

CHIROPRACTIC

I'm sending this out for your information!!!! I can see his points on a lot of the issues. I was taught by an AWESOME Chiropractor that an adjustment bruises tissue and that it usually took a week to heal, so I never agree with the 3,4,or 5 times a week.

Dick

CHIROPRACTIC ADJUSTMENTS TRIGGER STROKE

All my chiropractor friends are going to just love this email....

If you've ever considered chiropractic care for your back or neck pain, you may want to think again. Why?

One reason is there have been several recent cases where individuals suffered a stroke after having spinal manipulations done on their neck by chiropractors.

Now, I am NOT saying that all chiropractic care is dangerous...

But I do believe, that most people do NOT need spinal manipulation.

Are there some situations where it may be necessary, yes, but not many.

But chiropractic care has a much bigger problem...

The basic philosophy or approach is flawed. Yes, I said flawed, as in it does not make sense. Most chiropractors focus primarily on manipulations and they are trying to force the body back into alignment. Well, it seems to make sense, right?

Problem is, the muscle imbalances are what pulled your body and spine out of alignment to begin with and those same imbalances will still be there after a manipulation...

And those muscle imbalances will pull your body right back out of place, and usually within a day or two... and that's why, most chiro's treat their patients 3 times week.

If you aren't familiar with muscle imbalances I urge you to learn more about them. Start by reading this article about muscle imbalances.

Now don't get me wrong, most chiropractors are honest and caring people, and I also like the fact that it's a natural approach to treating various conditions BUT...

Unless you are addressing the muscle imbalances in conjunction with the manipulations, you will likely never get lasting relief because over time the imbalances WILL pull you back into what I call a “dysfunctional” position and the pain will return.

Just ask any one who sees a chiropractor frequently and they’ll tell you that they can’t go long without treatment and many patients end up going weekly or monthly for years, even decades.

Now I know the rebuttal from every chiro to that is likely to be “patients come in for treatments frequently and consistently for months and years because it’s important to keep the spine in the proper alignment”.

While maintaining a healthy alignment is important, it doesn’t require spinal manipulations. Corrective exercises and stretches not only can do the job most of the time, they actually work much better because you are addressing the muscles that are pulling the body out of alignment.

But what about other treatments that chiropractors offer?

Well, it depends on what you are talking about... electrical stimulation? ultrasound? generic exercises? None of these are very effective. But I know that there are some forward thinking chiro’s out there who do more than the same ol chiropractic treatment...

The really sharp ones, the ones I know, incorporate things like corrective exercises and stretches that are targeted to the persons specific muscle imbalances... they utilize muscle activation therapy to strengthen specific muscles... they use manual muscle therapy techniques... they incorporate massage therapy... they use trigger point therapy to eliminate spasms and relax chronically tight muscles, and so on.

They take an approach to treatment that incorporates the whole body, like what I teach in my audio program, The Complete Healing Formula.

The point is this, there are some chiropractors who are great and there are a ton who aren’t. If you work with a chiro and your typical treatments lasts about 15 minutes and includes electrical stimulation and a few quick cracks of the back, I urge you to find another asap and learn about all of the other types of treatments that have been proven to be effective. You can find information on over a dozen different treatments [here](#).

Oh, and if you want to watch the news story I mentioned, you can find it on Fox5 news here

So anyone up for some neck manipulation?

Talk to you again soon...

Jesse Cannone, CFT, CPRS, MFT

The Debate Rages On...

Chiropractic Care - Part 2

It seems my email the other day about chiropractic treatment and stroke has really struck a nerve...

As I expected, a bunch of chiropractors took my comments as an “attack” and are blasting me with all sorts of “statistics and research”. These guys (and gals) will present all sorts of “proof” that chiropractic care is safe and effective.

But what’s funny is, I never said it wasn’t safe... and, I never said it wasn’t effective. What I did say is, that traditional chiropractic treatment approach is flawed because it fails to focus on the primary cause of the misalignment, which is muscle imbalances.

Now, there are a few exceptions... a few sharp chiropractors have talked about the importance of addressing muscle imbalances and one did talk about a specific type of chiropractic treatment that DOES address muscle imbalances. And that’s great, but most chiropractors are not trained in this specific approach so most people end up getting the same old back cracking.

Here’s an email from one of them:

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From: Dr. Alan

Date: Mar 5, 2008 2:19 AM

Subject: RE: Chiropractic Adjustments Trigger Stroke

To: Jesse Cannone <jesse@losethebackpain.com>

Jesse,

This is probably one of many replies you are getting. I can appreciate your points and as a Chiropractor, I would agree with them that muscles and bones create havoc sometimes and balancing out both are required.

I have done a lot of research on the whole stroke issue and to make a comment that “Chiropractic Adjustments Trigger Stroke” is completely scientifically unsound. You are right on the money with balancing the muscles and the adjustment, but making a comment on stroke has no scientific basis for truth. I would be happy to provide lots of great scientific literature for you to read, but science has not proven anything close to an adjustment causing stroke and I would be careful in your comment on that.

I really appreciate your emails and thoughts. You are bang on, but the stroke thing is pushing the envelope of truth. I have spent a lot of time on this issue and it is just simply not scientifically true.

Keep up the great work, and if I can be of help in the future, just let me know

Dr. Alan Jenks

Thanks Dr. Jenks...

Again, don't shoot the messenger. I simply passed along the news story about the man here in Maryland who supposedly suffered a stroke after receiving cervical manipulation by a chiropractor. I never said it was proven... I simply said if you are seeing a chiropractor or are thinking about it, you may want to reconsider or at the very least read the news story.

But here's another interesting question...

If chiropractic care works so well, then why do 70% of our customers list chiropractic care as a treatment that did NOT give them lasting relief. In fact, it scored the highest on the list of failed treatments amongst our customers. Physical therapy came in a close second. Now, again, let me be very clear, I am NOT saying that chiropractic care doesn't work and is a hoax or something... and I am NOT saying it isn't safe. I have worked with chiropractors for years and have received treatment from numerous chiropractors myself so I know that it's safe, or as safe as most other treatments and is effective... but I also am aware of it's limitations.

In fact, just a few months ago I had a nasty mountain biking accident and I went to see one of my friends who is a chiropractor... why?

Because I wanted to get an x-ray to see if I had broken anything and to

see if any manipulation was necessary as I had landed on a sharp jagged rock right on my SI joint.

Are there chiropractors out there who will just crack your back twice and stick you on some electrical stimulation for 3 visits a week until your insurance runs out, yes, I know of a bunch... but I also know a smaller bunch who are bright, caring people who utilize a wide array of treatments and they pick and choose based on what they are trying to accomplish... they don't use the cookie cutter approach that most do.

And as I said in the last email, if you want to get LASTING relief, you MUST make identifying and addressing your muscle imbalances a top priority. It should come before anything else! If you are suffering from any type of back pain, neck pain or sciatica and you are not addressing your muscle imbalances, you are making a big mistake and I'm willing to bet that you will be dealing with this problem for a long time.

Why ignore a simple and proven solution?

Tens of thousands of people have used our Lose The Back Pain system to get lasting relief from their pain... and many of these people had tried just about everything under the sun before finding our system, including chiropractic care.

Yet our system was the one thing that finally worked for them and the reason is, it addresses the biggest and most important issue, the muscle imbalances.

And if you can improve/correct muscle imbalances withOUT 3 weekly visits to a chiropractor, or any other treatment, why wouldn't you? Plus, as I've said before, "back cracking" is NOT effective at improving muscle imbalances because you can't improve the strength of a weak muscle with a manipulation.

Again, manipulation can be beneficial, but only necessary in certain circumstances, and typically will deliver only temporary relief because it does not get to the root of the problem, which is the muscle imbalances.

The key to improving muscle imbalances is what we call "Muscle Balance Therapy" and it consists of very targeted and specific corrective exercises and stretches that are based on the muscle imbalances that you have. It's not like the sheet of generic exercises you'll get from most doctors, physical therapists or chiropractors where everyone gets the

same sheet regardless of their condition, or even more important, their muscle imbalances.

And that's why our system works so well for people... it helps you discover exactly what you need to do to get relief.

In a recent survey of our customers, over 89% said they would recommend the system to another back pain sufferer and the average person reduced their pain from an 8 to a 3. Pretty impressive results, especially for people who have tried many treatments before trying our system.

Now, I am not saying our Lose The Back Pain system is some "miracle cure" or anything like that because there is no such thing... but what I am saying...

Will it get rid of all your pain? Will you get lasting relief in just days as some of our customers have? I don't know and there is no way of knowing. The only way to find out is to give it a shot. I can say without a doubt that it will help you in many ways... here are just a few:

Our Lose The Back Pain system will help you to:

reduce pain

sleep better

improve mobility / flexibility

increase strength and endurance

increase energy and be more active

re-ignite your love life

improve your mood

And the list goes on and on.

Even if the system helps you to reduce your pain by 70%, would that be worth it? Would you be happy with that? Of course you would, so if you don't already have the system get yours now and get started.

Shoot, you can even sign up for the online version and get instant access to it so you can get started in just minutes from now.

Get Started Now And Feel Better In Days

Still have doubts? Read, listen to and watch the video of the hundreds of success stories on our website. And if you have questions about the system please give us a call at 1-800-216-4908.

And if you want to weigh in with your 2 cents about chiropractic care,
be sure to visit our discussion forum.

Wishing you the best,

Jesse Cannone