



## Spinal Rehab RESEARCH



### ENDONASAL THERAPY - *Just in time for Spring!*

The Eustachian tube, also referred to as the auditory tube connects the pharynx (*the part of the digestive tract that connects the mouth with the esophagus*) to the middle ear. Allergies, and/or infections in the airway, can result in the swelling of the Eustachian tube trapping years of mucus. *Endonasal therapy* is the non-surgical method used to drain and cleanse the Eustachian tube of congestion. Symptoms presented by a blocked Eustachian tube can be numerous: headaches, breathing difficulties, irritations in the nose, sore throats, pressure and/or pain in the ears, and tinnitus. If you suspect a blocked Eustachian tube, set up an appointment with Dr. Gregg Gittins who has been specially trained in this therapy. You may just be feeling better in no time!

## Nutritional Supplements - *Visit our online store at [Back2Strength.net](http://Back2Strength.net)*

In 2002, the **American Medical Association** made a landmark announcement that all adults should take vitamin supplements to help prevent chronic diseases. At *Back2Strength*, we offer a very select, very effective line of nutritional supplements, which are available only through a healthcare professional. *As our client, you can order directly from our website at [back2strength.net](http://back2strength.net).* Read all about our **product of the month** on the back page...

## Client Spotlight

### *Sharon Rodgers - Spinal Rehab Patient*

Though I have always been athletic and worked at keeping myself in good, physical condition, I began experiencing severe spasms and tightness in my lower back in the early summer of 2006. This pain began to really impact my lifestyle. For that reason, I agreed to follow Dr. Gittins' suggestion that I give the Spinal Rehab program a try.



The results I experienced after only eight workouts, over a one month period were remarkable! After only a couple of weeks, my back had stopped hurting, and I found I could resume playing basketball, pulling weeds and many other mundane tasks without any pain at all. I had become somewhat tentative about many ordinary movements, not wanting to trigger a spasm. After the first month, I was once again able to move as freely as I ever had without so much as a twinge of pain. See back page for the rest of this article...

### Back2Strength, PC

## Client Spotlight *cont.*

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Because I had met, or surpassed the strength norms for a woman of my age, I stopped the program. My back remained strong for about eight months, but then I began to sense some weakening. Dr Gittins recommended a second series of therapeutic appointments. I decided this time, it made sense to make this program a permanent part of my routine in an effort to keep my back strong and pain free.

I have been with this program for just under a year. I am delighted to find that my back has become continually stronger as a result of these workouts.

In my opinion, the Spinal Rehab equipment is very well designed to isolate particular muscle groups, allowing a person to strengthen those muscles most in need of help.

Mr. Collins seems very knowledgeable, and I have enjoyed his enthusiastic support of my progress.

I strongly recommend the Spinal Rehab program to anyone interested in being proactive about dealing with his or her lower back pain!

### How is What We Offer Different from Other Rehabilitation Methods?

- (1) Patients take responsibility for their own care.
- (2) Some discomfort is expected, at which point it is worked through. Our focus is to restore functional ability, in addition to obtaining pain relief.
- (3) We rely on objective measurements of strength, endurance and flexibility to gauge progress.
- (4) We incorporate specialized exercise equipment that provides resistance over a full, or selected, limited range of isolated lumbar motion.
- (5) We develop a strength curve to monitor and compare the patient's strength and range of motion to established norms.

~ **Our Mission is to relieve pain, restore function and reduce the need for spinal surgery.** ~

## Product of the Month

### **Aller-Essentials** by *Pure Encapsulations*

This product maintains healthy immune response, nasal function and histamine production, especially in response to environmental factors.

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**Aller-Essentials** In a randomized double blind trial involving 75 individuals, *Tinospora cordifolia* provided significant support for a healthy immune response by maintaining normal nasal function as well as healthy neutrophil and eosinophil activity. Beta-1,3/1,6-glucan, a natural polysaccharide extracted from the cell wall of *Saccharomyces cerevisiae*, has demonstrated the potential to support overall immunity and to maintain healthy cytokine balance. A randomized double blind, placebo-controlled trial involving apple polyphenols reveals support for maintaining a healthy nasal lining and nasal function. Quercetin, hesperidin and vitamin C provide additional support for stabilizing mast cells and maintaining healthy histamine production. Nettles leaf offers a history of clinical and traditional use for maintaining healthy immune function in response to environmental triggers.

Aller-Essentials is designed to maintain healthy immune function in response to the environment, including healthy mast cell function, histamine release, cytokine balance and immune cell activity.

#### **two vegetable capsules contain:**

vitamin c (ascorbic acid) 250 mg.  
*tinospora cordifolia* extract (root and stem) 450 mg.  
(standardized to contain 2.5% bitter principles)  
quercetin 125 mg.  
hesperidin methyl chalcone 100 mg.  
nettle (*urtica dioica* L.) extract (leaf) 100 mg.  
(standardized to contain 1% silica)  
apple (*malus pumilla* mill) extract (whole fruit) 65 mg.  
(standardized to contain 75% polyphenols)  
beta-glucan † 45 mg.  
(standardized to contain 60% beta 1,3/1,6 glucan)  
vitamin c (as ascorbyl palmitate) 20 mg.

**FDA REQUIRED STATEMENT:** Statements on this page have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease.

**To place an order:** Go to [back2strength.net](http://back2strength.net)