

Get out of your pain and back into your life

Regular medical care for arthritis, low back pain, neck pain and headaches has sometimes been based on a misunderstanding that anti-inflammatory drugs, cortisone, and surgery are the only options — besides “learning to live with it.” Yet common sense can show you how your condition might respond better than you ever hoped. You owe it to your family to find out more.

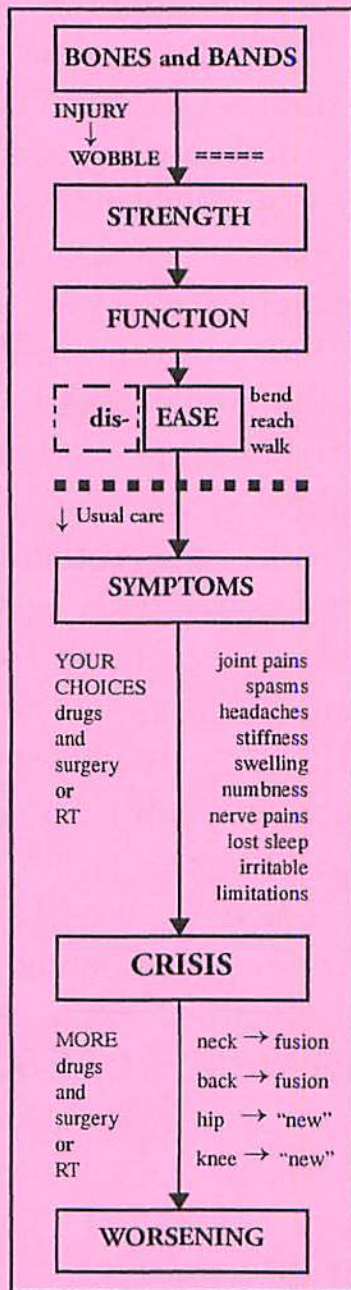
Your body frame is made of *bones and bands* that give *strength* to your structure. When your joints are strong and stable, you can count on your body to *function* as intended. When you function well, like when you were younger, you are at *ease* with daily activities. Follow down the diagram.

Any injury can stretch or tear ligament bands (and muscle tendons) that hold bones in place. Instability begins as a slight *wobble*. Over time, an unstable *wobble* wears down joints (arthritis) and degenerates disks in neck and back.

As your joints weaken with injury, you gradually lose *strength* and decline in *function*. You become less and less at *ease*, which is the slow beginning of *dis-ease*.

Following the diagram, you can see how you start to suffer with various *symptoms*. You reach for relief on pharmacy shelves or at the prescription counter. Perhaps your symptoms are severe enough — or last long enough — that you have surgery. But *none* of these treatments aim at the true cause of injury pain: the *wobble* that weakens the bands holding your bones together.

Indeed, aspirin, ibuprofen and cortisone stop your repair by blocking injury inflammation, which is always the first step in healing. Surgery can weaken you by removing parts you counted on for strength.



storing your *ease*. Makes sense.

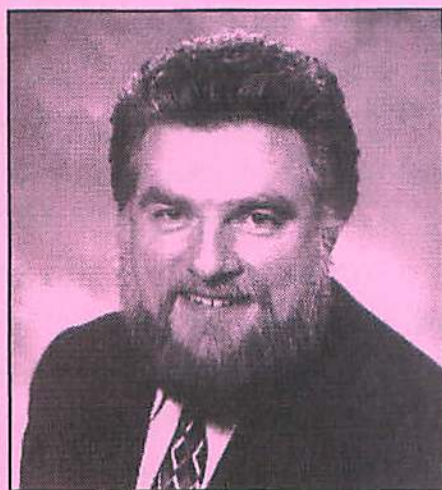
Do you hope for lasting relief? Are you looking for alternatives to daily drugs or surgery? Do you fear other limiting future problems — worsening low back pains? neck pains? dull headaches? stress? not ready to face

Finally, you worsen to the point of *crisis*, where stronger drugs and bigger operations seem to be your only choices. At some point, side effects (such as bleeding ulcers from drugs) or surgical limitations can severely restrict your choices.

Fusion surgery places greater stresses on disks above and below — which means they, too, begin to *wobble* more and degenerate faster. And you don't really get a *new* back or a *new* knee — just new steel and new plastic.

Rather than conventional treatment starting *below* the bold dotted line in the diagram separating *dis-ease* and *symptoms*, you can choose an alternative medical solution: Reconstructive Therapy (RT).

This non-surgical treatment is aimed at the top of the diagram, correcting the *wobble* that causes your painful problem. RT stimulates natural healing processes by placing fluid into support *bands* around injured joints. Your body responds by making new tissue, giving you more *strength*, improving your *function*, re-



JOHN PARKS TROWBRIDGE M.D.

the day? muscle spasms? joints hurting? irritable?

Many physicians don't know about this medical alternative and thus can be skeptical. As with many treatments later found to work surprisingly well for other problems, the FDA has not determined this simple solution is effective for this use. Treatment does not involve cortisone or arthritis or “pain” drugs. As with all treatments, individual results vary, and no doctor can guarantee to help with any specific problem.

RT has been chosen by champions to get back to baseball, water-skiing, handball and golf. Most get results in as few as 12 to 24 treatments and enjoy life, work, family and sports more. It's not too late for you to find out whether your “arthritis” or other pains might find relief with RT, by treating the real cause of your problem:

DIAL 1-800-FIX-PAIN today.

John Parks Trowbridge M.D. is a best-selling author and a skilled specialist, certified by and an examiner for the American Board of Biologic Reconstructive Therapy, sponsored by the American Academy of Neurological and Orthopaedic Surgery. His 1996 Book, *Do What You Want To Do*, details improvements that help explain why patients from six continents have visited his **LIFE CELEBRATING HEALTH** office and why he is listed in over two dozen volumes of “Who's Who.” Visit his website at www.healthCHOICESnow.com.

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JOHN PARKS TROWBRIDGE M. D. graduated from Stanford University and from the School of Medicine at Case Western Reserve University. After a surgical internship at Mt. Zion Hospital and Medical Center in San Francisco, he briefly studied urological surgery at the University of Texas Health Sciences Center in the Texas Medical Center in Houston before starting a general medical practice in Humble. By 1981, Dr. Trowbridge was turning to the study of how nutritional changes - with supplements and diet - could improve the condition of patients with chronic degenerative diseases. In 1985, he was awarded a Diplomate in Preventive Medicine for graduate studies in nutrition through the Medical Research Institute of the Florida Institute of Technology in Melbourne. Dr. Trowbridge became certified as a specialist by the American Board of Chelation Therapy in 1985 and by the American Board of Biologic Reconstructive Therapy (arthritis and pain medicine) in 1993, and by the American Board of Anti-Aging Medicine in 1998. He served as a director and officer of the American College for Advancement in Medicine (1984- 1991), as chairman of the board of governors of the National Health Federation in 1989, and as president of the Great Lakes College of Clinical Medicine in 1995. He was appointed by GLCCM in 1996 as one of six members of the Protocol Council of the American Board of Chelation Therapy. In 1996, Dr. Trowbridge became program chair for the advanced Chelation training seminars in Heavy Metal Toxicology: Diagnosis and Treatment. In 1997, he was appointed a director of the Institute for Health Freedom in Washington, D.C. Among his several books are three bestsellers: million-copy-plus **The Yeast Syndrome** (1986), **Chelation Therapy** (1985), and **Do What You Want To Do** (1996). A new "book-on-tape" on Chelation therapy, titled **LIVING WELL PAST 50: Rejuvenate Your Heart and Arteries**, was released in January of 1998, featuring 3 hours of patient interviews and "plain English" explanations of the Chelation program. His LIFE CELEBRATING HEALTH ASSOCIATION medical office is conveniently located near the George Bush Intercontinental Airport.

Dial 1-800-FIX-PAIN for more information.