

In Good Hands

A Free Monthly Newsletter For The Friends and Practice Members of Dr. Jacob Hans, D.C.
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“Hope is always available to us. When we feel defeated, we need only take a deep breath and say, ‘Yes’, and hope will reappear.” ~ Monroe Forester ~

Read On To Discover...

“Is There A Simple, Natural Solution To Painful Arthritis?”

What You Don't Know About Arthritis Can Lead You or A Loved One To A Life Of Pain And Misery!



San Diego – How many times have you heard it, “There’s nothing we can do...you’ve got arthritis.” If you haven’t heard it yourself...I bet you know someone who has.

Osteoarthritis (OS-tee-oh-are-THRY-tis) (OA), or degenerative joint disease, is one of the oldest and most common types of arthritis. It is characterized by the breakdown of the joint's cartilage; the part of the joint that cushions the ends of bones, causing bones to rub against each other, causing pain and loss of movement.

Most commonly affecting middle-aged and older people, OA can range from very mild to very severe. It affects hands and weight-bearing joints such as knees, hips, feet and the back.

There are many factors that can cause OA. and although age is a risk factor...

Research Has Shown That OA Is NOT An Inevitable Part Of Aging! There Are Many Causes Including:

1. Obesity - May lead to osteoarthritis of the knees.
2. Joint Injuries - Due to sports, work-related activity or accidents may be at increased risk of developing OA.
3. Genetics - Has a role in the development of OA particularly in the hands. Some people may be born with defective cartilage or with slight defects in the way that joints fit together.

As a person ages, these defects may cause early cartilage breakdown in the joint which could cause inflammation, a release of enzymes, and more cartilage damage.

What if I told you arthritis has a reasonable explanation MOST doctors and scientists have COMPLETELY overlooked?

What if I told you...with this knowledge, it may be possible to slow down the progression of arthritis and ease the pain? And what if I told you I have scientific proof to back it up?

Would you be interested?

If you're not interested yet...after you read these chilling statistics...you will be:

- ✓ **Osteoarthritis affects an estimated 20.7 million Americans, mostly after age 45.**
- ✓ Women are more commonly affected than men.
- ✓ **OA is responsible for more than 7 million physician visits per year**
- ✓ Eighty percent of people with OA report some form of limitation in movement or activities.
- ✓ **Knee OA can be as disabling as any cardiovascular disease except stroke.**
- ✓ As many as half the people who have OA do not know what type of arthritis they have and cannot make

informed decisions about their care because treatment options vary among the more than 100 forms of arthritis. ✓**Musculoskeletal conditions such as OA cost the U.S. economy nearly \$65 billion per year in direct expenses and lost wages and production.**

Enough of the boring stuff...let's talk about a REAL cause of osteoarthritis and a logical solution.

First let me ask you a question: What happens to the wheels on your car if the front end is out of alignment? They wear out... right? And they not only wear out...they wear out FASTER than they would if the front end were in proper alignment.

So what do you do when the front end of your car is out of alignment? You bring your car in and the mechanic lines it up. As soon as he does this, the abnormal stress on your tires is stopped...and...your tires stop wearing out ABNORMALLY.

The same is true with your spine and the other joints of your body. The delicate joints in your spine CAN misalign...causing them to either move unnaturally or get "stuck" and not move at all. Either way, this causes abnormal stress and strain...and just like the tires on your car when the front end is out of alignment...your joints wear out. This is...

Osteo or Degenerative Arthritis!

How do I know this for sure? Glad you asked. Tapio Vidman, M.D. did extensive arthritis research and found that when he caused a joint to not work right...

Microscopic Damage Was Detected Within 24 Hours And PERMANENT Degenerative Changes Took Place Within 3 Weeks!

Basically, when your joints misalign and get "stuck," arthritic changes begin to occur IMMEDIATELY and permanent, IRREVERSIBLE damage may be present within just 3 weeks.

So...How Do You Fix This Problem?

Simple. Take a look at what you did when the front end of your car was out of alignment. You went to someone who specializes in detecting and correcting misaligned front ends on cars.

Know this: Your mechanic didn't put something in your gas tank or oil to try to "chemically" realign your

wheels. No. That wouldn't make sense. He simply realigned the wheels.

Listen, the same is true with your body. What makes you think taking a drug or rubbing on a lotion will realign your joints? It won't. Sure, powerful painkillers may mask the problem for a while...but...what happens when they wear off? The bottom line is: If your joints are misaligned, they will continue to degenerate and... **Chiropractic Helps Align Misaligned Joints!...In Your Hands, Knees, Ankles, Feet, Neck, Low Back, & Your Entire Spinal Column!**

By making your joints function properly, you will live a life with less stiffness and pain.

With what you've just read, doesn't it make sense that routine Chiropractic care will also slow down...if not halt... much of the degenerative process and arthritis?

Don't Wait Until You Have Joint Pain, Before Seeking Chiropractic Care! Come IN Today And Discover How Much Better You Can Feel And Move With Network Spinal Analysis!

....And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health!

Success Story Of The Month

(Names And Details Have Been Changed To Protect Privacy.)

“My Back Hurt So Much I Couldn’t Walk... Three Agonizing Days On The Floor With Crippling Back Pain – And My Dream Golf Vacation Was In One Week!”

“If anything can go wrong, it will.” We’ve all heard those words...it’s Murphy’s Law. Most of us have experienced the impeccable timing of Mr. Murphy and his law. Mr. Murphy seems to pick on some of us more than others....don’t ya think?

It really doesn’t matter if you’re a “repeat offender” with this law or not. Nope. All it takes is one time to ruin even the best thought out plans to make you a believer. Just ask Pete...I’ve known Pete since we were kids. Pete was the ultimate “big man on campus.” Tall, dark, handsome and all-state in three sports. Everything...and I mean EVERYTHING...always went his way. He was one of those guys that always came out smelling like a rose...no matter what he stepped in!

He’s the kind of guy that would make you sick if he wasn’t so darn nice and willing to help everyone else all the time!!! As a matter of fact, I never met anyone that didn’t like him. I even thought Mr. Murphy had a “soft spot” for Pete. But, as it turns out, Murphy’s Law...like so many other laws...has a VERY long arm. Such a long arm that it eventually caught up with Pete...at the worst possible moment...That’s when I got the alarming phone call. Not from Pete...from his mom. She told me Pete couldn’t walk...he couldn’t even sit up. He had been stuck on the floor for three days and was getting worse. She started crying because she was scared her son would never walk again.

I didn’t waste any time. I hung up the phone and brought my portable Chiropractic table to Pete’s house. When I walked through the door it was madness. Pete’s mom and wife were crying hysterically as Pete lied on the living room floor...flat on his back.

As soon as I got to him...Pete slightly turned his head, looked me right in the eyes and as serious as a man on his death bed said...**“Can You Fix Me So I Can Play Golf Next Week?”** Then he flashed one of his unforgettable smiles.

You see, in three days, Pete was scheduled to start his “dream” golf trip. Along with his older brother, Pete was going to take a month and play the best golf courses on the East and West Coast. They had been planning this trip and saving money for 10 long years. All the reservations were made...and...if Pete didn’t step on that plane in a few days...it was all lost.

So how did I answer Pete’s question? I looked Pete back in the eyes and said: **“No offense Pete...but...I’m A Chiropractor...Not A Magician But I’m Gonna Try My Best!”**

Since I already had Pete’s x-rays on file, I was ready to work on Pete immediately. It took us about 10 minutes just to get him on my portable table. Once he was on the table, I was able to give him an adjustment...slightly moving one of the bones in his lower back. After the adjustment and 10 minutes of ice, Pete was able to stand and take a few steps by himself for the first time in 3 days. He was still in a lot of pain...but...this was a great sign.

I continued working on Pete...twice a day...for the next 3 days.

So what happened to Pete’s trip? Well, here’s what he wrote on a postcard I got from Pebble Beach Golf Course, five days after he left...*“Hey!,Just got off the course after my first round. I can’t believe a little more then a week ago I was crippled on the floor with the worst back pain of my life and I could swing pain free today! Thanks for all your help and thanks for making my dream come true!, Pete”*

Even though I’ve been lecturing him for years, since that time, Pete has religiously come in for maintenance care to keep his back pain from coming back. Pete has also noticed more flexibility and greater range of motion in his swing. Pete just told me he can swing the club easier and he’s added 25 yards to his drive.

All Pete’s golfing buddies started coming in for adjustments after they found out what his “unfair” advantage was. I actually think Pete was trying to keep me a secret just so he could keep embarrassing them every Sunday!!! ’m gonna have to have a long talk with him about that!

It’s no wonder all the top pro golfers have chiropractors travel with them on tour. As a matter of fact, almost all top athletes in every sport have either personal or team chiropractors to keep them pain free and performing optimally.

After all, if top athletes such as: Tiger Woods, Michael Jordan, Evander Holyfield and Wayne Gretsky all receive chiropractic care...**Shouldn’t You?**

Did You Know?...

In 1899 it was thought that "everything that can be invented has already been invented."

5 Billion crayons are produced each year.

The human head contains 22 bones

One in every 10 people in the world lives on an island.

The tomato is the world's most popular fruit, selling more than bananas and oranges.

A fresh egg will sink in water, but an old one won't.

It once was law to say "God bless you" to someone who sneezed.

Cows do not have upper front teeth.

Genetically modified plants can grow plastic.

Traffic lights were in use before the advent of the motorcar.

The Bank of America started as the Bank of Italy.

The Wright Brother tested the first airplane in a wind tunnel.

Every day 20 banks are robbed. The average take is \$2,500

Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!

Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

One car out of every 230 made was stolen last year!

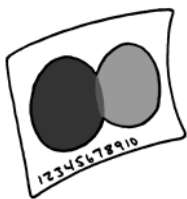
The names of Popeye's four nephews are Pipeye, Peepeye, Pupeye, and Poopeye!

Until the nineteenth century, solid blocks of tea were used as money in Siberia!

When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second!

A Boeing 747 airliner holds 57,285 gallons of fuel!

Tip of the Month... How To Keep "Identity Thieves" From Robbing You Blind!



Identity theft has become an enormous problem in the United States...making criminals rich while completely ruining the lives of their innocent victims. Here's a memo sent by a corporate attorney to all the employees at his company that may keep you from being the next victim:

✓The next time you order checks, have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.

✓When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.

✓Put your work phone # on your checks instead of your home phone. If you have a PO Box, use that instead of your home address. If you do not have a PO Box, use your work address.

✓Never have your SS# printed on your checks (DUH!) -- you can add it if it is necessary. But if you have it printed, anyone can get it.

✓Place the contents of your wallet on a photocopy machine, do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards, etc.

✓We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily.

File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).

✓But here's what is perhaps most important: (I never even thought to do this). Call the Social Security Administration and the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security number.

Their numbers are: Equifax: 1-800-525-6285 Experian (formerly TRW): 1-888-397-3742 Trans Union: 1-800-680-7289

Social Security Administration (fraud line): 1-800-269-0271

I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.