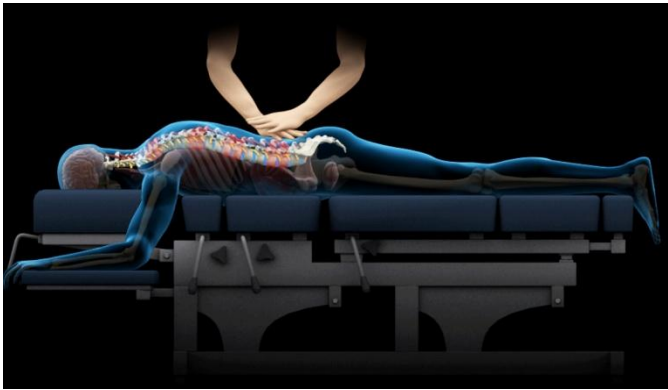


# Gold Standard

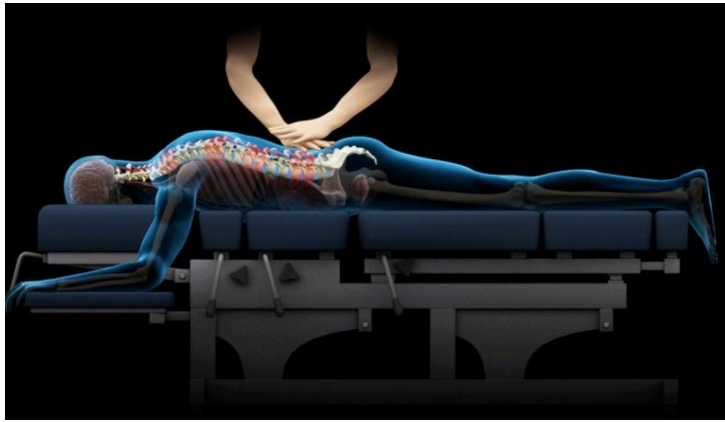
## Chiropractic, Omega-3, & Vitamin D:

The World's Most Evidence-Based  
Spinal Wellness & Prevention Protocol



# FACT:

Chiropractic is the safest, most evidence-based, most effective, and most cost-effective choice for spinal care.



## **Surgery is NOT Effective, Cost-Effective, or Safe**

**Nguyen et al. 2011 Long-term Outcomes of Lumbar Fusion Among Workers' Compensation Subjects: A Historical Cohort Study. Spine 36 (4) pp320-331**

Only 26% of those who had surgery returned to work within 2 years.

67% of those who did NOT have surgery returned to work within 2 years.

36% of surgeries resulted in significant complications.

27% of those who had surgery had to be REOPERATED ON due to symptoms and/or complications.



## Chiropractic Better Than Physiotherapy and Medical Care (Drugs)

Cifuentes et al. (2011) Health Maintenance Care in Work-Related Low Back Pain and its Association With Disability Recurrence. *Journal of Occupational and Environmental Medicine* pp 190-198

“Care **from chiropractors** during the disability episode, during the health maintenance care period, and the combination of both was associated with **lower disability recurrence hazard ratios.**”

“In addition, people who were mostly treated by **chiropractors** had, on average, **less expensive medical services and shorter initial periods of disability** than cases treated by physiotherapists and medical physicians.”



## Chiropractic IS the MOST Evidence-Based Spinal Health Intervention

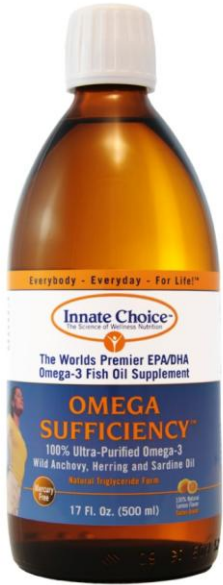
Carragee, E. M.D. (2005) Persistent Low Back Pain. N Eng J Med 352 (18) 1891-1898

“The patient should understand that the **primary goal of treatment is to maximize function**, and that some ongoing or recurrent back pain is likely but not dangerous. Accommodations should be made to resume work as soon as possible, even at a low level.”

“In the absence of severe spinal disease or radiculopathy, **surgery should generally be avoided.**”



# FACT:



Omega-3 fatty acids are essential nutrients and thus a human genetic requirement for healing and prevention.



## Omega-3 Sufficiency Controls Inflammation and Pain

Maroon JC, Bost JW. 2006 Omega-3 fatty acids (fish oil) as an anti-inflammatory: an alternative to nonsteroidal anti-inflammatory drugs for discogenic pain. *Surgical Neurology*. 65(3):326-331

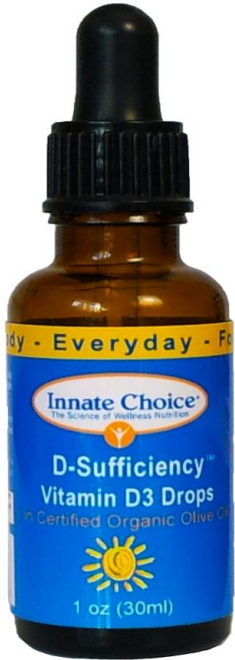
“The agent **best documented by hundreds of references** in the literature for its anti-inflammatory effects is **omega-3 essential fatty acids (EFAs)** found in fish and in pharmaceutical-grade fish oil supplements.”

“The active ingredients in polyunsaturated essential fatty acids are EPA and DHA.”



# FACT:

Vitamin D is an essential nutrient and thus a human genetic requirement for healing and prevention.





## Vitamin D Deficiency and Musculoskeletal Pain

Stewart Leavitt, Ph.D. 2008 Vitamin D – A Neglected ‘Analgesic’ for Chronic Musculoskeletal Pain. Pain Treatment Topics

“Many patients with **vitamin D deficiencies** may complain of dull, persistent, generalized **musculoskeletal aches, pains, and weakness.**”

