

🕒 **Doctor's Concluding Thoughts**

We all want simple solutions, especially when it comes to health issues. Throughout this book I have attempted to give you just that; a clear picture of how and why you were labeled with a disease or a condition. I have used every analogy I could to help you see what perhaps has been overlooked. I know you were told to “just live with it” and therein lies the problem. You have been “just living with it”. You deserve a lot of credit to have kept going despite the chronic pain and fatigue.

If you have carefully read this entire book, you will have just concluded a crash course in many complex topics, such as anatomy; where you now know that the head is delicately perched upon the neck and the tailbone is a flexible anchor for the brain and spinal cord, both critically important for normal spinal function. You know more about neurology; such as how the spinal cord and protective dural membrane must be suspended freely within the spinal canal. You have always known that every nerve cell communicates life to the body, but perhaps only recently have come to respect the fact that chronic pain and impairment will result every time direct pressure or tension is exerted upon nerves by misaligned or restricted vertebrae. You now have a feel for the physiology of equilibrium; the mechanism where the head's position is continuously monitored by gyroscopes of the inner ear and how, if allowed to remain misaligned even the slightest amount, your spinal muscles and discs will fibrose and prematurely age. You understand much more about pathology of bone; where the skeleton rapidly deforms at the point(s) of a misalignment in attempt to resist the unequal load.

You have taken a sobering look at pharmacology, at least the fact that something has gone fatally wrong in America, if one considers that we have amnesia when it comes to the hundreds of people who

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die *needlessly each day* only because they thought it was safe to use drugs as their only choice for managing back pain. You have even previewed some complex legal and ethical topics such as: what is the consequence of being forever labeled or branded with a permanent disability rating—this only because some doctor or evaluator did not follow the Hippocratic Oath and refer you to the chiropractic specialist most qualified to treat your spinal condition. Or, what is the long-term social impact of lives riddled with chronic pain? What bearing does your back pain-related absenteeism have on you and your family's future? Do you have a right to spinal care? Are you entitled to spinal care but are not getting it? Or, is it your responsibility to find your own way back to health now that you have intelligent and unbiased advice and guidance?

I will have only succeeded if when you put down this book you will begin to pick up the pieces of your life. I will only be satisfied if you are inspired to find the chiropractor right for you. When you do, I can promise you more years of life and more life in your years. Yeah, I hear all you critics out there who complain and bitterly object to my notion that you will live longer if you see a chiropractor. To that I say, “and I suppose you think front-end alignment of your car is unimportant, preventative dentistry is unnecessary, pap smears are a waste of time and mammograms have no bearing on your life...right?” The fact

is that you can have greater life expectancy and a fuller more productive life if your spine and nerves are not pinched or tensioned. By now you all know why this is true. The good news is that the sooner you act the better the outcome.

Isn't it truly amazing how resilient the human body is? What a miraculous "machine". Just this week, as I was writing this final chapter,

I saw six new cases. A 62-year old retired executive can now freely bend over having not been able to touch his toes since high school. A 53-year old school teacher, with 10 years of agonizing leg pain, became

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pain free after a mere 15 adjustments, including 1 tailbone manipulation.

A 33-year old mother, who was given two C-sections because she dislocated her tailbone roller skating as a teenager. A 28-year old mother of two, with emotionally crushing PMS, two weeks out of every month, is now symptom free. A 40-year old salvage diver suffered with grade IV sciatica (the worst most chronic and painful type) experienced about 10% relief with each treatment. And two women, miserable with a combined total of 30 years of headaches, experienced 75% relief in less than 2 months of care. That was just this week.

What is the measure of success? Money, health, happiness, productivity, respect, security or perhaps love? Most of us want all of these things. But how can you fulfill your dreams if you aren't 100%? You are a human being whom, in my opinion, was masterfully designed by the creator. You have great ability and potential that is dependant upon your health. Your spinal column and nervous system are the power source of your physical life. It is my sincere hope that the truth within the covers of this book will help set you free to fulfill your destiny. Here is to your health for life, liberty and pursuit of happiness.

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