerance can lead to back and neck pain and prevent your recovery?

Gluten is the protein in wheat, barley, rye and oats. The reason that so many people across the country are gluten-sensitive is that we've been eating genetically-engineered wheat since the late 1940's. Our bodies were not made to eat genetically-engineered wheat. Our bodies were not made to eat chemicals, and that's exactly what we are consuming!

In order to be healthy, one of the best things you can do is avoid gluten. IF you are eating gluten and you are sensitive to it, it can cause your immune system to attack your body. Immune system antibodies could attack your thyroid, your joints, pancreas, nerves, or any other healthy tissue in response to the presence of gluten in your body.

One study links gluten sensitivity to nerve damage. Gluten has been identified as a potential neurotoxin, and many with gluten sensitivity do not show the classic symptoms of celiac disease, but develop nerve damage instead. In this study, the average age for nerve damage to develop was 55. A correlation was found between idiopathic neuropathy (nerve damage of unknown cause) and the presence of genes for gluten intolerance.

Disc/Stenosis/Sciatica Success Secret #10:

Stenosis and Back/Neck Pain.

You or someone you know may have had an MRI that indicated stenosis. Simply put, stenosis is the narrowing of an opening. It can occur in blood vessels, ear canals, or where your nerves exit the spinal cord.

Many people with stenosis in the low back will find relief if they bend forward, or sit down while bending forward. Patients with spinal stenosis undergo a very specific mode of care involving decompression therapy. If you or someone you know has been told, "There is nothing that can be done," or, "Learn to live with it," or worse yet, "We recommended surgery," then **take heart, because you haven't explored all your options!**

Disc/Stenosis/Sciatica Success Secret #11:

Spinal Degeneration and Back/Neck Pain.

Discs are designed to act as flexible cushions that provide proper spacing between the spinal bones—your vertebrae. Additionally, they allow the spine to move when acted upon by the spinal muscles. Consequently, if there is a thinning or degeneration of the discs it will alter normal spinal motion leaving you susceptible to pain.

Our program is tailor-made to deal with disc problems of this nature. In fact, in my experience in caring for numerous individuals with disc degeneration or osteoarthritis, nearly every patient remarks that they feel like a weight has been lifted from their spine. If you are tired of taking medication, have tried all sorts of exercise programs or have been told to “live with it,” hope is on the horizon. You have NOT tried everything until you have tried our specialized and specific program.

Disc/Stenosis/Sciatica Success Secret #12:

The Link Between Your Immune System and Your Back/Neck Pain.

In July 2010, in a study published in the Journal of Arthritis and Rheumatism, researchers reported how an immune system substance called interleukin-17 (IL-17) may contribute to back pain caused by herniated and degenerated discs. They found that IL-17 was found in 70% of patients with degenerated or herniated discs but rarely found in healthy disc tissue.

The disc is the cushion-like structure that is found between bones of the spine, the vertebrae. It has a harder cartilage outer ring, and a gel-like center. The center of the disc is usually not exposed to the immune system until a disc is injured or degenerates. Mechanical forces (pressure, twisting, injury) initiate the degenerative process, but it is theorized that pain and inflammation occur as a result of the immunological response.

This is why we take a mechanical and metabolic approach to your back pain. Our unique **Non-Surgical Spinal Decompression Therapy** protocol addresses disc degeneration and targets herniated or bulging discs. As well, our laboratory testing and specific supplementation can help modulate the autoimmune response.

Disc/Stenosis/Sciatica Success Secret #13:

Don't Use Medication as a Crutch.

Most medication for back and neck pain **does not directly treat your condition**. For example, Robaxacet is a central nervous system depressant. Why do you think you are cautioned against operating a car or heavy equipment while taking it? **It does not target your disc problem.**

Most medications are designed solely to relieve your symptoms. While this is a noble and laudable goal, it does **nothing** to get to the root cause of the problem—once the drug wears off, the pain returns! Additionally, over time your body will get used to the drug, and the positive effects will lessen. However, the side effects continue—then you are given another drug to help with that, then the effects of that drug decrease, and so on and so on...

Disc/Stenosis/Sciatica Success Secret #14:

Non-Surgical Disc Decompression Therapy And Surgery.

Considering surgery should always be your **last choice--after** you have exhausted all of your other options. However, we routinely have patients who have already had back or neck surgery prior to seeing us. If this is you, do not assume you won't benefit from decompression therapy.

There are many case histories of patients with 'Failed Back Surgery Syndrome' who have been helped with decompression therapy. If you have reached the point where you are considering surgery—**see us first** for an evaluation—you have nothing to lose, and everything to gain. If you've already had the surgery, and it hasn't provided the effects you had hoped for, call us for your evaluation—you may be pleasantly surprised at the options we offer.

Disc/Stenosis/Sciatica Success Secret #15:

Control Your Health Destiny.

No one else is responsible for your health. **You** are responsible for your health! It's time to take your healthcare into your own hands. You wouldn't be reading this if the present healthcare system had provided you with a solution to your problem.

With something as complex as back and neck pain, you have to realize that accepting the usual treatment is just not good enough. You have to ask yourself "**Am I prepared to live like this for the rest of my life?**" Or are you willing to tackle your problem and have the necessary evaluation done? If you are serious about resolving your problem, we are here to help!

Disc/Stenosis/Sciatica Success Secret #16:

Thirty Year Rule...

The thirty year rule is one of the most dramatic, important and life-changing realities you can ever discover. Once you understand this harsh fact of life, the decision you have in front of you right now will become so miniscule - so trivial - so easy to make - like taking candy from a baby... or Oprah Winfrey retiring early!!

Yet, if you don't understand this simple reality, you may wake up one day with the crushing realization that you've "let it all slip away" and it is "too late."

The thirty year rule states that if you are reading this report, given the average onset of neck and back pain and the average human life span, you have approximately thirty years left on this planet – maybe a little more, maybe a little less.

This means you only have approximately thirty years to do EVERYTHING you've always wanted to do...or guess what? You never will. As far as I know, you can never get any of this precious time back...not even one measly second!

Now, the thirty year rule is not meant to scare you - only to give you a little "wake up call." How are you gonna spend the next thirty years? The only thirty years you have left. Agonizing in pain? Tired? Complaining? Downright **miserable?** Missing all the "golden" opportunities and moments in life? Or living life to it's fullest...without any regrets?

Disc/Stenosis/Sciatica Success Secret #17

Take “Massive” Action.

Take action! Do not think it's going to get better on its own. See, many people think once they're taking medication, their problem isn't going to get any worse; or there's nothing to worry about. **This just isn't true.** The reality is, you're either getting better or you're getting worse – you're not staying the same.

So, if you sit around and wait for it to “just go away on its own,” or believe that your spine pain will resolve itself in 6 months, you're falling into a deep, dark well. Avoid this thinking at all costs!

Get tested with an examination that will specifically identify how much of your problem is due to muscular versus disc involvement. Also, find out what other factors are involved that NO OTHER DOCTOR has looked for. Armed with this information, you can intelligently tackle your problem instead of being a victim of your symptoms.

Disc/Stenosis/Sciatica Success Secret #18:

Care for the WHOLE person!

Find a doctor who cares for you as a whole person and utilizes complete functional neurological and metabolic protocols. You see, a functional problem can't be cared for like an acute situation. Medical doctors are great at treating acute health conditions: a broken bone, a heart attack, a stroke. But when it comes to chronic conditions, functional conditions, they are lost in a lost world.

You do NOT need a myopic doctor (one that looks at one thing). You need a doctor who takes a step back, and looks at the big picture and does thorough testing and cares for you based on that testing. You need to take control of your own health. Now that I've given you all of this knowledge and explained to you that we are the office that can provide you with functional testing and a structural, neurologic and metabolic care plan, I invite you to call our office. We are very thorough and insist on giving each patient the personalized attention they deserve. Therefore, we accept only a limited number of patients into our program each month.

I hope that you have enjoyed these success secrets, and I look forward to hearing from you soon.

Call **303-985-5540** to schedule your Two-Visit Back/Neck Pain Consultation and Examination with Dr. Steve Tashiro NOW for only \$39. Normally \$189.

On visit #1, Dr. Steve will do a Consultation and perform a Comprehensive Spinal and Neurological Examination and take any necessary x-rays. We will also give you a tour of our rehab bay including our DTS Non-Surgical Spinal Decompression System.

On visit #2, Dr. Steve will tell you if he can accept your case and if he can, what's causing your pain, if it can be fixed, how long it takes and what it costs.

SPINAL DECOMPRESSION FACT SHEET



What is DTS Spinal Decompression Therapy?

DTS Spinal Decompression Therapy is a FDA-cleared, non-surgical alternative for disc related syndromes of the lumbar and cervical spine. DTS Therapy uses simple, yet sophisticated equipment manufactured by the leading rehabilitation equipment manufacturer in the U.S., Chattanooga Group. Chattanooga's Triton DTS Decompression Therapy System is the most popular decompression system with thousands of systems in use throughout the world.

How Does it Work?

DTS Decompression Therapy works by gently and rhythmically stretching the spine, relieving pressure from the discs, joints and soft tissues. It treats the source of the pain caused by disc bulges, herniations or degeneration. Treatment is computerized and very comfortable. In fact, patients often fall asleep while on the table, because they are so relaxed!

What Conditions Does Spinal Decompression Therapy Treat?

The Triton DTS Decompression System can be used to relieve pain associated with;

- Bulging Discs
- Herniated Discs
- Degenerative Disc Disease
- Stenosis
- Pinched Spinal Nerves
- Compression Fractures
- Spinal Arthritis

How Effective is Non-Surgical Spinal Decompression?

The success rate for Spinal Decompression is extremely high for patients who are candidates. According to a study in *the American Journal of Pain Management*, the decompression method provided good to excellent results for 86% of patients with herniated or ruptured discs and 75% of patients with facet arthrosis, the kind of arthritis that leads to stenosis. We believe DTS Spinal Decompression Therapy to be the most advanced, safe and effective alternative to spinal surgery available today!

OUR PATIENTS SHARE THEIR SUCCESSES

My lower back pain started several years ago and kept me from walking very far. My medical and orthopedic doctors gave me pain pills and exercises but I was still in pain. Since being treated at HealthSource of Lakewood with Spinal Decompression, I have much less pain and stress, my balance has improved and I have no more night sweats. Everyone at Dr. Steve's office is so friendly and helpful - I'm glad I went there for help. Its just great to feel better!

Mildred Jennings
Broomfield, CO

I was taking 8 medications for my back, hip and leg pain when I first started Spinal Decompression treatments at HealthSource of Lakewood. Even though the pain started 2 years ago, after just one month of treatments, I have no more back, hip or leg pain and feel so much better. I'm so thankful for Dr. Steve's help - and his staff has been the best in every way. I thank all of you!

Virginia Hughes
Golden, CO

I had neck, back and hip pain for 3 years before starting care with Dr. Tashiro. I could not turn my head, sit or walk without pain even though I was taking 3 pain medications. My spine surgeon wanted to do even more surgery. Now, after just 4 months, I have no back pain, the reversed curve in my neck has greatly improved and have much less hip pain. I'm now off all my pain medication! I feel like I have a new life.

Catherine Appelhans
Denver, CO

I've been living with constant pain in my low back for 30 years. I tried working with both an M.D. and an Orthopedist with no improvement. My back pain was unbearable. After 2 months of care at HealthSource I can now get in and out of my chair and bend over without pain. Choosing Non-Surgical Spinal Decompression was the best thing I've ever done!

Harold Rogers
Lakewood, CO

FIND OUT IF YOU ARE A CANDIDATE FOR THIS BREAKTHROUGH PROCEDURE

CALL 303-985-5540

**To schedule your two-visit Back/Neck Pain Consultation & Examination with
Dr. Steve Tashiro**