

In Good Hands

A Free Monthly Newsletter For The Friends and Practice Members of Dr. Jacob Hans
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"When it comes to staying young, a mind-lift beats a face-lift any day." ~ Marty Bucella

It's Quick! It's Easy! It's Drug-Free!

And It's Backed Up By Solid Scientific Evidence! And It Corrects

The Root Cause Of MOST Headaches! So Why Don't YOU Know About It? ...

“Could There Possibly Be A 108 Year Old Headache Cure Drug Companies Don't Want You To Know?...And Wouldn't You Like To Know About It?

And Wouldn't You Want To Tell Your Friends And Family- - - RIGHT NOW?”

San Diego -- *Of course you would.* And so do I. That's why I've written this. So, if you or a loved one suffers from headaches, and are in desperate need of THE possible solution, I highly recommend reading the rest of this newsletter - - IMMEDIATELY.

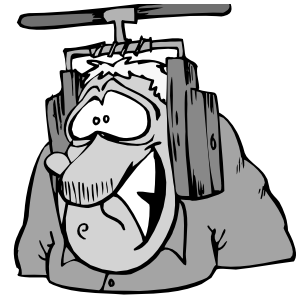
Here's some shocking news... there's a safe and effective treatment for, what some estimate to be, up to 90% of headaches. It's been around for 108 years and has absolutely nothing to do with drugs or surgery.

Actually, it's not shocking at all. Alternative therapies have taken the lead in the treatment of many conditions. As a matter of fact, **a study in the *Journal Of American Medical Association* indicated that Americans now visit alternative care providers nearly TWICE as often as traditional physicians, and the numbers are growing.**

In 1997, Americans spent an astounding \$27 billion on visits to alternative practitioners, an increase of 45% over 1990. What's more, most of this money was NOT reimbursed by insurance plans!

Doesn't seem very “alternative” any more... does it?

What IS shocking, however, is how long these treatments are often suppressed - - even in the presence of clear and compelling evidence.



This “breakthrough” has already delivered nothing short of a miracle for countless headache sufferers and delivered results beyond their wildest dreams.

These miracles could be happening for *you* too... as soon as tomorrow...

But Instead Of Solving Your Headache Pain... IT'S GETTING BURIED!

Listen, I'm not saying there's a conspiracy. Not at all. This is just the way things work. It's all economics.

Why don't you see the big oil companies running ads for electric cars? 'Cause it won't profit them. It will actually take money right out of their pockets. They'd much rather see you keep driving that 70's gas-guzzler.

For the same reason, you won't find billion dollar drug companies proclaiming the wonders of drugless miracles. It may not be fair, but it IS good business. It's that simple. That's why you really have to watch who you listen to and find out the REAL source of the information.

After all, until last year, hormone replacement therapy was the miracle “cure-all” for post-menopausal women. Now, after 30 years of use, it's been linked to an increase rate of breast cancer, stroke and heart disease.

And what about red meat? One day it makes you fat and causes heart disease - - the next it's the in vogue diet and has nothing to do with heart attacks. Go figure. So what about headaches? Let's start with a few facts:

- **At least 50 million Americans see their doctors for headaches each year, and an unknown number simply treat head pain themselves.**
- Two-thirds of headache sufferers remain undiagnosed.
- **Headache accounts for 8 million office visits each year.**
- 9 out of 10 Americans suffer from headaches.
- **95% of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are not caused by disease. The headache itself is the primary concern.**
- Nearly 90 percent of primary headaches are tension-type.

So, if all these headaches are tension-type, I bet you're wondering what a tension-type headache is.

Tension-type headaches can be caused when malfunctioning spinal bones cause joint, nerve and muscle irritation in your neck. The pain can travel from the top of your shoulders, up the back of your neck and into the head, sometimes forming a band-like pain around the head.

"The greatest majority of primary headaches are associated with muscle tension in the neck," says Dr. George B. McClelland, a doctor of chiropractic from Christiansburg, VA, and member of the American Chiropractic Association's (ACA) Board of Governors. "Today, Americans engage in more sedentary activities than they used to, and more hours are spent in one fixed position or posture. This can increase joint irritation and muscle tension in the neck, upper back and scalp, causing your head to ache."

So what can you do to help this most common type of headache? Well... Listen to this:

A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting

relief of tension-type headaches than a commonly prescribed medication.

Also, a 1995 study in the *Journal of Manipulative and Physiological Therapeutics* found that spinal manipulative therapy is an effective treatment for tension headaches and that those who ceased chiropractic treatment after four weeks experienced a sustained therapeutic benefit in contrast with those patients who received a commonly prescribed medication.

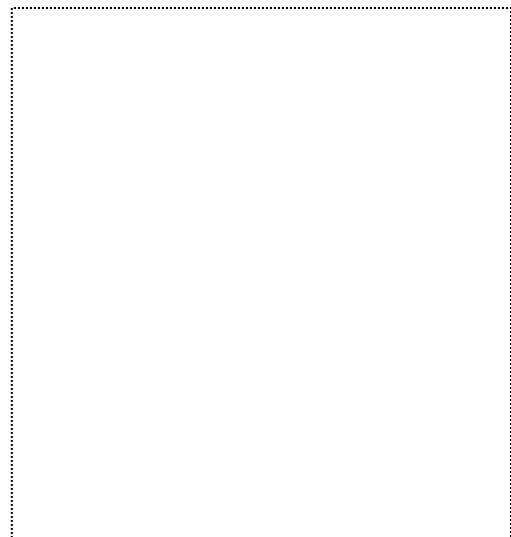
The most likely explanation for Chiropractic's great results with headaches is that the adjustment gets to the CAUSE of the headache by relieving the tension on the joint, muscle and nerve. Drugs may temporarily numb some of the pain, but they NEVER actually fix the problem - - which just gets worse as time goes on.

So, if 90% of Americans suffer from headaches... and... 95% of headaches are primary headaches... and... 90% of primary headaches are tension-type headaches... and... studies show that Chiropractic care helps tension-type headaches more than commonly prescribed medications...

Wouldn't It Be Smart To Come In And Let Me Evaluate Your Headache And See If You Can Be Helped Like So Many Others?

When you really think about it... what're the chances you're not in the 90% that Chiropractic can help? I bet you are. And I bet your headaches can be helped... quickly and easily.

....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.)

“The Chilling Confessions Of An Ex-Drug Addict...”

I've known Steve most of my life. Close to 30 years now. The first 20 were MUCH different from the last 10 I'm going to tell you about. What happened to Steve in those 10 years is absolutely STUNNING. If I hadn't been there to see it with my own two eyes, I never would have believed it was true. Not even for a New York minute.

One Quick Word Of Warning: Most of us know someone like Steve. Maybe not *exactly* like Steve, but we all know someone who could end up this way. Maybe you, yourself, have faced the same fork in the road Steve did - - but you chose the right direction.

Looking back on it now, you may think it wasn't that big a deal. When the truth is... it was. As you will soon see, it shaped the rest of your life and allowed you to be who you are today.

You probably had help with that decision. Steve didn't. Many others don't. That's my warning... to be on the lookout for loved ones facing this fork in the road and offer some guidance. A little caring can go a long, long way. You may even save a life in the process. I can honestly tell you... there is no greater feeling than that. Onward to Steve and his story...

Steve showed up for pre-season football camp his Freshman year in college standing 6'4" and weighing 185 pounds. Even though he was very talented, the coaches thought he was too skinny to compete with the "big boys" and red shirted him.

Red shirting means you sit out a year, but keep your eligibility to play 4 more years. You take 5 years instead of 4 to go through school. Anyway, Steve sat out his first year to workout and put on a little weight.

The next time I saw Steve was about 9 months later when he came home for summer break. I was a little surprised at his appearance. Why?

He Looked Twice The Size He Was Before He Left!

Steve proudly announced to me that he was working out hard with weights and now weighed 207 pounds! He said his school had a great strength-training program. Obviously so!

I didn't see Steve for an entire year when he came home for summer break again. This time I didn't even recognize him. As a matter of fact... **If He Painted Himself Green, He Would've Looked Like The Incredible Hulk!**

Let's fast forward to Steve's senior year. Now at 6'4" and weighing 248 pounds, he is being looked at by several professional scouts. Steve is the talk of the town. Things couldn't possibly get any better. Then it happened. Steve tackled someone... head first... heard a loud pop in his neck... and lost all feeling in his right arm. After about 10 minutes, the feeling came back in his arm, but he couldn't move his arm due to tremendous pain in his shoulder.

Steve took a week off. Then two. Next he started physical therapy. After 3 months of that it was no better. Next was surgery that also did not work for him. The tide suddenly turned. Most pro scouts wouldn't return his calls. The ones that did said he wasn't worth the risk. In one brief moment... Steve's dream and career... were over. With his dream shattered and no applicable skills for the real world, Steve didn't know what to do. He had started taking powerful pain pills after his surgery and started self-medicating himself when his prescriptions ran out - - beginning an incredible downward spiral. He was taking handfuls every day to relieve the physical and emotional pain.

Let's fast-forward five years. That's when my phone rang at 2:00 am. It was Steve. He was crying hysterically and said he needed help. He was living in his van and just finished a 3-day cocaine binge.

When I picked Steve up, I couldn't believe my eyes. The once 247 pound Adonis now weighed 175 pounds. Several teeth were missing, and to be honest with you - - he looked like he was dying. We drove around and talked for a while, and he told me he was always afraid to call me because he knew how much I was against drugs. Now he laid it all on the line and told me everything from the steroids to the pain pills and cocaine.

Next stop was rehab. Steve made great progress and was "clean" in no time. Steve began Chiropractic care for chronic neck pain he had ever since his football days and something amazing happened. His shoulder pain went away! That tackle he made back in college had given him a severe case of whiplash that was pinching the nerves that go into his shoulder and arm.

Steve wishes he would have tried drug-free Chiropractic FIRST. He even believes he would have gone pro. Even if he wouldn't have made it, he knows he wouldn't have gotten hooked on the pain pills that almost ended his life. He now realizes ALL drugs have side effects and should NOT be your FIRST choice.

Every time Steve comes in for a visit, he says, "Chiropractic FIRST, drugs SECOND and surgery LAST!" Steve is right!

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Network Spinal Analysis care! Don't wait until you can no longer move!

Did You Know?...Animal Facts

(Our monthly feature of tidbits of news and info to make your life easier and more fun, so you're healthy all the time!)

⇒ An Old English Mastiff named Zorba is the largest, length and weight-wise, recorded dog. He is eight feet and three inches long and weighing in at three hundred and forty three pounds.

⇒ What's 65 million years old, has a nose a third the length of its body, and is making a last stand in North Dakota? It's not Pinocchio and it's not an underwater version of Barney -- though that's close. It's the Paddlefish. There were paddlefish here when the dinosaurs roamed.

⇒ In ancient Rome, Flamingo tongues were considered a great delicacy. Their existence was threatened by hunters. The Romans made a law making it illegal to hunt flamingos but, it failed.

⇒ There are 40,000 muscles and tendons in an elephant's trunk. This makes it very strong and flexible allowing an elephant to pluck a delicate flower or lift a huge log. The trunk is used for touch, grasping, sucking, spraying, smelling and striking.

⇒ A giraffe's sticky, black tongue can be more than 18 inches long and is used to gather food into the mouth. Males typically feed with their head and neck at full vertical stretch, often with their tongues extended to reach the shoots on the underside of the mature tree canopy. Females feed at the body or knee height, with their necks curled over.

⇒ Currently, the U.S. Department of Agriculture (USDA) requires breeders who sell animals to pet stores to obtain a federal license, but those who breed and sell animals directly to individuals (through newspaper ads, etc.) are exempt from federal licensing and inspection requirements. Further, breeders who have three or fewer "breeding females" are considered "hobby breeders" and can sell animals to pet stores without a license.

⇒ Hyenas have an appetite for just about anything -- and unlike many mammals, they can even digest bones.

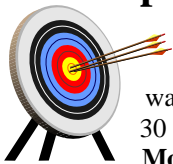
⇒ The word "puppy" comes from the French poupee, meaning "doll."

⇒ Some ants are ferocious hunters. The driver ants of Africa and the army ants from South America cling tightly to one another (in large groups of 10,000 to 500,000) as they travel across the land looking for food and attacking any animals who get in their path. These vicious creatures have been known to kill tarantulas, lizards, birds, snakes, pigs and sometimes animals as large as horses. Usually larger animals can get away from the oncoming ant army, but if they are caught off guard or sleeping, these could become "drive-through" rations for the hungry army.

⇒ Dolphins swim in circles while they sleep with the eye on the outside of the circle open to keep watch for predators. After a certain amount of time they reverse and swim in the opposite direction with the opposite eye open.

Tip of the Month...After We Fix Your Headaches,

Here Are A Few Tips To Keep Them From Coming Back!...



Try not to spend too much time in any one position such as sitting in front of a computer, reading, driving, or watching TV. If you are going to spend any prolonged length of time in such a position, take a break and stretch every 30 minutes to one hour. The stretches should take your head and neck through a comfortable range of motion.

Moderate, low-impact exercise may help relieve the pain associated with primary headaches by stretching and strengthening the soft tissues around your joints. You must start slow and pay attention to your symptoms because some exercises may aggravate your headaches. Heavy, strenuous exercises can cause too much stress and strain on already weak neck structures and trigger a headache. Engage in such activities as walking, swimming and low-impact aerobics. Always start slow and take baby steps. It is better to go too slow than too fast in the beginning and cause a setback.

Pay attention to stress in your face and jaw. Do NOT clench or grind your teeth. Many people do this without realizing it. The upper teeth should never touch the lowers, except when swallowing. This results in stress at the temporomandibular joints (TMJ) - the two joints that connect your jaw to your skull - leading to TMJ irritation and a form of tension headaches. If you grind your teeth while sleeping, it may be a good idea to discuss it with your dentist. Grinding your teeth while sleeping can ruin your teeth, irritate your TMJ joint and cause headaches. Oh, and one more thing, do NOT sleep on your stomach!

Drink at least eight 8-ounce glasses of water a day to help avoid dehydration, which can lead to headaches. One of the major theories behind headaches associated with headaches is dehydration. And don't be fooled by all those hangover cures out there. The only real hangover cure is not drinking too much!!!

Avoid caffeine. Foods such as chocolate, coffee, sodas and cocoa contain high levels of the stimulant. Many headaches are actually caused by caffeine withdrawal. If you drink a lot of coffee or soda, you may have to wean yourself off to avoid painful headaches.

Avoid foods with a high salt or sugar content. These foods may cause migraines, resulting in sensitivity to light, noise, or abrupt movements.

Avoid drinking alcoholic beverages. These drinks can dehydrate you and cause headache pain.

Reduce high-protein foods, dairy products, red meat and salty foods.

GET ADJUSTED! Healthy people do what unhealthy people don't. The benefits of preventative care far outweigh the costs! When it comes to your neck, back, and spine, Choose Chiropractic first, drugs second, surgery third!