

Do You Want Quick, Safe Pain Relief with 200% Faster Healing Results?

Read this booklet to learn the 3-step University-research proven and Government-Patented protocols our clinic uses to guarantee 200% faster healing times versus other treatments.



Subluxation Advantage Program

STEP 1 - Subluxation Removal

**STEP 2 - Pain-Inflammation Reduction
and Joint Repair**

STEP 3 - Rebuild and Strengthen Muscle

Welcome to the Subluxation Advantage Program

The Subluxation Advantage Program utilizes a 3-step holistic approach to healing and ridding yourself of current pains you may be suffering from much faster than any single treatment. This program also addresses the **root cause** of many pains you experience because of joint misalignment called subluxations.

The Subluxation Advantage Program is unique: you will be shown the actual university research and government patent information that prove

you can NATURALLY reduce pain and inflammation, plus speed healing...200 percent faster!

Many treatments are able to eliminate pain, but they can actually slow and even damage your ability to truly heal. Our clinic is committed to treating you holistically and getting you pain free, with doing no harm being our first concern. We then provide the education and protocols for you to heal as rapidly as possible, along with the ability to rebuild the skeletal supporting muscle to prevent future problems.

Here is the valuable information you will acquire in this booklet:

Step 1 - Subluxation Removal

- I. What subluxations are and what causes them.
- II. Why chiropractic adjustment techniques are important treatments and proven to be effective.

Step 2 - Pain-Inflammation Reduction and Joint Repair

- III. Why the current western medical approach to pain causes long-term damage.
- IV. How the body deals with inflammation and pain.
- V. University researched studies that show how to improve healing 200 percent faster than other treatments.

Step 3 - Rebuild and strengthen muscle

- VI. The need to sustain and strengthen muscles to improve posture and reduce subluxations.
- VII. The exact protocols you need to follow in order to achieve pain relief and optimal health.
- VIII. Taking a more active role in creating a higher quality of life.



Contact Information:

Step 1 - Subluxation Removal

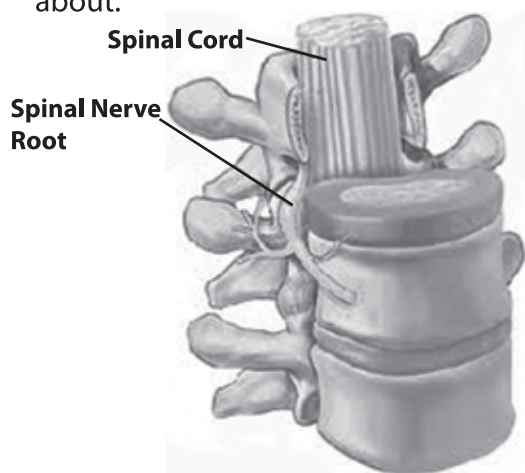
I *What are subluxations and what causes them?*

In order to understand this concept we will start first with your doctor and look at the main cause of pain that chiropractors relieve. Chiropractors are unique healthcare providers because their specialty is the practice of removing vertebral subluxations. A vertebral subluxation is when an area in the spine is not aligned the way it should be, thus interfering with the proper functioning of the nervous system.

Unknown to many people, the skeletal spine houses the main electric line for the central nervous system—the spinal cord! Keeping the spine in alignment is very important to your overall health.

Vertebral subluxations can produce many unfortunate and painful conditions in the body, such as muscle damage, tissue damage, joint damage, nerve damage and low energy.

Untreated, subluxations can lead to a broad array of ailments. This is because the nervous system is the master control for the human body. It controls and coordinates every bio-chemical, physiological and bio-mechanical function in the body. Chiropractors use the spinal column to penetrate the nervous system and remove the offending interference, or stress so that your body is more balanced. Removing the subluxation allows the body to start healing the affected area. That is what chiropractic adjustment techniques are all about.

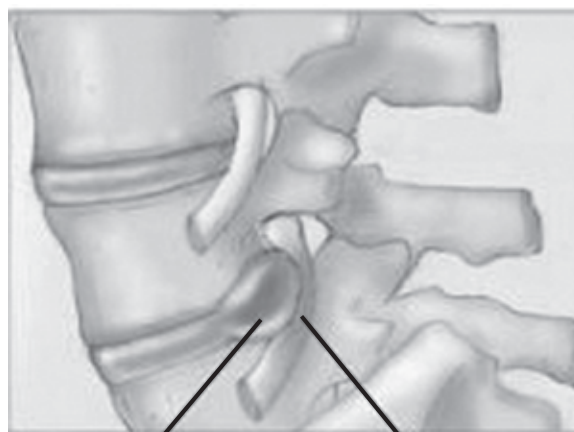


Misalignment of your spine or joints puts pressure on your nerves. The nervous system controls every living cell, tissue and organ in the body. The brain sends signals through the nervous system to all areas of your body. When there's an interference with the nerve fibers carrying those signals, pain, inflammation and other health conditions arise.

Stresses on the body cause those misalignments (subluxations) of the spine. Often, the stress resulting in subluxation is caused by a 'trauma' such as an accident, surgery or improper lifting.

More commonly, the nerves are infringed upon by the bones of your skeletal system because your muscles become weak or imbalanced as a result of daily stress, poor diet, lack of exercise—or simply being over the age of twenty-five! These are the main reasons you lose skeletal supporting muscle.

When the muscles that support your spine and create good posture are weak or lacking, the vertebrae in the spine can become misaligned. Then some of the nerve fibers that run through the spinal column get pinched, cutting off the circuit to a certain body part or system which can then no longer function optimally. This is why subluxations may cause more problems than just pain.



Digestive issues, headaches, impaired thinking, poor judgment and lowered organ functions can all be problems resulting from vertebral subluxations, because the pinched nerves stemming from the spine all run to these organs. Research has proven that chiropractic adjustments remove subluxations and improve healing time.¹

II Why Chiropractic Adjustment Techniques are Important Treatments

The importance of the ability of chiropractors to physically correct your spinal misalignment is crucial. Your chiropractor has many years of post-graduate holistic medical training in the specifics of properly removing subluxations, your doctor has been trained in a myriad of techniques that will safely realign your spine.

Chiropractic Education VS Medical Education

Chiropractic Education Class Hours	Subject	Medical Education Class Hours
520	Anatomy	508
420	Physiology	326
271	Pathology	335
300	Chemistry	325
114	Bacteriology	130
370	Diagnosis	374
320	Neurology	112
217	X-Ray	148
65	Psychiatry	144
65	Obstetrics & Gynecology	198
225	Orthopedics	156
2,887	TOTAL HOURS	2,756
Adjusting, Manipulation, Kinesiology, and other similar basis subjects related to their specialty.	Other required subjects for doctors of medicine & doctors of chiropractic	Pharmacology, Immunology, general surgery, and other similar basic subjects related to their specialty.
4,485	GRAND TOTAL CLASS HOURS	4,248

You will be treated with the techniques that best fit your body's needs. Our clinic ensures that you are literally in great hands when it comes to addressing the pain and discomfort of subluxations.

The underlying cause of the impingement which caused the problem must be determined so that the pain and health issues occur less frequently or not at all.

The **Subluxation Advantage Program** assists your doctor by providing you with the other tools necessary, not only to eliminate subluxation pain more rapidly than single treatments, but to

naturally reduce inflammation and rebuild the tissues, cartilage and muscles that support your skeletal frame. These steps are critical and are what separates your chiropractic physician from other health professionals who concentrate only on immediate pain relief—rather than fixing the problem long term by going after the cause.

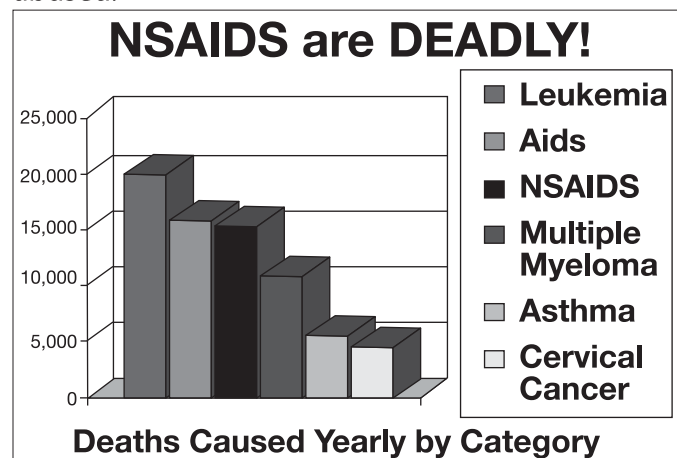
Now you understand what a subluxation is and the 1st step to eliminate pain holistically is through your chiropractor's adjustment expertise. Lets look at how conventional western medicine approaches the subject and why we need steps 2 and 3. There are many studies proving chiropractic adjustments improve healing time faster than normal medical treatments. 4 Studies are listed under the 1st reference in the back of this booklet

Step 2 - Pain and Inflammation Reduction and Joint Repair

III Why the Current Western Medical Approach to Pain Relief Causes Long Term Damage

Few medical doctors focus on subluxation issues, even if they are familiar with them.

The normal approach is to relieve your pain at any cost (wallet or body), almost always by prescribing pain killers and anti-inflammatory drugs. Anti-inflammatory drugs are often referred to as NSAIDs (non-steroidal, anti-inflammatory drugs). These NSAIDs are administered to control acute inflammation and relieve pain that results from subluxations and other traumas to the nerves and tissue. Although NSAIDS can reduce inflammation, they cause bleeding in the gut and even death if abused.



The sad fact is that most NSAIDs are also sold over-the-counter (OTC) and are the preferred choice for most people when they have any pain or inflammation. Even many so-called natural practitioners are recommending these drugs by not offering alternatives or by not educating the patient on the dangers of taking NSAIDs.

The over the counter (OTC) drugs we are talking about include Aspirin, Ibuprofen, Acetaminophen, Tylenol, Motrin, Advil, etc.

The other 'gotcha' that is not explained when you take anti-inflammatory pain relieving drugs like Ibuprofen-based NSAIDs—including the ones just mentioned—is that they actually **deteriorate the cartilage and inflamed tissues you are hoping to repair!**²

Acetaminophen-based pain relievers such as Tylenol **damage your liver**, which also makes it more difficult to heal and recover from inflammation.³

All anti-inflammatory and pain drugs can reduce inflammation, but as noted, such unnatural relief comes with a price. Pain relief at the cost of damaged cartilage and vital organs is not what most people think is happening when taking prescription and OTC NSAIDs, but it is!

In order to understand how to remove pain and inflammation naturally, we must see how the body does it.

IV How the Body Deals with Inflammation and Pain

To understand how the body rids itself of pain and inflammation naturally, along with how anti-inflammatory drugs work, we must learn about 'prostaglandins.'

Prostaglandins are hormone-like molecules in the body that are released in large amounts to specific areas of need in the body, due to injury. Within this complex system there are both good and bad prostaglandins. **The 'bad' prostaglandins stimulate pain receptors, cause pain and encourage inflammation. The 'good' prostaglandins decrease the transmission of pain and inhibit inflammation.**⁴

The delicate balance that exists between these two groups of prostaglandins (in a healthy body) can be upset when trauma, accident, surgery, subluxations or even prolonged stress occurs . . . and even when your muscles become diminished or weak.

In these situations, the body produces great amounts of 'bad' prostaglandins which overwhelm the 'good' prostaglandins and upset the functioning of the body's defense mechanisms. No healing can take place until the balance of both 'good' and 'bad' prostaglandins is restored.

Drug-based anti-inflammatories like aspirin and ibuprofen block both groups of prostaglandins, which reduces inflammation, but also slows down the healing process. Not only is the healing process slowed, but prolonged ingestion of the drugs increases the risk of cartilage, tissue and organ damage.^{3,12,13,14}

There are natural anti-inflammatory "compounds" that your body produces and that are found in nature. They are called proteolytic enzymes. These proteolytic enzymes include proteases, peptidase and bromelain. These natural anti-inflammatories are 'selective' prostaglandin 'inhibitors.' They decrease the formation of 'bad' prostaglandins and favor those compounds that turn off the active inflammatory response. These proteolytic enzymes do not hinder the 'good' prostaglandins, whose job it is to promote the healing process.⁵ NSAIDs block the good prostaglandins.

In fact, if a certain combination of food-based proteolytic enzymes are added with certain antioxidants, the 'good' prostaglandins can be enhanced dramatically. Your body does have some proteolytic enzyme capability on its own. When you are young, your body has enough proteolytic enzymes to quickly balance the prostaglandins. This is why you heal faster in your youth. As we age, our bodies use up those protease enzymes much faster. These enzymes also help digest cooked and processed proteins in our diet. When we cook and process food, the digestive enzymes are diminished or destroyed and our bodies must compensate by using more of their own limited supply.

Because raw foods still contain those valuable enzymes, it is important that we include as much as we can of them in our daily diet.

Potent plant-based proteases and other proteolytic enzymes taken orally help bring back the body's youthful ability to quickly fight inflammation through prostaglandin balancing.⁶ In this way, proteolytic enzymes decrease pain and edema that are part of the inflammatory pain reaction. By reducing 'bad' prostaglandin production to a low level, proteolytic enzymes re-establish the normal ratio between the two groups of prostaglandins in the body. This allows the immune system to return to normal.

By properly supplementing proteolytic enzymes, in a specific combination, the healing process speeds up dramatically and reduces pain much faster—naturally and without detrimental side effects!⁷

∇ University Research Shows How Healing can be Hastened by 200 Percent

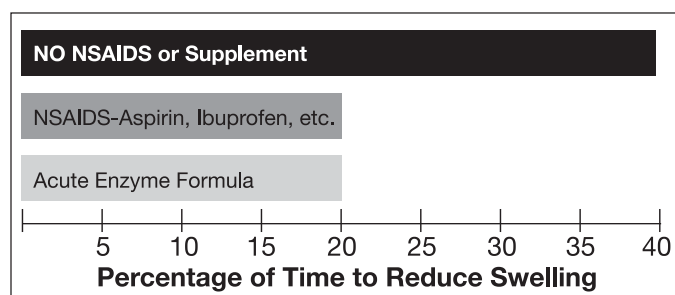
One of the big problems today is determining who can be believed in regards to your health treatments. Pharmaceutical companies spend billions on elaborate advertising and on "winning and dining" health professionals in order to push their drugs. You also have many natural doctors who want to win your trust and sometimes perform non-duplicable testing techniques to convince you of certain product benefits.

As you are learning, The **Subluxation Advantage Program** takes away all the hype and deception by providing nature-respecting solutions, along with scientific research and proof. The 2nd step to follow in order to rid yourself of pain and heal your body—"up to 200 percent faster" is by taking our university tested enzymes and nutrients (Joint Pak).

Taking the Joint Pak will reduce inflammation by balancing prostaglandins. Numerous published studies prove that proteolytic enzymes reduce inflammation as fast as NSAIDs, but far more importantly, they speed up the healing process faster than the drugs themselves. Many studies are listed in the reference section at the end of the

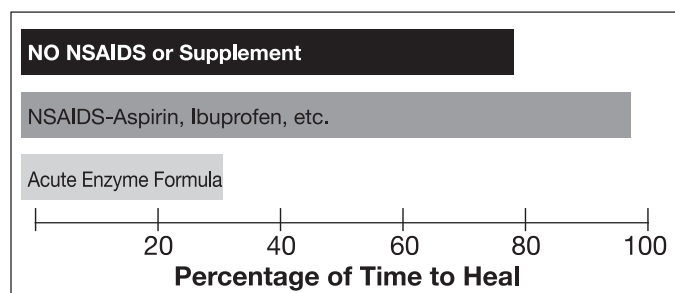
booklet.^{8,9,10,11} We will look at one study in particular that was done on a specific blend of proteolytic plant-based enzymes and co-factors. This study was performed at the University of Alberta by Dr. Fisher, Ph.D., and Trethart. Three groups of athletes were used in the study. When injuries occurred, one group took drug-based anti-inflammatories (NSAIDs), another group took nothing (placebo), and the final group took a specific blend of plant-based enzymes and nutrients found in a formula called 'Optimal Acute' (Acute Formula). Below are the graphs depicting the important results from the study. Graph # 1 shows the time it took for injury-caused swelling (inflammation) to go down amongst the three groups.

Graph #1 - Acute "Enzymes" Inflammation and Swelling Graph



Both the NSAID group and the Optimal Acute proteolytic enzyme blend group reduced swelling faster than not taking anything. The 'bad' prostaglandins were reduced both with NSAIDs and the 'Acute' formula when taken orally. The specific enzyme blend used in the University of Alberta study shows that 'Optimal Acute' reduces swelling just as well as NSAIDs.

Graph #2 - Depicts the time it took for the study participants' tissues (muscles and tendons) to fully heal. The Acute Formula Group helped "heal" the damaged tissue 200 percent faster than the NSAID group.



The group that took nothing actually healed faster than the NSAIDs group!

Research proves that the detrimental effects from NSAIDs come from the blocking of the 'good' prostaglandins as well as the 'bad' ones,¹² while the proteolytic enzyme blend in Optimal Acute helped the injury heal two times faster than the NSAID group—with no detrimental side effects. This is because it reduces the inflammation causing bad prostaglandins and boosts the good ones!

Synopsis: The exact proteolytic blend of proteases, peptidase, bromelain and antioxidant co-factors found in Optimal Acute reduce swelling at the same speed as NSAIDs (Ibuprofen, Aspirin, prescriptions) and promote full healing 200% faster than NSAIDs.

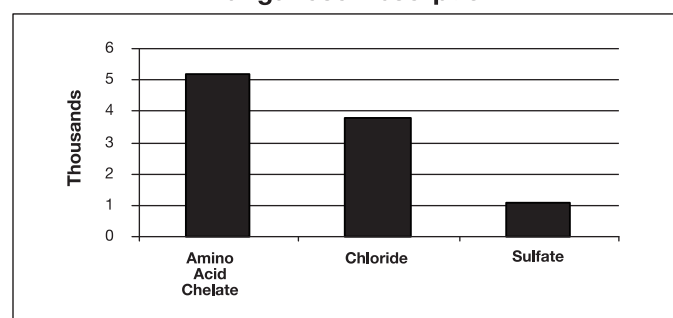
The Chronic Formula in the "Joint Pak" rebuilds and supports joint tissues, cartilage, tendons and ligaments. Healthy joints have evenly distributed joint space, smooth cartilage and bone. Due to subluxations, consistent abnormal motions, overuse or injuries, these joints begin to degenerate. The damage to the joint space tissues creates friction, pain and inflammation. Without healthy cartilage, the joints have nothing to act as 'shock absorbers.' Spinal joint spaces utilize 'discs' as the cartilage shock absorber. Other joints like knees, hips, arms, etc. use straight cartilage materials. Research shows that over the counter (OTC) and prescription anti-inflammatories actually deteriorate the joints instead of helping them.^{13,14}

Many informed doctors, athletes and the public know that specific forms of the nutrients glucosamine and chondroitin have years of double-blind university research proving that they rebuild joint tissue.^{15,16} Many progressive orthopedic surgeons will even recommend that patients try those nutrients found in the Chronic Formula before considering surgery. Some people have excellent results, while others do not when taking joint nutrients like Glucosamine and Chondroitin. The reason is FORM. The form the nutrients are in and the delivery system or lack thereof will impact the effectiveness of these nutrients dramatically. With the proper delivery system, the

nutrients are delivered at the cellular level where the body can use them.

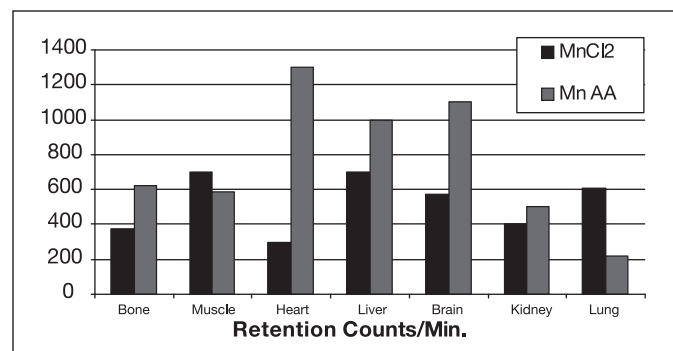
The Optimal Chronic formula found in the Joint Pak pre-digests the joint-building nutrients with an enzyme and patented organic mineral delivery system (Opti-Blend). This ensures that every person receives the joint re-building benefits from glucosamine and chondroitin. In addition to these ingredients, it is important to use other research-proven compounds to rebuild the joints. This is especially true in regard to the discs in your spinal column. Manganese helps to support and rebuild disc cartilage material. 'Optimal Chronic' uses the only patented organic form of Manganese available. This Amino Acid Manganese is the highest absorbed form ever tested.

Manganese Absorption



Manganese Metabolism In Tissues

Manganese is essential for normal skeletal and connective tissue development. A deficiency of manganese results in abnormal bone and cartilage formation. The manganese retention from amino acid chelate used in our Joint Pak was almost 61% greater than manganese retention from the inorganic salt source. In body tissues where manganese is normally concentrated (bone, heart, liver and brain) the manganese retention from the chelate we use was over 100% more than from the chloride.



The nutrients Methyl Sulfonyl Methane (MSM) and the herb Yucca also have joint repair research.^{17,18} The university research-proven nutrients Glucosamine, Chondroitin, Manganese, MSM and Yucca plant combined with the Opti-Blend delivery system ensures improved joint rebuilding.

No guessing, hoping or relying on questionable testing. You can rely on solid research and proof while still obeying nature's laws. By utilizing the right form of drug-free nutrients and freeing up your joint spaces through your doctor's treatments, you are naturally helping your body rid itself of inflammation and repairing joint damage. This second component of the **Subluxation Advantage Program** is as simple as taking one pak daily of our proprietary enzymes and nutrients in our convenient "Joint Pak".

Now we need to address the muscles that support your spine and joints for the third and final step.

Step 3 - Rebuild and Strengthen Muscle

First you will be banishing subluxations through professional adjustments. Second, you will be safely and quickly reducing your pain and inflammation, 200% faster, along with re-building your joint cartilage by taking the Optimal Joint Pak. Third is your final level of treatment. It involves strengthening and supporting the muscle tissue that keeps your spine and posture in alignment. Research shows that one of the primary underlying causes of back, neck and joint pain stems from a lack of muscle support.¹⁹ One of the main jobs your muscles do for your body is provide strength and stability to your spine and skeletal framework. When you have enough strong, lean muscle, you have less pain, less inflammation and fewer subluxations. When you have sufficient spine-supporting muscle, you also have more energy and your body burns more calories.

VI You need to sustain and strengthen muscles to improve posture and reduce subluxations. The most overlooked aspect of protecting your joints from damage and pain caused by subluxations and trauma is 'muscle.' In the past, in order to have

strong posture-supporting muscle, you had to exercise even more as you got older because your body didn't sustain and build muscle as it did when you were young. When you are hurting from an injury, sustaining muscle becomes almost impossible. The great news is that years of clinical research and thousands of professional athletes and doctor's patients' results have proven a natural formula's ability to sustain and build muscle better than anabolic steroid drugs!

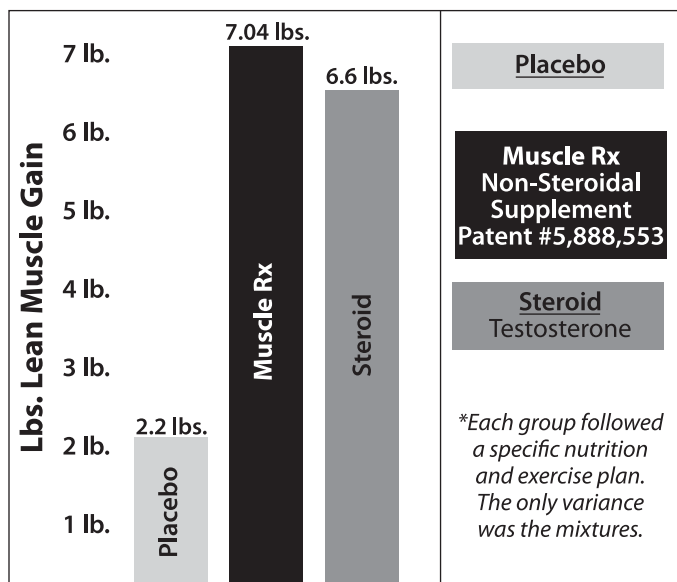
Let's look into the important step of retaining and building posture-supporting and joint-protecting muscle.

There are three main reasons for a loss of muscle that lead to subluxations, pain and degenerative diseases. The first two are a lack of healthy diet and exercise. The third is the most common but least talked about culprit—**Sarcopenia**.

Sarcopenia is the term used to explain why you lose muscle every year after the age of twenty-five unless certain steps are taken. As you age, specific hormones that help your body create strong skeletal-supporting muscles decrease. With the ongoing loss of muscle, subluxations that put painful pressure on nerves begin to occur. What's wrong is that for every pound of skeletal-supporting muscle you lose, your body replaces it with a pound of subluxation-causing 'saggy fat.' Fat pulls on your joints and causes pain and skeletal mis-alignment.

It is imperative that you sustain your muscles as you age and add back what you have lost! If you do this, you will have a more pain-free and energetic life. If you don't do this, you will have more aches and pains and even a shorter lifespan. The problem is that it becomes harder to sustain and build muscle as we get older. We have a patented answer.

The good news is that the **Subluxation Advantage Program** has the only scientifically-proven and government-patented formula that guarantees your ability to sustain and build lean posture supporting muscles, better and safer than steroids! Government patent 5,888,553 explains the research behind this formula.



8-Week Study

It does indeed become more difficult to keep and build muscle as you age. The main reason is the lack of specific anabolic nutrients that create lean, strong muscle in your body when you exercise. There are numerous gimmicks and much hype in the marketplace—even formulas that doctors promote to keep your muscle. The difference with the **Subluxation Advantage Program** and this clinic, is that we don't rely on hype and gimmicks. "The proof is in the pudding," as the saying goes. Muscle Rx not only has a full formula patent granted by the government after years of research, it also utilizes five other patented nutrients that are delivered to the cellular level guaranteeing your ability to sustain and build lean, spine supporting muscle.

You can read more in detail about this formula and sarcopenia by asking for the **Muscle Special Health Report #103**. The bottom line is that you can sustain and even gain back subluxation-relieving muscle by taking Muscle Rx as part of your **Subluxation Advantage Program**. This is a critical component. It provides a truly holistic answer to fixing the lack of muscle support that causes many subluxations.

VII The Subluxation Advantage Program Protocols

These are the exact three steps to take in order to ensure the fastest and safest relief from

inflammation, pain and degeneration that research has to offer.

(1) Comply with your doctor's recommendations for adjustments. Make each and every one of your appointments and be on time so that the subluxation can be removed properly. Your doctor has been trained in knowing the frequency of adjustments needed as you heal. Follow your doctors spinal adjustment protocols.

(2) Take the Optimal Joint Pak once a day, preferably at breakfast. If there is a lot of edema (swelling) around the injured area, your doctor might recommend taking two paks a day. Professional athletes who must get back on the court or field quickly, have taken up to four paks a day for the first 48 hours. The Joint Pak is a convenient packet that contains the "Optimal Acute", which was proven in University research to reduce inflammation and healing times, and "Optimal Chronic" formula, that repairs joint cartilage and tissue. There are thirty-one paks that come in a custom box dispenser with six capsules per pak.



(3) Take three to five Muscle Rx capsules morning and night to sustain and build muscle support. 5 capsules morning and night are what was used in the study found in the Muscle Rx Formula patent that out performed steroid drugs.²⁰ This formula has been used by professional athletes and doctor's patients for years with no side effects and great muscle sustaining and building results. Perform exercises allowed or prescribed by your doctor to enhance the patented muscle-building ability of Muscle Rx.



Take on an Active Role Through Education and Daily Healthy Choices

You have received some powerful knowledge and tools to relieve vertebral subluxations and trauma-caused pain. Knowing that there is solid research and patents to show you what works is a good motivational factor. This should strengthen your discipline to remain consistent with your treatments. You know that you will get excellent results and up to 200% faster healing. You just have to DO it!

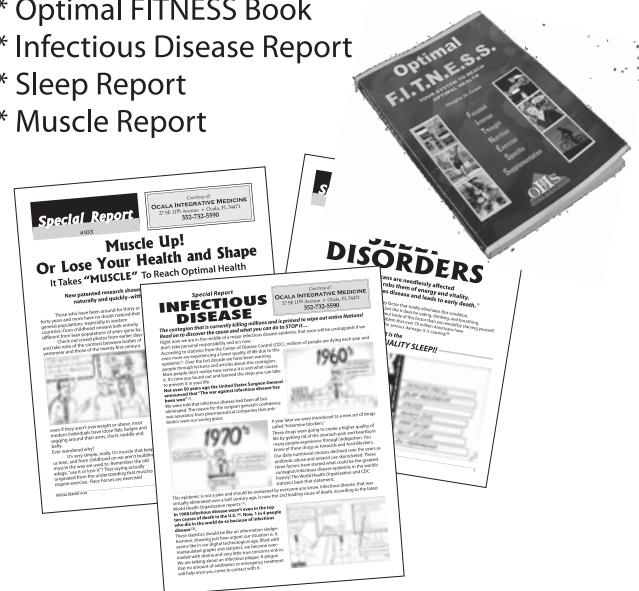
If you have completed your therapeutic dosages of the Joint Pak and Muscle Rx, just take one Joint Pak every other day and three Muscle Rx capsules each night for maintenance. This will keep your joints and muscles from age-related degeneration. You can always increase the amounts if an injury occurs. The maintenance dosages will allow the Joint Pak box to last 2 months and 1 bottle of Muscle Rx to last over 3 months. Make sure and follow your doctors recommendations for maintenance adjustments to keep your body in alignment.

Paraphrasing Ralph Waldo Emerson, ***“Our chief want in life is somebody who will help us do what we can.”*** This clinic is committed to that end. We highly encourage you to take this information and apply it. There are other fine educational books and reports that can help you to achieve optimal health. Ask this clinic for copies of them. We are committed to helping you create a better quality of life.

Yours in health,

Recommended reading available through our clinic:

- * Optimal FITNESS Book
- * Infectious Disease Report
- * Sleep Report
- * Muscle Report



Testimonial

I've spent over 20 years working as a professional strength coach for NBA teams and countless individual athletes. There are some important principles that keep the million dollar athletes and team owners coming back.

They know I will not do or give anything to them that doesn't have scientific university proven research and they know the athletes will recover much faster through my techniques. I've exclusively used the Optimal Joint Pak to reduce inflammation without the negative side effects, and the Muscle Rx Formula to sustain and build muscle to keep further injuries from happening.

If you want the quickest pain reduction and the most long term relief from pain and degeneration, follow your doctors protocols for spine care and take the Optimal Joint Pak and Muscle Rx as recommended.

Robin Pound, B.S., C.S.C.S

15 year NBA Strength Coach
Co-Founder of National Basketball
Conditioning Coaches Association

***Sought after rehab specialist for
top professional athletes worldwide.***

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These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

OHS-DG/HG

This informative guide explains the bare-bone facts about how spinal and joint misalignments (subluxations) cause pain, inflammation.... and a myriad of diseases!

Subluxations, if left unchecked, can dramatically lower your quality of life. This simple guide presents protocols for the

'Subluxation Advantage Program.'

It explains how you will be able to quickly and naturally reduce your pain and inflammation while healing your body 200 percent faster than using other methods of treatment.

Research Within This Guide

- Chiropractic adjustments researched proven ability to speed recovery.
- University of Alberta testing, along with others, showing 200 percent faster healing time, utilizing our natural formula, versus taking anti-inflammatory drugs.
- Clinical trials led to Government Patent 5,888,553 proving that a specific formula protocol laid out in this guide can improve posture and skeletal muscle faster and safer than anabolic prescription drugs.

