

*Does it Feel Like a Toothache in Your Leg or Thigh? 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!**

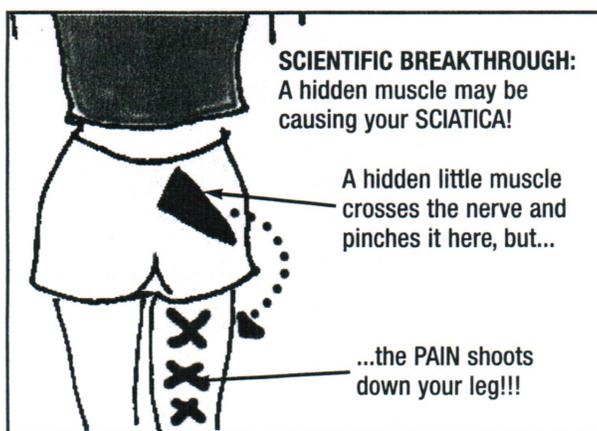
If you've got any kind of back, hip or leg pain, your worries may be over in just a few minutes. Why? Because at the Lake Bellevue Chiropractic office we've discovered what may be the best healing secrets for "bad backs"—EVER!

We'd be stupid to make such a claim if we couldn't back it up. But we're so confident we can help your back, we *insist* you be 100% delighted with our office (details below). We hate empty promises, and we also hate the lies most folks have been told about their backs. That's why it's important we 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 that 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 a 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 the 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 old-fashioned chiropractors (the ones who *only* 'crack' your back) really thought the spine worked this way. Now we 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
- imbalance of hips
- stiff vertebra joint
- pinched nerve
- pelvis torque
- dropped arches
- muscle adhesions

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 stabilizes 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!**

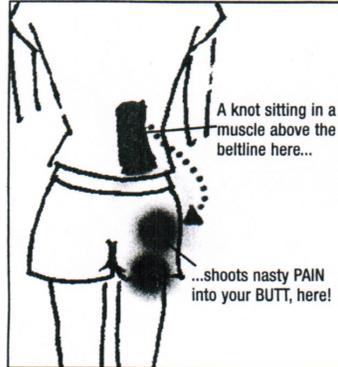
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Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads us to our next myth:

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

Boy, it's scary how many people think that 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 so 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 Lake Bellevue Chiropractic. Because we deal with BOTH the spine and muscles at the same time. We utilize both chiropractic and muscle therapy, and together they deliver the absolute best way to help "back backs"...EVER!! 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 you'll 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 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 fill out my FREE coupon NOW!**

**Lake Bellevue Chiropractic**

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## **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 Lake Bellevue Chiropractic NOW.

And bring this coupon when you come in for your **FREE, Goal-Driven\*, 19-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

### **FREE Qualifying Exam**

**This state-of-the-art exam finds referred pain in:**

- spine
- neck
- joints
- stuck nerves
- pinched nerves
- trigger points
- tendons
- ligaments
- head posture

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

**\*Our TRIPLE SATISFACTION PLEDGE!!** If you DO decide to work with us, your satisfaction is our main goal. It's against the law to guarantee your care, so instead we pledge your satisfaction. If you don't have a great experience, we'll refund every dime you've spent. NO hard feelings, NO risk and absolutely NOTHING to lose except your miserable back pain!!

**P.S** Why You MUST Not Wait! Because of limited appointment availability, we can only honor this FREE OFFER through **07/01/2019**. 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.

**P.P.S** Your time is as valuable as ours, that's why we have a no-wait policy in our office. You will be seen within minutes of your appointment.