



HEALTH MATTERS

THE GRANNIS CHIROPRACTIC CLINIC PATIENT NEWSLETTER

Welcome to the May 2009 Newsletter!

In this issue we're pleased to bring you information on a new laser therapy available in the office, new studies on neck pain, knee surgery and breast cancer, as well as some helpful tips to keep you healthy all summer long!

Laser Therapy Now Available

New laser treatment provides alternative to drugs or surgery

I am very excited to announce the adoption of a new type of therapy into our office. The device is the 10-watt Litecure LCT-1000 laser, and the procedure is quick, painless, non-invasive and safe for almost all conditions. Laser therapy has been studied for many years, but results with early laser technology (Cold Laser therapy) were unimpressive. This new class of laser, however, has shown in several high-quality studies a significant reduction in pain for a number of health problems that typically fail to respond to normal therapy. As such, it serves as a perfect intermediate option before resorting to riskier or more costly options such as injections or surgery.

Drug and surgery-free pain relief is the goal for most of us, so we're proud to be able to offer a non-surgical option that has the power to eliminate or significantly reduce your pain. Often, remarkable results can be seen after just five to ten brief treatments. The laser works by penetrating the tissue and stimulating the damaged cells, creating warmth that draws blood and oxygen into the injured area, reducing inflammation and lessening or even eliminating pain. Treatments take just a few minutes, but the healing effects will continue long after you leave the office. You will feel no pain or discomfort during the treatment, merely a deep warmth. Not one to promote a technique I haven't tested myself, I have been using the LiteCure on myself and my family for several weeks and have already experienced significant pain relief with no adverse side effects.



The LiteCure LCT-1000

- Painless procedure
- Each session takes only a few minutes
- See life-changing results in as few as 5-10 treatments
- Most people experience some pain relief after just one treatment

Free Laser Open House Day

Try this revolutionary new treatment for free for one day only!

On **Wednesday, May 27, 2009**, we are inviting our patients, their family, and friends to experience a **free** initial laser therapy treatment (this invitation is additionally open to people who are not currently patients in our office). I invite you to come to the office to see for yourself whether it gives you relief. While a single treatment is not adequate for the long term benefits and results expected, most people will experience some pain relief immediately or shortly after just one treatment. There will be no charge for the laser treatment on this day.

If you are interested, please call the office to reserve a time. We can accommodate only about 40 people, so call early. As with normal appointments, if you are unable to keep this appointment, please call 24 hours in advance so that another person might have the opportunity to experience the treatment.

Call Now!
(949) 448-8599



HEALTH MATTERS

THE GRANNIS CHIROPRACTIC CLINIC PATIENT NEWSLETTER

Applications of LCT-1000 Deep Tissue Laser Therapy

In clinical and case studies, deep tissue laser therapy has been shown to dramatically reduce pain associated with the following conditions:

- * Low back strain
- * Bulging, fused or slipped discs
- * Carpal Tunnel Syndrome
- * Epicondylitis (Tennis Elbow)
- * Temporomandibular Joint Disorder
- * Arthritic conditions
- * Post surgical recovery
- * Headaches, including migraines
- * Sports injuries (pulled hamstrings, calves etc.)
- * Plantar fasciitis
- * Many more joint, muscle, circulatory and inflammatory conditions

Make your appointment for a free initial therapy treatment now!

On May 29th, we invite all our current and future patients to test the benefits of the LCT-1000 for free! Just call the office to reserve a time, and act fast, because space is limited! See sidebar on page 1 for more information. Tell your friends!

Research Tidbits

There's lots and lots of information being uncovered these days by relevant research studies. I like to base my practice on the best evidence-based studies. Below are some of the good tidbits I've found recently.

Chiropractic and Neck Pain

A recent study of patients with neck pain syndromes (*Spine 2009;33:2371-8*) compared chiropractic treatment with a control group receiving the usual general practitioner care of advice and exercises. The results showed chiropractic to be twice as beneficial as exercise and advice over the short and long term.

Summer Health Tips

Summer is almost here. Try to avoid some of these weekend gardener pitfalls that will cut your enjoyment short and end up causing you to have to come into the office for treatment!

Weeding

One of the most common causes of summer lower back problems is sitting on the ground or bending over from the waist to weed the garden. This overstretches the lower back muscles and joints, and can cause muscle strains, sacroiliac joint sprains, and even disc ruptures. The better alternative is to kneel, using one arm on the ground to hold the upper body weight, and the other to pull the weeds. It may not be as satisfying, but it works.

.....

Moving Pots

If pots need to be moved around, allow them to dry out as much as possible to rid them of excess water weight. Then find someone to help. Better yet, find some eager high school student that wants to earn some money for buying music from iTunes (hopefully buying some Kina Grannis music!). Failing an assistant, never try to move the pot by pulling and twisting sideways with your body. Instead, face the pot and slowly pull one side and then the other while backing up to the desired location. Very heavy pots can be tipped over 20 to 30 degrees and rolled on the bottom edge. Be careful!



HEALTH MATTERS

THE GRANNIS CHIROPRACTIC CLINIC PATIENT NEWSLETTER

Knee Surgery, Arthritis and Meniscus Tears

A 2002 study found that knee surgery for meniscus tears actually resulted in worse outcomes than doing nothing at all for treatment. Arthroscopic surgery for meniscus tears actually increases the development of knee arthritis (*Englund 2004*). Medicare has even stopped paying for meniscus tear surgeries because of the increase in arthritis it causes. A new study regarding moderate to severe osteoarthritis of the knee showed no benefit of surgery over no treatment in a two-year follow-up period, and exercise proved as effective as surgery for pain relief during that time. (*N Engl J Med 2008;359:1097-107*)

Breast Cancer Patients Helped by Stress Reduction

Over an 11 year period there was a 45% reduction in recurrences and a 56% reduction in death among breast cancer patients that learned stress management techniques. Unfortunately, Vitamin B supplements were not of any help. Caffeine however was not shown to be of any risk (*Anderson et al Cancer 2008*)

Summer Health Tips, Continued

Pulling Out Large Weeds

This one is classic. Remember that weed that mocked you the last time you looked at it? Tall, lush, just daring you to try to yank it out? And you finally gave in and yanked on it, only to find the simple yank did not do it, so you pulled harder, and then felt that sickening feeling in your lower back saying that was a no-no? Don't do it. Period.

Medium to large weeds need to be coaxed out. Water the soil to loosen it, insert a shovel or rod into the ground near the base of the plant and work it back and forth. Then try to pull it out. If it doesn't come easily, pick the rod or shovel back up and work with that again. Unless you want to help put my kids through college, don't be a hero.



As always, please let me know what you think of the newsletters. I want to make them as helpful and informative as possible. The more we know, the better our decisions. If you have any specific areas you would like covered in future issues, please let me know.

Yours in health,

Gordon H. Grannis, D.C.

This newsletter is a production of Gordon H. Grannis Chiropractic Clinic, Inc.
24541 Pacific Park Drive #290
Aliso Viejo CA 92656
To schedule an appointment, call the office at (949)448-8599
Visit the office's website at <http://www.grannischiropractic.com/>