

This treatment
leaves no scars.

Fast Back Pain Relief



SUSAN GOULD

AVOID DRUGS AND SURGERY:
CALL A CHIROPRACTOR

STUBBORN PAIN: Nothing—not rest, physical therapy, or medication—could heal my 3-year-old back injury. Life was awful. Sleeping was impossible, and the pain medication ruined my appetite. With all other options exhausted, my doctors recommended surgery. But a friend suggested chiropractic.

NO-KNIFE ALTERNATIVE: Though images of “back cracking” scared me, surgery scared me more, so I went. At my first visit, the chiropractor explained that healthy spines have flexible spaces between the vertebrae, or disks. A thorough physical exam revealed that my injured disks had jammed tightly together, causing misalignment, nerve dysfunction, and pain. Time, treatment, and exercise could loosen the problem area.

GENTLE ADJUSTMENTS: I stretched

out fully clothed on a specially hinged table. Working down my spine, the doctor applied gentle pressure to release each joint—pop! Initially, I was a little tense, but it didn't hurt.

QUICK RELIEF: After just three visits, I was sleeping through the night for the first time in 3 years! Within 3 weeks, I tossed my prescription pain meds. Now, 4 months later, I don't even need ibuprofen.

TO FIND A CHIROPRACTOR: Call the American Chiropractic Association at (800) 986-4636. For more information about chiropractic care, go to www.prevention.com/links. Most sessions last 30 to 60 minutes. Cost is \$20 to \$100 per visit and is often covered by insurance. •

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- Relieves neck and shoulder pain
- Rehabilitates sports injuries