

Our Patients Speak Out

“I had rotator cuff pain, shoulder and neck pain for over a year, and had seen an MD and also another chiropractor. I got very little relief. A good friend of mine told me about Precision Spinal Care. I made an appointment and after my first appointment, I experienced so much relief. After 2 months I feel really great!” Clariece R. - CO

“I am writing this for Elinor Swain. I just wanted you to know just how much you have helped my mom. When she came to you she was in so much pain that she didn't care about anything. Her attitude about life was going down hill. Her shoulders hurt so bad when she moved them, she couldn't reach out for anything, she couldn't even lift a cup for coffee, she had to use both hands, she couldn't comb her hair, brush her teeth, she couldn't walk because of her back, she had a pain in her leg that hurt when she walked. She took pain pills, pain patches, Aspirin by the bottles. Now she isn't taking any pain pills, no pain patches and no Aspirin. She can raise her arms above her head, she can put her arms behind her, she can reach out and pick things up, she can comb her hair, she can walk the distance of her house without setting down every few steps. Her whole outlook on life has changed. I know just by watching her it was a miracle. All of these things that she hasn't been able to do for 20 or more years, now she can do them without pain. She is so excited about her life now, and with every treatment she feels better. I just want to thank you and God for what you did for my mom. I love you both.” Sharon B. - WY

“My first visit with you was amazing. The treatment didn't hurt. I was a little confused having no cracking and no pain in the actual adjustment, however, shortly after I knew something was different. Better. The next day was the real test; I woke up with energy that I haven't felt in years. I thought it was a miracle. Not only did I enjoy cleaning my home again, afterwards I shopped for hours and still felt good enough to cook a real dinner.” Mary C. - Laramie Wyoming

(continued next column)

Brochures: Mae sure you read out other brochures. We have one specifically written for skeptical and another on How NUCCA works. Also online: www.nucca.info

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“Over the past four years I have been in and out of doctors offices trying to figure out what to do about the pain and discomfort in my neck. Some doctors said I had a flat back and neck and was beginning to show signs of Scoliosis. Some attributed my increased discomfort to TMJ. Others thought my dislocated discs were a result of childhood accidents. After my car accident last March, my neck & back pain, headaches, jaw pain, impaired vision, imbalance and arm numbness only seemed to increase. No one seemed to have the answers to my situation and I had lost hope in what could be done for me. In only a few visits, my pain was gone and I had full range of motion back in my neck. My jaw pain also left as well as my aching discomfort.” Cori S. - Ft Collins, CO

“I never did go to a Chiropractor for fear that my back problem would be made worse. (I had heard horror stories from several friends.) When I first arrived, the doctor was very patient and polite, even though I pretty much told him that I didn't trust him and that I wasn't too sure that what he was doing was going to help. After being adjusted, my pain is gone! I can sit for hours! I am not all the time thinking about my back or complaining about it! (I've found new things to complain about.) I can also think better and I can focus on a task and not be distracted by pain. I did not expect this, but I can BREATHE NOW!! Immediately after my back is adjusted, I can take a deep breath.” Rita H. - CO

“I had migraine headaches for 5 years. All the medical doctors (neurologists) gave me a bunch of different drugs to treat them. When I first came to PSC, the doctor was the first to treat me as a real person. After my first adjustment, I started having days without headaches. I always look forward to the days without headaches. What I like most about PSC is that it has doctors who care, treat you as a real person, very explanatory, and help you understand what you are going through.” Eleen N. - CO

Q: If I have a pain in the middle of my back, why do you look and correct the spine from the top?

THE STICK ANALOGY:

If you were to take a stick, grab both ends and bend it to break it in half, (1) where are YOU physically putting the stress on the stick? (answers below) (2) Where is the stick going to break? (3) Where is the pain going to show up? (4) Where is the cause of the pain?. This analogy is presented this way to make you think differently. In this example, the cause of the pain is at the end of the stick even though the pain is showing up in the middle (splinters). Most doctors only focus on the center of the stick. In this example all they will be able to give you is temporary relief. We focus on the ends of the stick (spine) to get you to let go of the stick. When the stress comes off, the stick naturally straightens, the splinters lye down and the pains go away. The spine works the same way. (answers: 1: the ends of the stick, 2: in the middle, 3: in the middle, 4: at the ends)

Q. If NUCCA is great, why aren't there more doing this type of work.

The total number of NUCCA doctors worldwide is at last count 304. As the amount of skill required increases, the number of people practicing decreases. This is true of every profession. NUCCA takes an unprecedented dedication to not only learn. But don't let this stop you from receiving the pain healing benefits just because there aren't many practicing. Read our skeptics brochure for your risk-free opportunity to **not** risk your money trying to get your life back.

Precision Spinal Care
125 S. Howes - 2nd Floor
Key Bank Building
Fort Collins, CO 80521
Phone: 970-484-5600
E-mail: office@nucca.info

Satellite Clinics:
Hayes Center, NE
Oakley, KS
Laramie, WY
877-484-5600 toll-free
www.nucca.info

NUCCA

Analogies For How NUCCA Works



We understand NUCCA is hard to explain so we created a brochure that has several comparative analogies. Since different people resonate with different explanations, we included a variety.

Precision Spinal Care - *Helping our friends and family reach new standards in Health and Care.*

Q: Why do you only take pictures at the top of the spine?

EMPIRE STATE BUILDING ANALOGY:

When we look at the spine, we are looking for the change from a central balanced point. We can use the Empire State building as a great example. On a windy day we visit the Empire State Building and stop on the first floor looking to see how the wind is affecting the building. The building may move on the first floor a quarter inch. If we move up to the 100th floor, the wind may move this floor back and forth 12-14 inches. Here it is easy to see a measurable change and the effects of the wind at the 100th floor as opposed to the 1st floor. The wind is affecting the whole building, but it is easier to measure the actual effects at the top. The same is true with the body. We have an injury in the lower spine deviating a fraction of a millimeter, the injury will amplify as it goes up the spine and make a larger, easier to measure misalignment. It is much easier to see the alignment get better from the perspective of the whole building rather than looking at just one level. On a windy day, the first floor moving an inch may have us think that everything above is just fine, when in fact, this is not the case.

Q: Where does the stress in my spine and back come from?

BOWLING BALL ANALOGY:

Your head is similar in shape and weight to a bowling ball. If you were to hold a bowling ball above your chest, you would most likely put it over your shoulder because it is the easiest way to hold it. When it is over the shoulder, you can hold the bowling ball for a good deal of time. If you were to move the bowling ball forward (in front of you) 12 inches, you will immediately notice it is harder to hold the bowling ball and your muscles would quickly get tired. The same concept occurs with the human body and its relationship to your head. Your head is made, by design, to balance over your shoulders and hips on top of your spine. At some point in your life, if your spine has an injury and becomes misaligned (allows your head to come off center), your body loses that natural biomechanical balance. At this point, the rest of the spine and supporting muscles have to work much harder to hold your head up over your hips, just as your arms have to work much harder when the bowling ball moves forward. Our job is to realign the skull over your hips and spine (balanced) such that the supporting structures of the spine will not be strained, over-worked, and unduly worn.

Q: How can you feel the problems in my spine when you are correcting my spine?

FISHING ANALOGY:

If you have ever been fishing, this will hit home. I refer to bass fishing because it's my favorite. I tie a lure (wee R) to my line and cast it out 30 yards. When the lure goes under water, I cannot see it, so how do I know what it's doing?

Training.

My first time fishing, every rock I bumped, every twig I hit, I thought it was a fish! After a while, I learned to discern the difference between a rock, a twig, and a bite. How do we know if it is a fish? We are trained to feel the difference. Even though our lure is 20 yards away and out of sight. The only way we know if there is a fish biting is by what we feel. We feel an energy running through the line to the pole all the way through to your hand. Being able to differentiate between these energies makes you a good fisherman or a bad fisherman.

We do the same thing. Our x-rays give us the appropriate spot to cast from and the atlas is the sweet spot near the fallen over tree (our favorite "lucky" fishing hole). From there, we feel all the way down the spine for the "snags/fish" that are keeping you from being healthy.

Q: How do you move the bones in my mid and low back by contacting the neck?

QUARTERS ANALOGY:

Take 5 quarters and put them end-to-end. Place your finger on the end quarter and send another quarter sliding into it. If done correct, the quarter will send a force through all the other quarters and only move the last one. Repeat the steps and all the quarters one by one will move apart or what we call unlock from each other. We use the same forces to unlock the parts of your spine that are stuck together. With each adjustment, we are placing a force into your spine, however imperceptible. This force translates to the last fixed joint of your spine and helps break down the resistance that is preventing that joint from moving properly. Once that resistant force has been broken down in that segment, we begin to work on the next one. We keep on breaking down those forces until all of the resistant forces in the spine have been let go and the spine is in alignment again.

Q: How can you touch one part of the spine and affect the whole thing?

FLAT TIRE ANALOGY:

If you have ever had a flat tire, the first thing you notice is the steering pulls to the side of the flat tire. When you pull over and realize that not only is the tire flat, but the front end has fallen, and the opposite rear end has come up. The engine, shocks, struts, springs, etc have all been effected by this flat tire. The owner's manual tells us exactly what to do. The experts, from the manufacture, who know everything about that car suggest that if you put a jack in one very particular location under the car, click by click, you can move the whole car back into its original position. Once the car is in this position, the bad tire/car's injury can be addressed. In this case, the tire is replaced, then the jack is released, and the car sits back in its neutral position, level and ready to run.

It is very much the same with the work that we do. Using the laws of physics, combined with hundreds of hours of studying, we are able to use our intellect and not necessarily our strength to work your body back into correct alignment. Once the body is in alignment, it is ready to begin healing.

CAR ALIGNMENT ANALOGY:

Why re-align a car? Any car owner knows that if your car is out of alignment, the tires will wear unevenly. This is an unarguable fact. We also know that it affects our steering wheel (making us tired), gas mileage, overworks the motor, shocks, struts, etc. All of these parts of the car are being abnormally worn and torn too. Replacing the tires will not fix the problem. Driving the car less often, faster or in a different fashion will not stop the wear and tear effects. But we do know, that the longer we have the misalignment and the more severe it becomes, the greater the wear and tear becomes on the car and the more expensive it can become to fix.

People, like cars, are subject to the same rules. A misaligned spine will change the biomechanics of your body. In other words, it affects the way our arms, legs, and all the joints of your body function and how they move. Any misalignment in your spine will abnormally wear and tear the discs in the spine, the knee joint, hip joint, and other weight bearing joints. The biggest and most important difference is that you cannot replace joints of your body like a joint on a car. The joint surgeries of the body are much more painful and expensive.

Q: Once I come to you will I have to come in all the time the rest of my life?

OIL CHANGES ANALOGY:

When you buy a car, do you ask if you will ever have to change the oil or even the tires? No, you expect that you will have to maintain the car to keep its performance. The amount of use as well as how hard we are on our vehicles relate to how much maintenance is necessary to keep them running smoothly. The reason people change their oil, have tune-ups and follow through on other preventative maintenance is because it is just flat out cheaper. The longer you use something that is not working well, e.g. driving with your oil light on, the more damage you can do to the system.

Our goals are;

1. To get you out of pain and functioning better.
2. To do this in the least number of office visits without compromising the quality of care.
3. To help you maintain this potential and allow you to enjoy life.

Many people have ups and downs in their health with a recurring problem that doesn't bother them but once a year. The problem happens when the problem hits, it knocks you out for 2 weeks.

Financially, it would it be cheaper if they visited us preventatively and not have to have two weeks of down time. Time is the most valuable commodity in the world. Once it is gone, it is gone. Our office view is much like the prevention people put into their cars, just like getting your oil changed.

Remember, if you forget to change the oil and your car dies, you get another one. If you neglect your body long enough, you cannot get another.

For these and other great analogies, please visit our website link:

<http://www.nucca.info/analogies.html>
