

4 Easy

Solutions to



Joint Pain

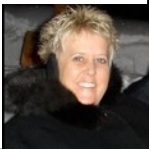
By: Dr. David Altman



It's amazing what can happen in three years if you're patient enough and willing to listen to what is best for your body!

Dr. Dave told me that if I was willing to be patient, my body could heal itself. That certainly has proven true for me. Three years ago, I was unable to walk without excruciating pain in my knee. Now, I can run up stairs, ride my bike and swim regularly without any pain at all. Had I been told that 3 years ago, I wouldn't have believed it.

Cyndi
Jakel



Joint pain! This is one troublesome problem and so common, you'd think it was a national past-time.

After seeing thousands of patients, greater than 80% of them had some kind of joint pain.

Here are 4 solutions to help make your pain disappear without harmful drugs. Yes, even the most common, over-the-counter pain relievers have some serious side-effects. If you love your liver, kidneys, and stomach, pay close attention to the next 4 ideas.

1. Water
2. Nutrition
3. Supplements
4. Motion (not the exercise kind)

Sounds easy, right! Well, it can be if you are willing to make a few simple changes.

WATER

Water is an essential of life. You will only live about 3 days without it. All the systems of your body require a certain amount and your joints are no different.

Water is needed to keep the joint spaces slippery and quiet. But the ringer is you need enough water coming in to satisfy you heart, lungs, brain, nervous system, muscles, bones, etc. Your joints are last on the list. Good clean water is needed, and soda doesn't count.

Think of it like this. Would you wash your car with soda? Your body won't fill it's joint spaces with icky, sticky, soda.

I know it sounds basic, but water is mostly what is in your joints and also a good pain reliever in its own right. Try and get ½ your body weight in ounces of water / day.

Now that you have some good water coming in, there is a big secret to getting into your joints. But, that secret is a little later.

NUTRITION



Now, in the medical world and the world of common belief, “arthritis” or joint pain in general seems to be caused by a lack of aspirin and old age.

Reverse and back up 70 years when research into nutrition was actual research and not for political gain or profit. Royal Lee, DDS. discovered that osteoarthritis was a cooked food disease. Meaning, we as modern humans, cooked our food to death. Thus, destroying the beneficial enzymes and vitamins needed for joint health and repair.

Think of it this way. You need a certain amount of 2x4’s to build a house. If the truck doesn’t deliver enough of them, you can likely still build the house, it will just be weaker.

As your body takes wear and tear from accidents, job stress, playing sports, or even sitting for a long time, it will need to repair.

If the raw material is missing, as in processed foods, or cooked to death so the vitamins and enzymes don’t work any more, then your building blocks are absent.

At this point, you might be wondering why I put a moose on the top of this page. Just for fun, I was reading Discover Magazine and they highlighted a study that makes the point about nutrition and arthritis (joint problems).

The researchers discovered that the moose population suffers from significantly more osteoarthritis when there is less food available. Basically, when the moose are malnourished as baby moose they have more arthritis as adults. When times were good, they had enough to eat and those baby moose had no arthritis as adults.

“My life is different because Dr. Altman has motivated me to learn about the real way to eat. I thought I knew which foods were healthy, but I did not understand fats and oils, nor the importance of organic foods, for example. He is effective in what he teaches because he lives it. He also has been blessed to find an excellent source of supplements and information.”

-Ann Beyer

“At first it was difficult to not believe what I had been told by medical doctors and their dietitian’s for so many years. Most of what you told me was very different from the local medical community. My cholesterol is better and I do not have to take a drug. Plus you have taught me a much better lifestyle for eating and using natural food supplements.”

-Brad Gaard

The researchers were making direct comparisons to humans and our nutrition and osteoarthritis. They are making the argument that arthritis is less of a wear and tear disease and more of a malnutrition disease.

Things to do:

"I have learned more about nutrition (:"
-Julie Schulze

#1 Eat whole foods. Like veggies, fruit, organic meats, eggs, etc.

#2 Try eliminating wheat and /or milk for 30 days. If you are sensitive to either, they can promote a lot of inflammation.

#3 Don't cook the heck out of your food. Try and get at least 50% of your diet as raw food. For heaven's sake stop using a microwave. Nothing destroys vitamins faster than a microwave. A good stove is all you need.



SUPPLEMENTS

You've likely heard of glucosamine and chondroitin supplements. Lots of people take them, and for many they help. They help with inflammation and rebuilding cartilage.

So when it comes to joint pain, focus on decreasing inflammation and healing, but the problem with most supplements is they are cheaply made or they are made with vitamin pieces instead of the whole vitamin complex.

If you walk into a big box store or a "nutrition" store to get your vitamins that maybe something you have never thought about.

I used to think "vitamin C is vitamin C, right?"

Not exactly.

Most vitamin C in a bottle is just a shell of what was in the plant. It is like taking the banana peel and putting in a bottle and calling it a banana supplement. The easiest way to tell. If it says 500mg vitamin C, you have the peel and not the fruit, if you know what I mean.

If you want the easy answer. I generally like those. Get your supplements in a "whole-Food" form. The company, *Standard Process* invented the concept of whole-food supplements in the 1920's. They do it better than any one else.

For joints, I use *Glucosamine Synergy* and *Cataplex C* from Standard Process. Adding Cod liver oil or flax oil will also help.

At my first appointment, Dr. Altman asked many questions, and from my responses he seemed to know just what I needed to change in my life. I started taking the nutrients he gave me and within 20 minutes I started to feel the difference. The extreme PAIN started to leave my body. Within an hour the change was unbelievable. Now, 2 weeks later, I can't believe I'm the same person.

-Carol Tanley

I have been coming to Dr. Altman for a couple of years. Over that time he has helped me with several problems and a positive result has always accompanied those visits. Nothing was more amazing than my “emergency” visit this month. A few weeks ago, I was involved in a snowmobiling accident during a trip to Wisconsin. I basically had been hurtled from my sled through the air at 50mph. During the visit we discovered that I had numerous problems including my first rib being out of place. The results of that visit were unbelievable. After not being able to walk for the two weeks, my knee had almost full range of motion within an hour and my shoulder movement improved as well. The same afternoon, a friend of mine could not believe my progress either and commented that I was a “walking miracle” literally. My pain lessened so dramatically, I slept for almost 12 continuous hours that evening without any pain-killing pills. For the previous two weeks, I couldn't sleep for more than one hour at a time due to the pain (even with pills).

-Dan Brake

MOTION

The last part of the equation is MOTION. The joints have to move to pump the water inside. There are no blood vessels going inside, they would get crushed by the weight. This is less evident in the extremities but very easily seen in the spine. If one joint is injured the ones next door will pick up the extra work and you'll never know.

A chiropractic adjustment is the only way to get individual damaged joints moving again. People often ask how often they have to come. Really, that depends on the individual and their needs and desires.

If you drive from New York to California, when should you change the oil? I'm active and tough on my body and I have a history of many injuries. I like to feel great every day, and I personally feel the best getting adjusted every week. That allows me to do what I want and still feel great. Some people feel the best at 2 weeks, others feel the best at 4 weeks. I even have a guy who only comes 2x a year. But, he feels great. It really depends on age, damage, time, and desires.

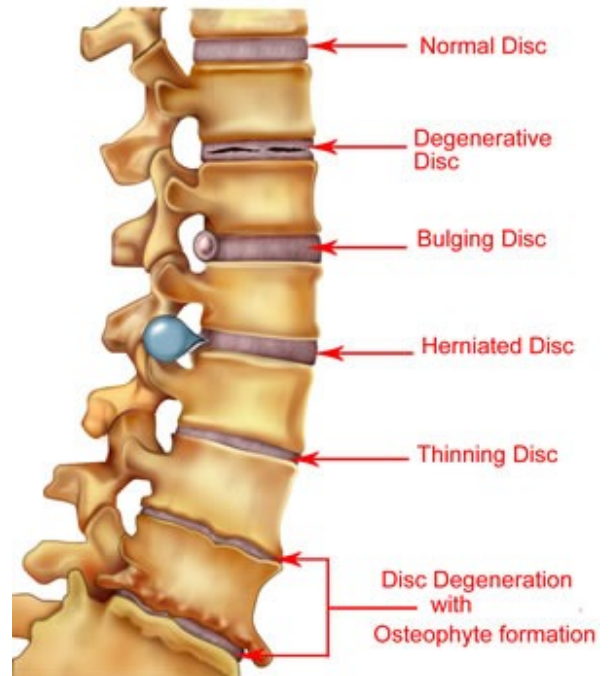
Between 50 and 65 there seems to be a grey zone.

Some people are really doing fantastic, others seem ready for the bone pile. Once again, it all depends on how well you take care of yourself. Aches and pains really start to ramp up in this age range. It isn't too late. One of our patients with severe low back pain had almost no space between his last 2 vertebra. I worked on him regularly for 3 months and he was pain-free and the best part was you could now see daylight between the bones on x-ray. So his spine was repairing itself.

Over 65... and not using a chiropractor, you need to be thinking about trying to stop it from getting worse.

Many times there is 20-50 years of damage layered in here. Plus, the body has compensated into new forms and muscle patterns. You can see this when people are hunched over or bent to the side.

SPINE CONDITIONS



Page 1 WATER secret.

Your joints have to go through a full range of motion to pump the water in to the joint spaces.

A chiropractic adjustment to a “stuck” joint is the easiest and fastest way to get it done.



“Made my joints and body feel a whole lot better.”

-Karen Holm

I was involved in gymnastics as a competitor and coach for many years, in which I incurred several injuries. I experienced pain and swelling in my back, knees, wrists and shoulders. I came to a point where I was unable to walk up my stairs and at times could not bend my knees without excruciating pain. With the care of Dr. Altman's regular adjustments, I am now able to enjoy life again pain free! Thank you Dr. Altman!

- Kim Moellenhoff

Often we can stop the progression with lots of regular work, but it becomes a matter of just helping people live a pain-free life. This kind of deterioration feels the rain coming. One other problem that this age range faces is a significant slowing down of healing.

My point is this, if you are feeling aches and pains, those are signs that there is trouble. Even if it is only when the rain comes. That is a good indicator that your joints need help. So often the joints need to get adjusted and moving again.

Here is one of the secrets to growing old gracefully.

Joints that move properly don't hurt. When joints deteriorate and become stiffer they actually send pain signals to your brain. How great would that be to get older and NOT take any pain pills! Pain pills just hide the problems and let them get worse. I've seen amazing things happen, so it is worth a shot to try.

Just in case you thought about waiting to take care of yourself, you can't wait until you are 75 and aching all over to start preventing problems. Too late... start when you are young.

Get adjusted regularly... not just when you hurt. That's like exercising when you are 60 lbs. over weight. It helps but not nearly as well.

As a little bonus, most doctors won't tell you this. The holy grail of exercise has the potential to make you worse.

Think of it like this... If you blow out a tire on your car and you keep driving on it, what will happen to the rim? The longer you drive on it, the more damage you do to the underlying structure.

It is the same thing for your body. If you have underlying joint damage and the more you pound on it, what do you think will happen?

I have been putting up with knee pain for a lot of years. Since I started going to Dr Altman, I am now pain free 85 percent of the time. I can come down the stairs , step after step instead of one step at a time.I was able to get down on my knees to vacuum under my bed. Thanks Dr. Altman

-Nancy Brudellie
(Pennsylvania)

GOG Offer.

(Grow Old Gracefully)

Feeling great isn't that hard once you know how. The challenge I find is getting people to believe it is actually possible when so many "doctors" tell them it is not possible. If you have even an inkling of desire to Grow Old Gracefully, take this and use it. There is enough info in this report to get you started, but the physical chiropractic work is a hands on job and the supplements have to be special ordered. Just call the office (801-896-3259) and ask for Dr. Altman's Grow Old Gracefully offer today while it is still on your brain. This will get you \$100 off your first visit, or if you are already a patient \$10 off your next adjustment.

GOG Offer #2

For those who want the supplements, just call my order line and leave a message. For 20% Off your next order.
(612-BE-GREAT)