

❑ **Skeptic Adult Male with chronic, progressing back pain**

This man presented to us with chronic, progressing back pain that prevented him from enjoying life and doing things that he loved to do. It was beginning to affect his quality of life. This is what he has to say:

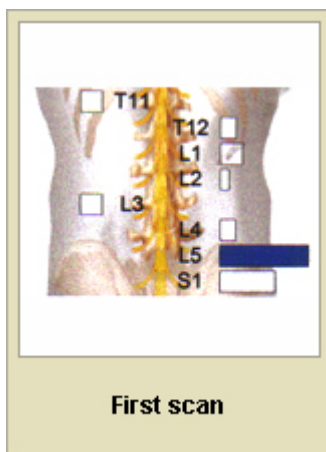
I could no longer ignore my lower back pain. I felt that I had nothing to lose so I called and made an appointment to see a young, supposedly very competent enthusiastic Chiropractic Doctor who was recommended by my wife's friend.

I crawled into his office in April 2005 to find the information and knowledge imparted by Dr. Jonathan to be eye opening indeed and a matter of common sense. I now find myself doing most of the things I was having such difficulty with earlier in the year...

Allow yourself a visit to Dr. Jonathan and at least listen. The pleasant office setting, professionally great service, his fantastic administrative assistant and his energetic upbeat tempo are quite refreshing and excellent when seen against what is accepted in today's service and health care circles. You then can make an informed decision as I did. I think if I availed myself to this earlier, I could have avoided much pain and agony these last few years...

-C.W.

Here is his initial scan and follow-up scan of his low back area:



❑ **Want Research?**

Conservative treatment of acute and chronic nonspecific low-back pain. Van Tulder MW, Koes BW, Bouter LM Spine 1997;22:2128-2156.

This study reported that there is “strong evidence of the effectiveness of manipulation for patients with chronic low-back pain.”

Chiropractic adjustments in asymptomatic subjects: measurable health benefits following chiropractic care a review of literature Sean Hannon, DC Ninth Annual Vertebral Subluxation Research Conference. October 13-14, 2001 Spartanburg, SC

This review of literature explores the prevalence of data that describe observable, or objectively measured "health benefits" to individuals following chiropractic adjustments despite the presence or absence of any symptom, condition, or pathological presentation. A "health benefit" for this review was defined as any objectively measured improvement in physiologic function. The search revealed 20 peer-reviewed, published studies that specifically involved "asymptomatic," "healthy," or "normal" subjects. Health benefits of some kind were observed in all twenty studies. Fourteen additional studies demonstrated measurable health benefits in subjects to which no symptoms or pathology were described. Health benefits in these studies include but are not limited to improvements in the respiratory system, cardiovascular system, immune system, muscular strength, visual acuity, cortical processing or mental functioning, the limbic system, the endocrine system, as well as overall health and wellness.