



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complimentary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition



Hurt vs. Harm

As we start on our 2010 health adventure, maybe one of your objectives is to get into better physical condition. One of the biggest challenges that I face is getting people to do the simple exercises needed to stabilize their spines. One objection is they have some discomfort when they initiate some exercises. When muscles are used differently, they may become a little tender in the first week or two of new challenges. This is a mild or even moderate discomfort that gradually subsides as the muscles become more conditioned. This is different than pain that signals harm being done to muscles or ligaments which may get progressively worse with continued exercise. There is sometimes a belief that if it hurts, the exercise shouldn't be performed. I continually try to modify exercises to make them pain free but at some point, as long as harm is not done, a patient just needs to get through the initial discomfort to get the muscle to an acceptable level of tone and conditioning. One young lady in her seventies had hip pain for three years without help from anyone. Through manipulation to restore movement in her spine and pelvis and progressive exercises of her gluteal (buttock) muscle, she became pain free. However, initially it was quite a struggle for her because those muscles hadn't been used properly for a long time and it caused her some discomfort (hurt) but no harm. As the muscles gained strength, her pain gradually subsided. I have observed that weak muscles are frequently painful muscles.

What Supplements Does Dr. Weber Take?

My goal in taking nutraceuticals is to increase my overall immune system and support efficient functioning within my body, especially the heart. The first thing in my body is Greens Energy with all of its antioxidants and probiotics, taken with proteolytic enzymes. After my workout, I take a protein supplement that also contains glutathione, a potent antioxidant. At that time I also take a specific combination of fish oils to promote cardiovascular health. Then I add in our multivitamin/mineral and 1,200 i.u. of Vitamin D to round out a complete nutritional basis for the day. I also take our glucosamine/chondroitin supplement to help maintain cartilage and joint health, and a product called Total Heart for further cardiovascular support. Before each meal, I take Hypo D, a digestive enzyme, to give my stomach the acids to break down proteins and protect my stomach from bacteria and pancreatic enzymes to break down carbohydrates and fats. Before bed, I repeat the fish oil, glucosamine / chondroitin and Total Heart.

A Patient with Bell's Palsy

On Thanksgiving Day, this man in his late fifties felt like the right side of his face was going numb and tingling. Being in the medical profession, his first impression was he was having a stroke. Further assessment ruled that out but the right side on his face had become totally paralyzed and he could not smile or close his eye. This is paralysis of the facial nerve, one of the cranial nerves that comes from the base of the brain. He pursued standard medical treatment of prednisone and antiviral medications for two weeks with no change in the condition. He presented to the office looking for alternatives. I aggressively treated him with acupuncture on the side of the paralysis. In addition, I treated a TMJ condition and upper neck problems that can influence this condition. I also treated the base of his brain with low level laser to stimulate the origin of the nerve. After the first visit, he could close his eye and in four visits total, he was totally relieved of the paralysis. The key element was early treatment.

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.

289 Sinsinawa Ave

East Dubuque, IL 61025
www.weberchiro.net

(815) 747-6548