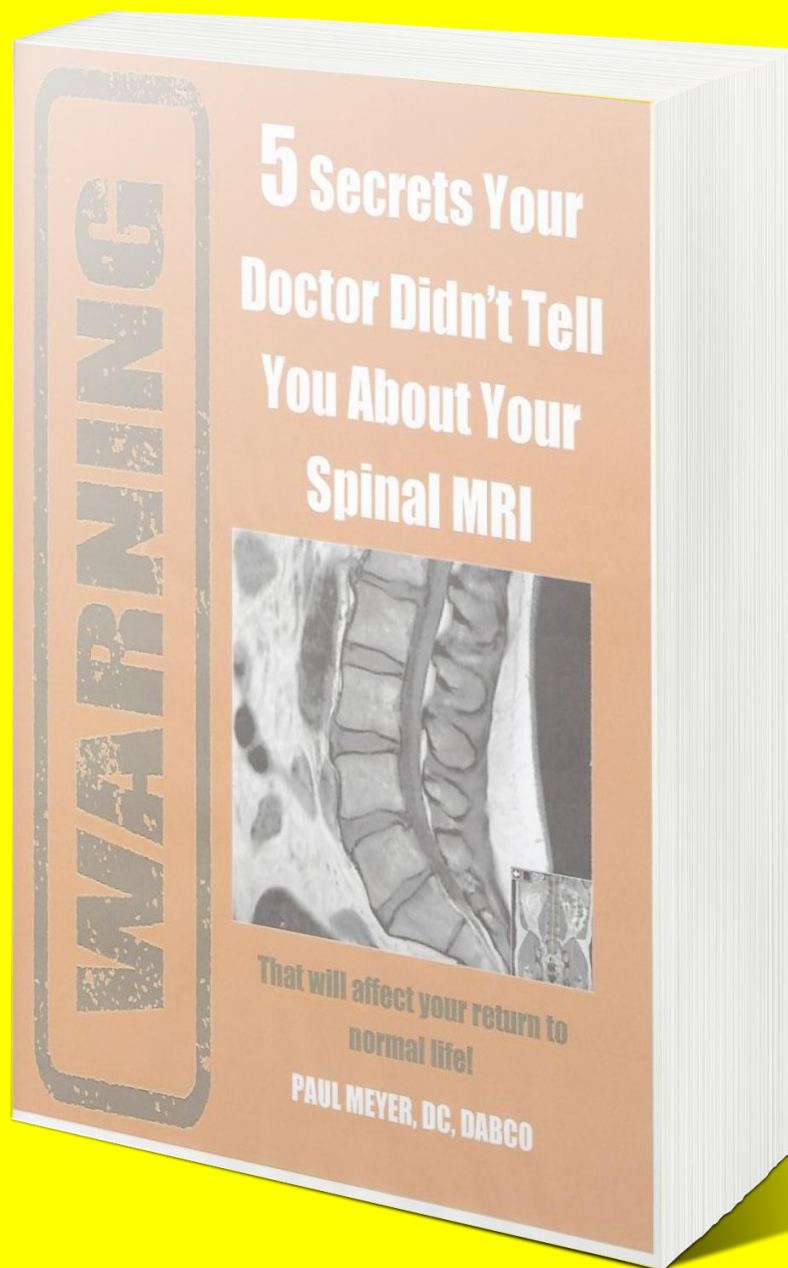


**WARNING**





# ***5 Secrets Your Doctor Didn't Tell You About Your MRI!***

*That may affect your  
return to normal life.*


Having an MRI of your spine can be a daunting experience. Especially if you don't like being "closed in".

Actually all an MRI is, is a magnet. A BIG magnet ! Originally, it was called Nuclear Magnetic Resonance Imaging. Nuclear referring to the nucleus (center) of the cell. But the word "nuclear" can send fear into some people, (Like radiation) so they dropped it from the name.

The tiny molecules of your body spin at a specific rate. The MRI magnet is so powerful that it can actually stop the spin of the molecules for a brief period. Then the molecules will begin spinning again. As they recover, the computer measures their speed and from that information, can produce a picture of the inside of your body.

What's good about your scan is that it can show the tendons, cartilage and ligaments in your body and help determine the health of your structures.

During the course of your treatment, your doctor decided to take a closer look at your specific condition.



With the onset of back or neck pain, MRI scans are a useful tool to assess the spinal discs and other “soft tissue” that an x-ray doesn’t show. This information helps your doctor get a better understanding of your condition.

**The disc, the cartilage that separates the bones of the spine from each other, is the most pain sensitive structure in your spine.**

If you have back or neck pain, chances are that you have a disc problem.

***THE FIVE SECRETS YOUR  
DOCTOR  
DIDN'T TELL YOU ABOUT  
YOUR SPINAL MRI.***

**SECRET #1**

**They didn't tell you that the path you take now, with the new information from your MRI, will only treat the symptoms until you have surgery.**

Maybe not surgery today, but eventually. I see this everyday in my practice. Young mothers around 27 years old with their first episode of major low back pain.

The pain is severe, it's scary and it needs to stop NOW! Taking pills is easy and pain relief is fast.

Pills, shots and exercises all try to reduce pain and symptoms. By medicating the problem or strengthening your “core”, the theory concludes



# BURN

that your problem will resolve on its own. This theory seems to work, because the inflammation does calm down and the symptoms decrease. But, why does research show 84% of people who have low back pain will have it again within the next 12 months?

*A few years ago, I had a patient that presented with severe back pain of 6 months duration. We'll call her Mary. Mary was a single mother, unable to work and on heavy medication. She had an MRI of her low back which showed a disc bulge. The solution from her doctors ... "BURN" the nerves to stop the pain. This would have worked, but it's only temporary. The nerves will grow back after a year.*

*That's why she ended up at our office. We treated her by improving the function of the disc, not covering up pain. Almost 5 years later, she's still pain free.*

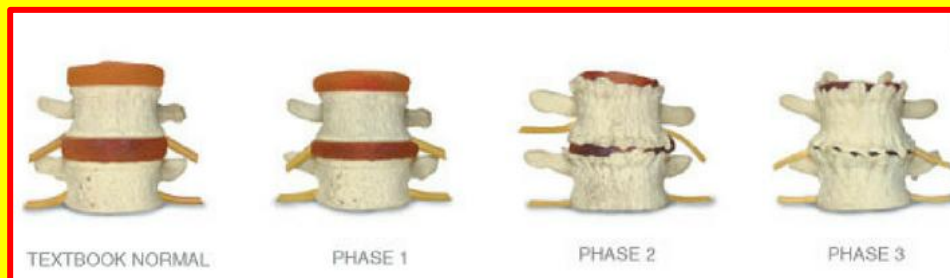
By not addressing the cause of the problem up front, you can have bigger problems later on.

I see the next group of patients in their late 30's early 40's. They've been dealing with back pain off and on for years. They describe how their back goes out once or twice a year, but Advil and a week of rest gets them back to normal. They call it their "*normal pain*". Do you have normal pain?

The last group, in their 50's and beyond, has spent almost half of their life dealing with a roller coaster of pain. Not sure when the next episode will emerge.

# UNZIPPED

What you don't realize is that there is continual deterioration - *Spinal Joint Decay* –even without pain. And not only does the pain return, but the joint breakdown may be severe.



Ask yourself, is this really the best way? Couldn't I have done something to prevent this decay?

## The Good News...

... You can choose a different path! One that actually treats the **CAUSE** of your pain.

That's where we're different. Our treatment is designed to improve the integrity of the disc. When the pain goes away, it's because the disc is healing. That goes a long way in preventing further, more expensive problems.

Your MRI results can send you down many different treatment pathways. Make your choice to directly help your disc.

## Secret # 2

I left some details out of your report. Words you may not understand.

The verbiage can be scary.

Spondylosis?? Degenerative Joint Disease??

# GRAPES ARE WINE

L2-L3 shows moderate nonenhancing bi-foraminal broad-based disk bulging contributing to mild-to moderate right , greater than left neural foramina narrowing

L5-S1 level shows subtle left central broad-based disk protrusion. Spinal canal and foramina are patent. No gross thecal sac deformity. Bilateral laminectomies noted. Ferromagnetic susceptibility artifact noted along the mid posterior back spanning from L2 through S2.

## ***What does it all mean?***

Spondylosis, degenerative joint disease and facet disease are all words that describe the decay of your spine. In the beginning, the disc, the cartilage between the bones of the spine, are very elastic and pliable. You bend and twist, it stretches and pulls with you. Your disc is also full of fluid like a ripe, juicy grape.

Then you start down this path we call life. You have trauma's to your discs. Some are major like a sports injury or a fall. Some are minor like sitting at a desk all day.





# 5 N N N B W

As these events occur, the fibers of your disc tear. Once that happens, the deterioration begins. The disc is the first structure to go when your spine decays. Your disc begins to lose fluid and like a wilting celery stalk, the strength of the disc fails. The pressure drops as the fluid leaks out. The two bones of your spine compress closer to each other.

Your joints become arthritic (Spondylosis). Your discs lose fluid and dry out like a raisin. (Degenerative Joint Disease).

The weight shifts from the disc to the structures in the back part of your spine. They start to wear out from the increased pressure (Facet Disease).

All these conditions can be slowed or stopped with the proper disc treatment.

There is no pill to stop the decay!

## **Secret # 3**

Your doctor didn't tell you how the disc works and why it's important not to wait until you can't stand the pain.

Your disc performs two purposes. It separates the two spinal bones and allows for movement between them as well. The amount of water inside your disc pretty much determines the health of your disc. Like the celery stalk experiment that you did in 5<sup>th</sup> grade. When water leaves the stalk, the celery wilts. The more water that is drawn back up, the stronger the stalk, allowing it to stand on its own.

When there is significant fluid in your disc, it has strength to separate the vertebrae above and below. When the disc "wilts", it loses fluid and becomes weak. The bones get closer together.





**GUINNESS**

***You can control it and live a relatively pain free life!***

And without drugs or surgery!

You can't cure bad eye sight, so you wear glasses or have surgery. You can't cure diabetes, but you can control it with insulin. Once the decay in your spine is there, you can't regenerate a new joint, but you can help make it function better. You can slow the decay...

... if you get the right treatment!

Some of you get it and enjoy life. Those who don't, live in a roller coaster of pain and disappointment.

Waiting for a magic pill or surgery or the latest injection, just doesn't get it. Understanding why you hurt, what causes the pain and what to do to prevent it can be monumental for you to have a wonderful life.

### **Secret # 5**

You weren't told about our office.



Meyer Chiropractic Center and what we do.

I swear we must be the best kept secret in Arlington.

# CHINESE WALL

Most other treatments deal with reducing symptoms, not improving the quality of the disc. Our treatment involves working directly **on** your disc.

**Imagine the skill necessary to treat spinal disc problems without drugs and without surgery.**

You have to change your thinking. You have to understand that taking a pill is not the way to achieve a pain free lifestyle. Remember - They laughed at Columbus.

*We had a patient a few years ago who came here because a surgeon wanted to put an artificial disc in her neck. She had pain down her arm all the way to her fingers and was in severe pain. She told me she told her surgeon that she didn't want the surgery, and was going to a chiropractor.*

*The surgeon then said ...  
Don't do that!*

*I'm thinking what's the worst that can happen? Really? I mess up so bad she has to have an artificial disc in her neck. She's already there!*

*This patient was treated. The pain went away, the disc healed and she didn't have the surgery.*

As I said before, 84% of people with back pain will have it again within a year. At the current rate, your spine will decay until you have surgery and then half of all back surgeries fail.

**UNZBETTER**

Why not try something different?

Consultation about your MRI report for only \$47. For less than a trip to the ball park, you can have new options to treat your pain.

**\$47 MRI Report Consultation**

Invest your time discovering what is in your report and learn new ways to help you get your life back.

**817 468-7246**

We reserve certain times each day for patients just like you to discuss your current health concerns and to review your MRI reports.

You can meet one of our doctors, discuss what you are going through, and together decide the best course for your recovery.

Call today, we have a limited number of appointments available each day. They fill up fast. The sooner you call, the faster you will be on the road to recovery.





GIVEN

## ***Here's some of our many reviews***

**by M. C.**

### **Review for Meyer Chiropractic Center**

From my first visit, several years ago, to my most recent visit, I have always had a GREAT experience at this office. Dr. Meyer, Dr. Fogle, and the ENTIRE staff have ALWAYS been top notch. The office is warm, welcoming, and the staff always greets you with a smile. Oh, and if that wasn't enough, you come out of there feeling better than ever. I'd recommend this place to everyone...in a heartbeat !!!

**by D. B.**

### **Review for Meyer Chiropractic Center**

Everyone at the clinic is terrific! Dr. Meyer has diagnosed and fixed issues related to a 50 year old trampoline injury and now I can move and walk without pain. Karissa is knowledgeable and creative about therapy and the front office crew treats everyone like family. Thanks to you all for fixing me!

**by J. W.**

### **Review for Meyer Chiropractic Center**

This is by far one of the best chiropractic centers I have ever been treated in! Dr Meyer and Dr. Fogle are very thorough and ask the right questions and provide excellent care to each patient. However, the care doesn't stop there. Each staff member, from the front desk to rehab cares deeply about each patient and goes to great lengths to help each one become better so that their lives are free of pain and armed with tools to help yourself stay pain free. I look forward to each month going back for my follow up!

# 5 4 3 2 1 STARS

**by T. C.**

## **Review for Meyer Chiropractic Center**

I've had nothing but the best results and experience with Meyer Chiropractic Center. They are very accommodating, even when my life or schedule is not. I would continue to recommend them to friends and family.

**by S. M.**

## **Review for Meyer Chiropractic Center**

Friendly staff greets you as you enter Meyer Chiropractic Center. Dr. Meyer is very knowledgeable with over 30 years of experience. He listens to his patients. He has many answers to common problems. Dr. Whitney Fogle also cares for patients here. Patients have a male doctor and a female doctor from which to choose. Both are caring doctors who want all their patients to be the best in health that they can be.

**by C. B.**

## **Review for Meyer Chiropractic Center**

Excellent staff, and professional in all respects. The evaluation and treatments are all super. My experience during the past 20 odd years has been impressive. Thanks to Drs. Meyer and Fogle, they have kept me in as good a physical shape as possible for my age (80+).

**by T. W**

## **Review for Meyer Chiropractic Center**

My visits are always terrific!! From the moment I arrive I am treated with the utmost care and courtesy. My treatments, by Dr Fogle, are always skillfully and professionally administered. The facility and equipment are well maintained. In addition to treatment for accident and injury, Meyer Chiropractic Center offers wellness

# 5 Z N E T

packages that meet the needs of their clients. As a satisfied customer for more than 5 years, I highly recommend them.

**by S. K.**

## **Review for Meyer Chiropractic Center**

I love coming to Meyer Chiropractic. Not only do I leave feeling great physically, but mentally as well. Everyone in this office is friendly, helpful, and caring. They genuinely desire to help get you as healthy as possible, offering a wide range of ways to get you there. I do not hesitate recommending Drs. Meyer and Fogle to anyone looking to improve their health.

**by L. S.**

## **Review for Meyer Chiropractic Center**

Dr Meyer and Dr Fogle are great, when I started I could barely stand up straight. They took the time to explain what and why they were doing what they were doing. Karrisa is great and the lively ladies at the front desk are a pleasure as well. I highly recommend Meyer Chiropractic!!

**by D. S.**

## **Review for Meyer Chiropractic Center**

I am so happy to have been referred here! The entire staff is friendly and prompt! I've have 2 adjustments and therapy sessions so far and already feel better and more flexible with less pain! Doctors are great and thorough! I will update this review after my treatment is complete and I am on maintenance.





CHINESE

## About the Author

Dr. Paul Meyer came to Arlington, Texas in 1985 and opened his office on South Cooper Street. Now, over 30 years and literally well over 10,000 patients later, he still treats spine and joint problems of young and old alike.

Dr. Meyer is board certified in Chiropractic Orthopedics and stays abreast of the latest research. Concentrating on non-surgical treatment of spinal discs, he has successfully prevented thousands of patients from having surgery.

He developed a rehabilitation exercise system to strengthen specific spinal muscles which helps prevent pain from returning.

After surviving a near fatal heart attack at 58, Dr. Meyer is now involved in "Active Aging" and preventing the hidden diseases brought on by sitting. He developed a health improvement system utilizing diet and exercise to help reduce your chances of premature death.

Call today:

**817 468-7246**