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# BACK PAIN?

## Do You Have Hip Pain? Are You As Stiff As a Board When You Try to Get Up From a Chair? Have You Run Out of Hope?

**How 5 Lies About Low BACK PAIN May Keep You Hurting, Frustrated & Exhausted...Forever!**

**NEW Scientific Breakthroughs Often Make Short Work of Low Back Pain...Just What Big Medical Centers and High Priced Clinics Are PRAYING You Never Figure Out On Your Own!**

Hi, I'm Dr. Jason James, and if you've got any kind of back, hip or leg pain, your worries may be over in just a few minutes. Why? Because I'm the owner of James Healthcare & Assoc. clinic, and I've discovered what may be the best healing secrets for "bad backs"— EVER!



Dr. Jason James, D.C.

I'd be stupid to make such a claim if I couldn't back it up. But I am so confident we can help your back, I insist on giving you a **100% SATISFACTION PLEDGE** at James Healthcare. I hate empty promises, and I also hate the lies most folks have been told about their backs. That's why it's important I expose these MYTHS about back pain.

### MYTH #1: Sciatica (pain down your leg) is always caused by a herniated disc!

No way...even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain. But they don't tell you about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels EXACTLY like you've got the worst slipped disc on earth. It's a major discovery and...



The good news is that it can be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from:

### MYTH #2: Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!

Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is:

Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement!

You see, most folks believe that something mysterious (like maybe an "arthritis fairy"?) waved a wand over them, and they're cursed... doomed to suffer forever.

But did you know that many arthritis problems are CAUSED by a combination of unseen imbalances in the spine and surrounding muscles? It's the most common cause of hip replacements but not that hard to correct if we catch it in time. It's like the tires on your car...

If the alignment is off just a teeny-weeny bit, at first you don't notice, but over a few thousand miles you start to see signs of wear...that is, if you're lucky enough to catch it before a flat on the freeway ruins your day. In your spine, you're lucky if you catch untreated imbalances before they ruin your spine! How to fix them? Just look at Myth #3.

### MYTH #3: Your Back is "Out"!

Sure, that's exactly how it feels. But guess what, we found that's usually not the case. It sounds good, but we now know better. You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

- low-grade spasm
- pelvis torque and tension
- imbalance of hips

- fallen or dropped arches
- stiff vertebra joint
- adhesions in leg muscle
- pinched nerve

It's NOT just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilize the spine is partly spasmed, a "2nd stringer" will have to carry the load. But this is a serious problem...

### It's like having your plumber doing all the dangerous electrical work!

Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

### MYTH #4: "It's Only a Muscle!"

Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse"!

That's why it's important to examine the spine AT THE SAME TIME as the muscles that control it. It's also why we've had such outrageous success with even the worst backs at James Healthcare. Because we deal with BOTH the spine and muscles at the same time. We have spine doctors (chiropractors), pain doctors (nurse practitioners) and muscle professionals (therapists) and together they deliver an outstanding way to help "bad backs". This ties in to Myth #5 and the diagram:



### MYTH #5: "Muscle Relaxants" will help your muscles heal! Good grief, NO!

Your muscles tighten up for a reason, and muscle relaxants are like turning back the clock on a time bomb...you know it's still going to blow up! Sure, you may feel better now, but you'll pay later...and pay "in spades"! So don't fall for these lies about your low back. They'll keep you hurting, frustrated and exhausted forever!

### WOULDN'T YOU RATHER:

Turn over in bed without pain waking you up?

Get up in the morning without being as stiff as a board?

Be able to stand for as long as you want without sitting down for relief?

Lean forward over the sink without that "stabbing" in your back or leg?

**Then cut out my \$27 coupon NOW!  
Call NOW! (319) 524-3339  
James Healthcare & Associates, Inc.  
612 Main Street**

*"I broke my back when I was 41 years old and have had problems from then on, until June 2017. Dr. James gave me my life back! I have very few back problems now. It is great to be able to do my everyday duties without back problems..."—Roger Kirchner*

### SCIENTIFIC BREAKTHROUGH:

A hidden muscle may be causing your SCIATICA! Does Your Back Seem "Too Old" for Your Own Body? Not everyone qualifies for treatment, so help us see if you do. If you check off even one box, drop what you're doing and call James Healthcare NOW. And bring this coupon when you come in for your **39-Point "Back-Pain Track-Down Exam"**. Now check off what describes you:

- Tension...always tight across the beltline
- Bent—crooked off to one side and can't stand up straight if your life depended on it
- Trigger Point...zinging pain to butt-cheek
- Stiff as a board...creak and groan when you first get out of bed in the morning
- Traitor...can't trust your back and what it's going to do—or when!
- Vice-like...constantly locked down tight!
- Shooting...vicious but short-lived
- Lumbago...hard to pin it down—just seems to hurt all the time, but it's hard to say where
- One-sided...right at that "bone" on one side
- Jack hammer...pounding off and on like a heartbeat or a toothache in your back
- Aching from 1-5 years
- Chronic pain for over 5 years

No one will try to sell you anything, and you make no commitment...you just find out what's wrong!

P.S. Why You MUST Not Wait! Because of appointment availability, we can only honor this \$27 offer through February 10, 2023. So don't say, "Well, maybe I'll be better tomorrow." Don't put your life on hold. Don't call in sick again. Live your life pain free! Tie your own shoes for a change.

\$27

39-Point Back Pain Track Down Exam

This detailed exam finds referred pain in:

•spine	•pinched nerve
•head posture	•neck
•trigger points	•muscle tightness
•joints	•tendons
•range of motion	•stuck nerves
•ligaments	•muscle balance

(A \$375 Value! X-rays also included, if necessary)  
\* Offer does not apply to federal beneficiaries

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