



WEBER CHIROPRACTIC OFFICE, S.C.
Making a difference in the quality of people's lives
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation



Six Dangerous Words

One of the most common situations that occur in the office is patients coming in suffering from some pain that has been around for over two weeks and they say **“I thought it would go away.”** During the summer, we are all busy with many outdoor activities, ballgames, picnics, walking, biking, and home projects and when something starts causing pain, we have the tendency to just ride it out. By the time you realize that this pain isn't going away, a lot of things have changed in the body and now you have a problem that may take a while to resolve. My suggestion is that if pain shows up and doesn't start to go away in three or four days, don't let things get worse. It's easier to visit the office one or two times than to wait and have a problem that may take six or ten visits to resolve. Many patients who have tried the 'I'll wait' approach now come in saying that they've learned their lesson and opt for the easier fix.

Early Morning Backache

Being a little stiff and sore in the morning does not necessarily indicate that a problem exists. During the night as we lay flat, fluids move into areas of the body, such as spinal discs, that have been **compressed all day due to the effects of gravity**. This is how these areas get nutrients. As a result, when you first stand up in the morning, there is fluid in areas that wasn't there when you went to bed and so you feel stiff for a short period of time. One **good exercise** I have found for the lower back is as follows: 1) bend your knees with your feet flat on the bed and sway your knees from side to side a few times, 2) start with legs straight and then just alternate lifting each leg up toward your chest a few times. Do not forcibly stretch anything. This exercise gently gets things moving before you put weight on them and **reduces that stiffness and soreness** in your lower back.

A Fish Story

Each month, I get a publication called **“The Back Page”** that summarizes the most recent advances in medical literature for spinal care. In the May issue, it discusses a study published in “Surgical Neurology,” 2006 which showed that 59% of patients taking fish oils were able to stop taking the NSAID medication (ibuprofen, Aleve) and 60% stated that their joint pain and overall pain was improved. Remember that in past newsletters, I have given a “two-thumbs up” recommendation for **fish oils for pain management**. Just make sure you get one from a reliable source, like our office, because the greatest danger in fish oils is contamination with mercury if it is not processed correctly. When you add glucosamine / chondroitin to fish oils, you have a fantastic alternative for maintaining joint health.

Books and Tapes

Many of you have seen the infomercial about the book **“Natural Cures ‘They’ Don't Want You To Know About”** by Kevin Trudeau. I have read the book and listened to the tapes of the book and would recommend it for a great perspective on our food supply and the pharmaceutical industry. I would have to say it is almost scary what goes on behind the scenes and he gives first hand accounts of some of the dealings of these industries. If anyone would like to borrow a copy of the book or listen to the CD book, I would be glad to lend it for a week at a time. Another video that will really give you a wake up call is **“Super Size Me.”** After seeing this true life account, you will really think twice about running to a fast food restaurant. The DVD is available at video rental stores. The old adage ‘you are what you eat’ is really quite true.

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

David J. Weber, D.C., D.A.B.C.O.

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