

Now There's Hope for Lasting Relief with Non-Surgical Spinal Decompression

Do You Suffer From Chronic Low Back Pain?

Treat Back Pain and Sciatica caused by:

- ▶ Bulging/Herniated Discs
- ▶ Degenerative Disc Disease
- ▶ Facet Syndrome
- ▶ Failed Back Surgery

Without the use of

- ✗ Drugs
- ✗ Injections
- ✗ Surgery

Each 4-page brochure is printed on a single 11"x17" sheet, which is then folded in half to make four 8 1/2" x 11" pages.

"As a surgeon, I only want to do surgery when I absolutely have to. Non-Surgical Spinal Decompression Therapy gives my patients a more conservative treatment option that can eliminate the need for surgery altogether, and that's a very good thing."

Dr. Bernard Zeliger DO, FACOS, FAOAO, FICS
Osteopathic Physician and Orthopedic Surgeon

Founding Dean and Provost of Touro University • College of Osteopathic Medicine; Vallejo, CA

Individual patient results may vary.

Thousands of people are successfully treated every day with Non-Surgical Spinal Decompression. If you suffer from chronic low back pain and/or sciatica, why wait? This may be the answer you are looking for!

NSSD Takes the Pressure Off!



While traction, physical therapy and manipulation may reduce disc pressures to as low as 40 mm Hg, only NSSD has been shown to achieve negative pressures within the spine.

When Negative Is a Positive: Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to measure the various pressures put on spinal discs while lifting, standing, sitting, lying down,⁴ undergoing traction⁵ and during Non-Surgical Spinal Decompression (NSSD). Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mm Hg).

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. NSSD has been shown to create negative pressures as low as -160 mm Hg⁶ within the injured disc during the treatment session! This vacuum of negative pressure repositions the disc. Taking pressure off of spinal nerve roots helps to reduce or eliminate pain.

"I was hospitalized for 30 days, bed-ridden with excruciating low back pain due to a ruptured disc. I wanted to do everything I could to avoid surgery, and began researching the internet for an alternative. I soon found out about Non-Surgical Spinal Decompression, and decided I really didn't have anything to lose. After completing the full treatment regimen, I had found the answer to my chronic low back pain. The post-treatment MRI showed that my ruptured disc had repaired itself! Thank you for giving me back my life!" — Richard H.

How Can I Use This Space? You've Got Three Options:

- 1.) Order our customized brochures & we'll print your logo & contact info here in black or color ink. Custom orders require a 2500 brochure minimum quantity for black ink & 5000 minimum for color ink.
- 2.) Print your own label w/contact info & place here
- 3.) Attach your business card over blue rectangle.

4. Alf Nachemson, M.D., Ph.D., The Load on Lumbar Discs in Different Positions of the Body. *Clinical Orthopaedics*, 45, 107-122, 1966.
5. G.B. Andersson, A.B. Schultz, Alf Nachemson, M.D., Ph.D., Intervertebral Disc Pressures During Traction, *Scandinavian Journal of Rehabilitation Medicine*, Supplement 9:80-91, 1983.
6. Gustavo Ramirez, M.D., William Martin, M.D., 1996. The research was performed on a WAX-O unit, the foundational predicate device for Non-Surgical Spinal Decompression machines having received FDA 510K clearance. WAX-O is a registered trademark of WAX-O Medical Technologies.

The testimonials given in this brochure are from actual patients who have undergone Non-Surgical Spinal Decompression Therapy. These testimonials have been provided by a consortium of practitioners utilizing Non-Surgical Spinal Decompression Therapy. Therefore, the testimonials appearing in this report may or may not be from the specific doctor(s)/office(s) printing this report. Testimonials may have been edited for length and clarity. To protect patient privacy, last names have been removed and/or modeler photographs substituted.

An Effective Non-Surgical Treatment for Back Pain

Non-Surgical Spinal Decompression Therapy is effective in treating Low Back Pain and/or Sciatica caused by:

Bulging/Herniated Discs • Degenerative Disc Disease

Facet Syndrome • Failed Back Surgery

Non-Surgical Spinal Decompression (NSSD) slowly lengthens and decompresses the spine, creating negative pressures¹ within the discs. This reversal of pressure creates an intradiscal vacuum that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place.

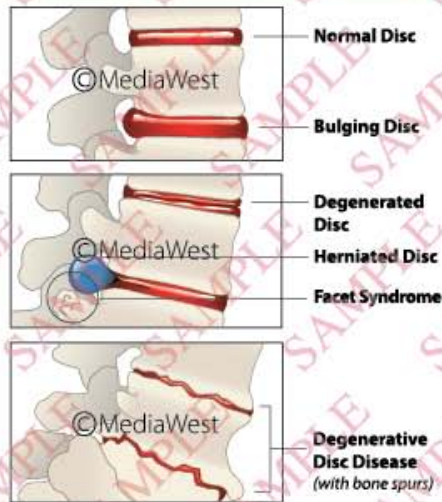
NSSD utilizes a sophisticated method of cycling the patient through a series of slow pulls, holds, and releases. The super-smooth transitions between each phase of therapy can make for an experience so relaxing that many patients often fall asleep.

Over a series of treatment sessions, patients experience powerful pain reduction and healing. Some notice an improvement in their symptoms after the first few treatments! Even post-surgical² patients and those suffering from certain types of stenosis (narrowing of the spinal canal causing nerve compression) have reported significant pain relief.



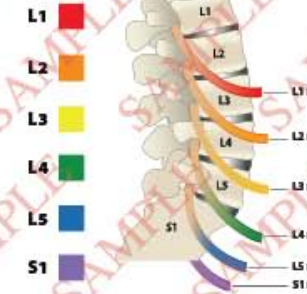
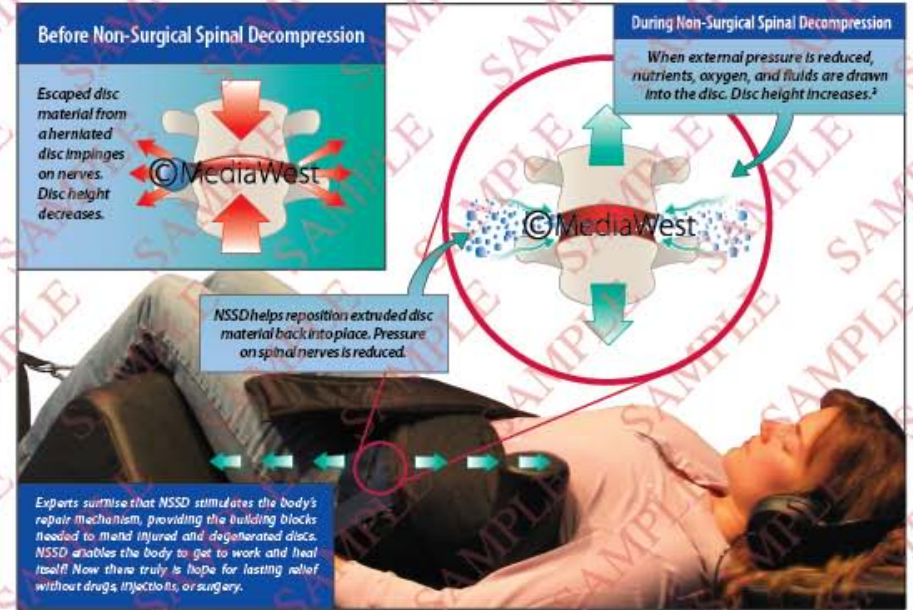
"I injured my back while

kayaking. An MRI showed I had stenosis and a herniated disc which caused pain and sciatica in my left hip and leg. I tried massage, chiropractic, acupuncture, exercise, and rest. I feared things would never get better and that I'd never enjoy an active life again. Then friends suggested Non-Surgical Spinal Decompression. In the waiting room, other clients shared their success stories and I had hope for the first time in a year. After 15 treatments, my pain was gone. I had a few more treatments and was soon back to being able to work, garden, hike, kayak, pick up my grandson, and otherwise enjoy my life to the fullest without pain. Now, 18 months later, the pain has not returned. I can't say enough about how grateful I am." — Barbara D.



1. Gustavo Ramos, M.D., William Martin, M.D., Effects of Vertebral Axial Decompression on Intradiscal Pressure, Journal of Neurosurgery, Vol. 81, No. 3, September 1994.
 2. Unfortunately, patients with low back surgical hardware are not candidates for Lumbar Non-Surgical Spinal Decompression Therapy.

Individual patient results may vary.



Where Does It Hurt?

In this illustration, the letters L1-L5 refer to the lumbar (lower) portion of the spine and S1 refers to the first sacral vertebrae. Over 90% of low back herniated discs occur in the lowest two levels of the lumbar spine, between L4-L5 and L5-S1. The colors reflect the regions of the lower body potentially affected by compression of each given lumbar and sacral nerve root. Do you experience pain, tingling, numbness, and/or muscle weakness in any of these regions?

Typical Treatment Regimen: Depending upon the severity of your condition and your doctor's recommendation, treatment regimens usually consist of 20-25 sessions spread over four to six weeks. Each session lasts 25-45 minutes. Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed NSSD program.

3. Michael Schuerke, M.D., Ph.D., Erik Schulz, M.D., Udo Schürmeier, M.D., *Thieme Atlas of Anatomy: Germany Georg Thieme Verlag, 2008.*
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