



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



Conservative Care Beats Medication For Neck Pain

A study published in the January 3, 2012 issue of the *Annals of Internal Medicine* suggests conservative care consisting of either spinal manipulation or home exercise is more effective than over-the-counter and prescription medication for relieving acute and nagging neck pain. Spinal manipulative therapy was more effective than medication in both the short and long term.

The six year study involved 272 adults ages 18-65 with nonspecific mechanical neck pain of two to twelve week's duration. Participants were recruited from a university research center and a pain management clinic in Minnesota.

It is encouraging to finally see research that substantiates what patients experience on a daily basis in the office; fast and significant relief from neck pain. This holds true for other areas of the body as well including the mid and lower back and even shoulders, knees, ankles, elbows, hands and feet. Long time patients are also learning that getting treated sooner rather than later is a much better approach to living a pain free life. Remember that after pain is present for over two weeks, it is considered chronic and the whole body adapts to different patterns of movement which then have to be relearned when the offending joint problem is corrected. Manipulation is the most efficient way to restore mobility to any joint that has become restricted or stuck. Restriction of motion causes pain and inflammation. Those restrictions can occur from simply sleeping wrong, slipping or falling, bending over incorrectly or getting up from sitting. Utilizing an instrument to manipulate restricted joints, as we do in the office, allows a very quick release without the trauma of twisting or "cracking" a joint to manipulate. This allows an even quicker response. If an area has been bothering you for 4-7 days and it is not improving, call the office and schedule an appointment.

Omega-3s

The wonderful and powerful omega-3 fatty acids (primarily from distilled fish oil) are back in the news with even more health benefits. These anti-inflammatory oils lubricate muscles, promote fertility, lower blood pressure, help prevent heart disease, protect vision, help prevent dementia, cut the risk of some cancers, ease pain, reduce inflammation of osteo- and rheumatoid arthritis, promote weight loss, helps control blood sugar and improves your mood. With regards to depression, omega-3s might be an alternative to antidepressant medications for those ages 12-25 where, as we have all heard, drug therapy might even increase suicidal tendencies. But caution – not all fish oils are created equal. Many patients have brought in the oils bought in a large container for around \$10 and utilizing energy muscle testing, have been found to weaken their bodies indicating the oils were not good for them. In the office we have high quality omega-3 oils and even high potency liquid forms that are very effective in providing the benefits listed above. One male patient in his early 60's stated that omegas are the only way he can control his blood pressure as drugs were not effective.

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

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