

AT LAST! A DOCTOR WHO'S WILLING TO SAY:

“Enough Drugs, Surgery and Exhaustive Exercise...

Here's A Remarkably Fast And Easy Way To Finally Get Relief From Your Agonizing Neck And Low Back Pain”

If you've been struggling with *relentless, even debilitating* neck or low back pain...and you're sick and tired of swallowing pills...running from one doctor to the next...and now you're *frustrated* and *losing hope* because nothing seems to really work to kill your pain long-term... you'll want to read this entire article. Why? Because, you'll quickly discover information that may help you to finally be free of the *imprisoning* neck and back pain you've been struggling with. It contains *health-altering* and *life-changing information* you should know about. You'll see what I mean shortly. Let's get started...

According to studies, by age 50, four out of every five people will suffer from agonizing back pain with similar numbers of people suffering with neck pain”...putting these conditions among the primary reasons for disability and deterioration of people's quality of life today...your quality of life. If you have either of these debilitating conditions, you're not alone - not by a long shot. In fact, more than 32 million Americans suffer with neck and low back pain. The numbers are staggering!

And, what's worse, neck and low back pain have become so common that people just learn to “accept” the pain as part of “every day life,” believing for some reason that getting older somehow equates to experiencing pain in different areas of the body. It's just not true.

Even more distressing is the fact that the research also shows that the most common treatments for these conditions *all* have very low success rates. Things like...bed rest...medication...exercise...and even surgery.

Are you making these mistakes with your back and neck pain?

Don't worry, if you've made some of the mistakes I'm about to tell you about, it's not your fault. Most likely, no one has told you what treatments you should avoid, which are potentially dangerous and what *natural* options are available to you that are proven to really work.

Do you know what the most common thing most people do when they are in pain? Believe it or not, they just lie around, do nothing and hope that the pain will just go away by itself. Guess what? That's right - the pain eventually comes back and is *usually* worse than before. Here's why. Supportive tissues like muscles, tendons and ligaments eventually weaken from prolonged periods of rest...leaving you de-conditioned, stiff and rigid in the long run. It is, in fact, exactly opposite to what your body needs to heal properly, which is movement, mobility and strengthening.

When the pain gets worse or more frequent, most people end up making a habit of choking down a bunch of pills to deaden the pain. Not by choice I'm sure. For people in pain, it's often the only way to manage getting through the day. And, when the drugs don't work anymore, the next step...pain injections. I'll admit, they work for a while, but when the drugs and the shots wear off, guess what's still there, ready to rear it's ugly head again...your pain! Not to mention all the unpleasant side-effects that these synthetic medications often carry with them. It's no surprise to me why so many people get hooked on pain meds. When they stop using them, the pain just comes right back, so they never stop.

Other people will tough it out - they insist on exercising through the pain, hoping that somehow they can stretch the pain away, when often much more is involved than a simple muscle problem. In fact, this often makes the problem worse and creates more imbalances in their muscles.

Finally, after none of these options has worked, doctors usually start to talk about surgery. The silver bullet for some people right? Wrong! According to the U.S. federal guidelines on low back pain, **“Surgery has been found to be helpful in only one in 100 cases of back problems.”** If you have back or neck problems, these are not the kind of statistics that should excite you about opting for surgery to fix your neck or lower back pain.

As a Chiropractor, it distresses me to watch people get stuck on a “treatment treadmill”, trying one medication and then the next...going from one doctor to another, hoping to hear something new. It's not a place you want to end up. It's even more distressing to me knowing that there is often a better, more natural and usually much simpler way to help

people with their neck and low back pain that most people often don't know about.

Let me take a moment to introduce myself...

My name is Dr. Chad Petterson, D.C., and I've made neck pain and low back pain a focus in my practice. Over the 10 years that I've been in practice, I've *relentlessly* pursued new methods to treat and help my patients *finally kill* the pain of neck and low back pain. The truth is, when you focus on one area long enough and with enough intensity, you usually end up getting very good at helping people with those conditions.

Here's what you should know that I believe may actually be an important “key” to “unlock” your pain and suffering...maybe forever. And, you'll be amazed how simple, yet profound it actually is.

I want to share with you a secret many doctors won't often spend time explaining. Ready? Neck pain and low back pain are usually *structural* and *mechanical* in nature. So, it makes sense that a *chemical* solution can't and won't fix a *structural* problem. You see, if your structure (posture and spine) are not in alignment, delicate nerves and surrounding muscles get damaged and you often end up feeling pain...like neck and low back pain for example. That sounds logical, right?



Chiropractic actually works by relieving nervous system pressure and muscle tension through gentle adjustments to the spine...fixing structural and mechanical problems that are often causing your pain. As a result, Chiropractic actually triggers your body's own miraculous healing system - naturally. Doesn't that seem like a better option than relying on pills or potentially dangerous treatment options? One of the reasons why Chiropractic is actually so successful for conditions like this is because it works with the body and not against it.

Now, I want to share something personal with you. **I want you to know that I've also experienced these problems (neck pain and low back pain) myself and have been able to see the proof of how Chiropractic works with my own health and, as a result, how it's directly changed my life.** In fact, it's the very reason I decided to go to Chiropractic school myself. So, I want you to understand, I know what you're feeling and I also know the miraculous powers the body has to heal itself without using chemicals or treatments that may carry dangerous side-effects.

I don't want you just to take my word for it, so here are a few studies that you might find interesting...

• **It works fast and is extremely effective.**

Often, more effective than tradition medical approaches. The prestigious MANGA Report (Ontario Ministry of Health) determined that...

"Chiropractic care was the most cost effective and clinically effective care for painful conditions like low back pain."

• **According to this top research journal...**

(J Manipulative Physiol Ther) 2000 Jun; 23(5): 307-11. *"Patients who received treatment of mechanical neck pain or low back pain had statistically significant reductions in their pain-related disability after treatment".*

These are just two large studies. The list is *exhaustive* and hard to ignore if you have neck pain or back pain.

Why is all this important to you? If you've experienced neck or low back pain, you know that your entire quality of life can be changed for the worse in a heart beat. If you're in pain right now, you know exactly what I'm talking about. What you used to take for granted now becomes a miserable struggle just to get through. Things like...being able to go to work...taking trips with your family... folding laundry...sleeping soundly through the night...playing with your children... sitting on the beach...eating dinner at your favorite restaurant...even getting something as simple as getting dressed in the morning.

Pain is a thief. It steals precious moments and time in your life...time you can never get back. That's not okay. This, in my opinion, is the most important commodity we have. Why waste precious

time living in pain and struggling to get through the day when you can get your quality of life back...the life you used to enjoy *before* you were in pain all the time?

Now, I want you to imagine for a minute riding your bike again...being able to exercise...enjoying long walks...spending quality time with your family on a weekend...simply being able to be self-sufficient again...and most important...enjoying your life again. Is it possible to actually have these things back again? It is, *IF* you are using the right strategies and the right approach to fixing your problems.

As a Chiropractor, I'm excited to know that I have the unique ability and training to help people with neck and low back pain regain their normal quality of life again...the life they deserve. Not only is it scientific (often much more scientific than many of treatment options that exist today)...but it's also totally natural. That's really the best part.

That's also why I want to offer you a special opportunity to see if I can help you with your neck or low back pain so you can finally start enjoying life again. I believe passionately that you can get help with neck and low back pain without relying on treatment methods that run counter to the body's natural way of healing. I see it every day in patients we work with. It's what reinforces every day that I made the right decision to become a Chiropractor.

Here's what some of our patients have to say...

"I am a carpenter who has suffered from back and neck pain for 15 years. I came to see Dr. Chad because I could not take the pain anymore. It is unbelievable the way I feel. I'm a totally different person with a whole new attitude. Petterson Chiropractic does A+ work as far as I'm concerned. Thank you Chad and Deanna."

— John W. Hastings

"I have been seeing Dr. Chad for neck pain, migraines and daily headaches. I have been able to stop taking my prescription medication for headaches and I am sleeping much better and have more energy. I feel like a new person. I have recommended Dr. Chad to many people and will continue to do so. I can not thank them enough for helping me."

— Melissa S. Hastings

Hopefully, some of what I've said has stuck a chord with you, makes sense and resonates with you. If it has, here's what I would like to offer you...

• **A Consultation and History With Dr. Petterson**

A consultation and health history is the best way to find out HOW your problem started.

• **A Thorough Examination.**

This will help me determine if we can help you and if you are a candidate for receiving Chiropractic treatments. Unfortunately, not everyone can be helped, so the exam is actually a great screening to let us know. If for some reason I don't think I can help you, I will try to refer you to the appropriate health care professional.

• **Any Necessary X-Rays.**

Your X-Rays will tell us exactly where the problem is and if there are misalignments in the spine that are causing your problem.

• **Doctor's Recommended Plan.**

Then, we'll sit down one-on-one and give you our recommendations. If I can help you, there will be no pressure to receive any treatment in my office. It's totally up to you at that point.

Finally, I realize that health care can be expensive for anyone, especially if you've been to multiple doctors and specialists. So, if that's a concern, don't worry. We like feeling that we're part of the solution to the current health care *mess* by giving you our entire **"Neck and Back Pain Relief Package"** which would normally cost you \$240, for only \$27 until May 16th.

Even better, if you do decide to start care in our office, we accept insurance and have affordable care plans that meet everyone's needs. The last thing you should have to worry about is rising health care costs.

Here Is How To Take Advantage Of This Special Offer Right Now:

Simply call my office at (651) 480-1128 by May 16th, and tell Deanna you are calling to set up your **"Neck or Low Back Pain Relief Evaluation"**

Petterson Chiropractic
825 Bahls Drive
Hastings, Mn 55033
Phone: (651) 480-1128
Visit us at: www.PettersonChiropractic.com

Just present this special report on your first visit to our office. And, remember, your entire first day is only \$27 (normally \$240).

Hurry though. We have reserved just 10 packages until May 16th. Finally, to thank you for taking that first step and trusting us with your health, we have the ultimate

"Neck and Low Back Pain Relief" kit (which includes soothing biofreeze, gel ice packs, and exercises/ergonomics instructions) worth over \$30.00 waiting for you, if you call within the next 7 days.

And remember, there are no surprises in my office. Nothing hidden and no pressure to become a patient. So, when you come to our office, we'll take you by the hand and explain everything to you and answer all your questions along the way. In fact, I think you'll find my entire staff very welcoming and caring and I'm confident that you will feel right at home in our office.