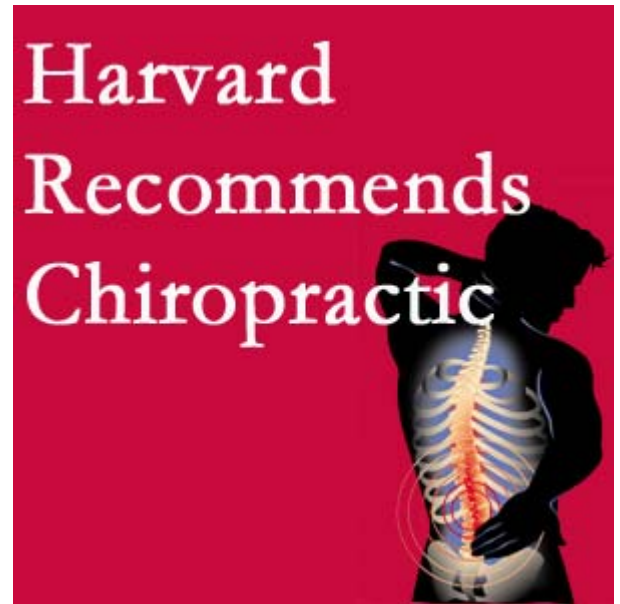


HARVARD RECOMMENDS CHIROPRACTIC

The *Harvard Health Letter* (November 2017) recommends chiropractic use for back pain due to disc herniation. Dr. Robert Shmerling who is a rheumatologist at Harvard's Beth Israel Deaconess Medical Center says that "In most cases, you won't need a specialist" when low back pain strikes. Common causes are a sprain (ligament issue) or strain (muscle/tendon issue) or herniated (slipped) disc. Dr. Matthew Kowalski who is a chiropractor with the Osher Clinical Center for Integrative Medicine at Harvard's Brigham and Women's Hospital explains that a primary care physician or chiropractor can diagnose your problem and guide its care. 35% to 42% of patients with their first episode of back pain see a chiropractor. Chiropractors use hands-on spinal manipulation, exercise, and diet and refer to specialists as necessary for cooperative care.

Bottomline: Harvard's Health Letter recommends that "for back sprains, strains, and herniated discs, a visit to your primary care physician or chiropractor may be all it takes to feel better."



Listen to this [PODCAST](#) of how Cox® Technic relieves low back pain and leg pain sciatica in a patient with a disc herniation. Hear the patient's side of the story in his own words, too!

TIP OF THE MONTH:

Multivitamin Supplement for Leg Pain Relief



News about the value of multivitamin supplements for immunity and overall health is heard a lot. A new study reports the value of a multivitamin supplement the treatment plan of leg pain radiculopathy. The multivitamin supplement enhances the effectiveness of the treatment for leg pain relief. Patients reported improvements in disability, symptomatology, and pain intensity. (2) Let's talk more about the positive effects of specific vitamins and nutrients to enhance your back pain relief plan.

Thank you! Contact us to set up your next chiropractic back pain specialist visit!

References for Healthy News – December 2017

1. "Where to turn for low back pain relief? In most cases, a primary care doctor or chiropractor can help you resolve the problem." Harvard Health Letter. Published: November, 2017, <https://www.health.harvard.edu/pain/where-to-turn-for-low-back-pain-relief>, sourced 12/13/17
2. Khabirov FA, Khaibullin TI, Granatov EV: [Evaluation Of Efficiency And Safety Of Adding Neuromultivit To Basic Therapy Of Vertebrogenic Radiculopathy](#). Zh Nevrol Psikhiatr Im S S Korsakova 2017;117(10):38-43