

# Examining the Root Cause of Back Pain

*Inside This Special Report, You'll Discover The Shocking Truth About The Current State of Back Pain Treatment In The United States*

*Keep Reading To Discover...*

- ✓ **Why a person gets back pain in the first place**
- ✓ The most common cause of back pain and what to do about it
- ✓ **How a tiny change in your body chemistry causes back pain and leads to spinal degeneration**
- ✓ Why the current treatment models in the US practically guarantees that your back pain will get worse!
- ✓ **A new treatment that actually addresses the root cause of back pain and can even reverse degeneration**

In this special report, I want to address why a person gets back pain. Not the diagnosis or the symptoms that might accompany it but why it developed in the first place. It seems that the shortcomings in our modern healthcare delivery system stems from the failure to keep asking the simple question, “why?” Some of this is going to get technical but hang in there with me because you can understand it. Some of this is going to get controversial. Good. I hope it makes you think. So if you're ready, let's begin...

According to Harvard University Professor Paul Glazer, M.D., low back pain is the second leading cause of work absenteeism in this country, and leads to more loss of productivity than any other medical condition. Annual indirect costs for **lost wages due to back pain** were estimated at \$22.4 billion. Can you afford to be a part of that statistic in today's economy?

The problem has been our failure to understand the root cause of most back pain – **the drying out of the spinal discs.**

The diagnosis doesn't matter – whether it is sciatica, stenosis, scoliosis, or degenerative disc disease, too much time is spent focusing on the symptoms and not enough time examining the root cause. Dr. 's Paul Kim, M.D. and Charles Branch, M.D. state in their paper on the Lumbar Degenerative Disc that we need to move away from a general diagnosis such as degenerative

disc disease and focus more on **why** it occurs and develop specific treatments for specific conditions.

## The Inescapable Pull of Gravity

Unfortunately for us, one of the most common causes of back pain is something that we can never get away from... gravity. Gravity is compressing our spines during every waking moment of our lives. The constant gravitational pull on the body compresses the spine and dehydrates the spinal discs. At night, when we sleep, the spine is in the horizontal position and the pull of gravity is not as strong. This “unloading” of the spine is when the spinal discs are able to reclaim some of the moisture that was squeezed out during a long day of standing and sitting. Over time however, the activities of daily living start to squeeze more water from the discs than can diffuse back in again at night. This dehydration process can be accelerated by other factors such as weight gain, smoking or excessive sitting.

Stay with me here on this next part because there is a cycle of degeneration that follows...

As the disc continues to lose fluid, it compresses, acid builds up, and the vertebrae begin to jam. The acid build-up further weakens the disc wall allowing it to be easily torn and for water to be expelled at an even faster rate. This vicious cycle continues on and on – undetectable at first – until enough damage accumulates that leads to symptoms and the diagnoses that are familiar to us now such as sciatica, degenerative disc disease, arthritis, stenosis, etc.

It should be noted too that there is a **chemical cause** of back and/or leg pain from the acid that builds up as fluid is lost. When the **acid** leaks out through a tear in the disc it irritates the nerves along the outer disc wall. It should also be noted that as disc degeneration advances, these nerves along the outer disc wall start to grow deeper into the nucleus of the disc setting up the individual for constant pain from constant acid irritation inside the disc.



Vert Mooney, M.D., past president of the North American Spine Society and former president of the International Intradiscal Therapy Society has reported that:

1. The disc is probably the most common site of back pain and may be responsible for up to 85% of cases.
2. Most treatments focus on how to make you simply “feel” better, not necessarily “get” better.
3. Disc degeneration changes the fluid within the disc from a normal “alkaline” state to a more irritating “acid” state.
4. The acidity causes pain and can only be removed by a significant amount of fluid exchange.
5. The quicker disc fluid is cycled the sooner pain will moderate.
6. The goal of treatment is to wash away the acid through expanded motion of the disc.

This is further confirmed by world-renowned disc physiologists Jill Urban, Ph.D. and Sally Roberts, Ph.D. who have indicated in their research that:

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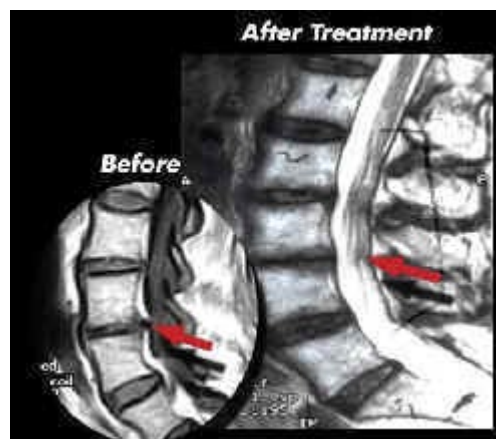
1. Disc degeneration is strongly associated with poor nutrient supply and acid build-up.
2. The acid build-up leads to nerve irritation and disc herniation.
3. Current treatments (medications and injections) attempt to reduce pain rather than repair the degenerated disc.
4. Even in degenerate discs the cells can retain the ability to synthesize new disc material.

When the discs are provided with water and nutrients the acid is reduced, pain moderates, and the disc cells have the ability to regenerate new disc material (KEY POINT).

## **DRX9000 Non-Surgical Spinal Decompression Addresses the “Root Cause”**

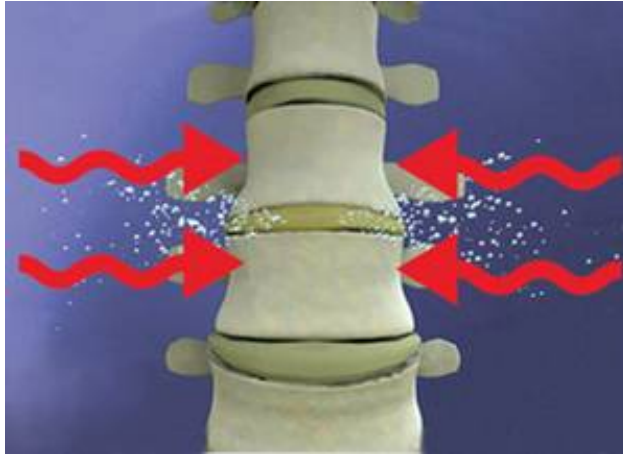


Non-Surgical Spinal Decompression on the DRX9000 is the only treatment in healthcare today that addresses the root cause of most back pain. Pre and post MRI studies prove inconclusively that treatment on the DRX9000 has the ability to re-hydrate spinal discs thus having the potential to reverse the degenerative process.



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**The illustration above shows the disc absorbing water, oxygen and nutrients while being treated on the DRX9000**

### **Solution Discovered in Outer Space**

A surprising discovery by NASA scientists led to the idea for non-surgical spinal decompression. Scientists found that astronauts returning to Earth were up to 2.5 inches taller. Because of the weightlessness in space, their discs were unloaded and able to absorb abnormally large amounts of water from the surrounding tissues. The extra water caused the discs to expand and the astronauts to temporarily grow taller. Spine researchers surmised that they could create a similar effect here on Earth by decompressing the spine using an anti-gravitational traction force.

Dr. Charles Burton, M.D., neurosurgeon of the year and former Chairman of the U.S. FDA Advisory Panel on Neurological Devices, spent decades researching the beneficial effects of spinal decompression and wrote, *“Intermittently decompressing the spine increases the flow of water and nutrients into the disc, reverses the degenerative process and begins to reverse disc protrusions.”*

### **Current Medical Model of Back Pain Treatment Needs To Be Overhauled**

The current medical model of back pain treatment is allowing patients to get worse. All of the “traditional” treatments focus only on symptom relief and do nothing to reverse the degenerative process or restore health to the disc. Epidural injections are probably one of the worst offenders because the medication simply masks the pain while the disc continues to degenerate. The New England Journal of Medicine reported back in 1997 that epidural corticosteroid injections for sciatica due to a herniated disc offered no functional benefit nor do they reduce the need for surgery. Yet, under the current healthcare model, insurance companies gladly pay doctors to perform multiple injections on patients – despite evidence of their inefficacy. At an average cost of about \$1200 to \$1500 per injection, I wonder how much money could be saved from healthcare costs if just this one procedure was eliminated.

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I routinely see patients in my office who have failed a long list of treatments before finally coming to see me. These treatments include: Physical Therapy, Massage, Spinal Manipulation, Pain Medications, Anti-inflammatory Medications, Epidural Injections, and Surgery.

Sadly, these treatments have taken place over many months and in some cases years. While the patients' symptoms temporarily improved, the underlying condition and degeneration progressed and the treatments they endured became more invasive.

The reason? The root cause was never addressed.

Remember, the root cause is the drying out of the spinal discs. The DRX9000 non-surgical spinal decompression treatment addresses this cause by unloading the disc and allowing disc rehydration to occur. This helps to neutralize the acid build-up in the degenerated disc, helps to eliminate pain, and helps restore the disc to a healthier environment to prevent further degeneration from occurring.

None of your doctors are telling you this though, are they? They're simply walking you down the path of one ineffective treatment after the other. Why? I believe there are several reasons for this. One - it's what the insurance companies will pay them to do. It's as simple as that. Like it or not, your doctor is in business and the sole objective of any business is to make a profit. Mine included. But the research just doesn't support their outdated treatment methods. I'm going to let you in on the real dark secret in medicine and in healthcare in general today that no one really likes to talk about but deep down inside we all know is true...

**There's more money to be made in the treatment of a disease than in the cure of a disease.**

Unfortunately, until that changes, patients will continue to suffer and healthcare costs will continue to skyrocket. Some spinal surgeries can cost in excess of \$40,000.00!



Another reason your doctors aren't telling you this information is simply a lack of knowledge. Many doctors stop learning the day they graduate from medical school. Sure they attend seminars to "get their required hours" in but a lot of them aren't aware of the latest research on disc degeneration. This is especially true if your general practitioner is directing your care. In his typical day, he sees patients with diabetes, blood pressure problems, asthma, sinus infections, sore throats, and yes, the occasional "backache." Do you really think he's going home at night and reading about acid build-up in degenerated lumbar intervertebral discs? The disturbing truth is that many of them get their "continued education" from a pharmaceutical representative who stops in their office with a brochure and a few samples telling them that this is the new drug we have to treat "X". It's quicker and easier to give you an injection or write you a prescription and send you on your way.

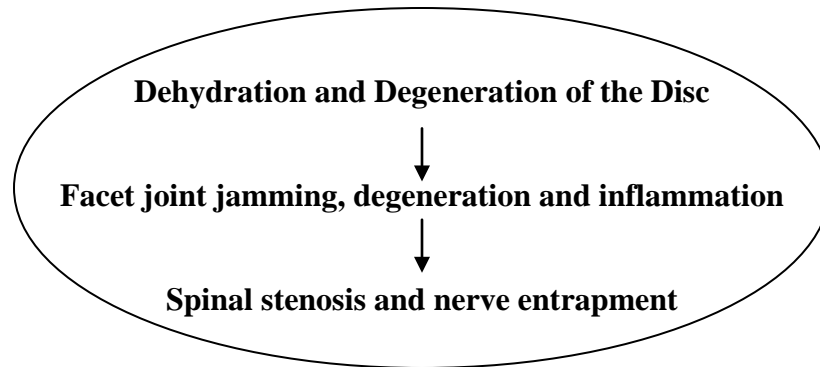
**Isn't It Time You Took Back Control of Your Own Health?**

Knowing what you now know about the root cause of most back pain, isn't it time you took action and actually tried to fix it? Nothing frustrates me more than when I see patients make the wrong decisions about their treatment options only to see them several years later in even worse shape than they were. Many of them had gone through all of the "standard" treatments including

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surgery and they come back in with more degeneration, scar tissue, or even surgical hardware expecting me to conjure up some miracle to save them. Don't let that happen to you.



### **Cycle of Degeneration**

Take this new knowledge and research it further if you like (all of the scientific references are listed for you). Call us to see if your problem can be helped. Remember, the diagnosis doesn't matter. If there's evidence of the root cause (drying out of the discs), or any other sign of early degeneration than you're likely a candidate for the DRX9000. Non-surgical spinal decompression should be your first line of treatment not your last.

We offer a no-cost consultation where we'll evaluate your condition, review your MRI, X-rays and any other tests you've had, discuss your past treatments and determine if you're a candidate for DRX9000 Non-Surgical Spinal Decompression. Call Kaci now at 864-814-2222 to schedule one.

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