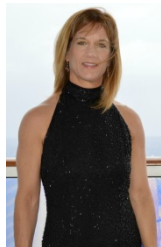


"Be your own best advocate. You have to fight for what you want."

- Alexandra Wilkes Wilson

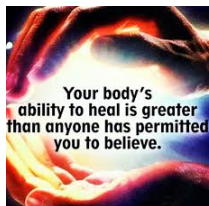
Happy New Year! I hope you had a safe and happy Christmas and holiday. I wanted to start the year off with some really important information I learned over the last few weeks. As you know, I'm always on the lookout for amazing alternative ways to heal yourself naturally and I've now found another one. So this quote is perfect. We must be our own advocates, especially when it comes to our health. And sometimes, we even have to fight with our own doctors to get what we need. I'm fortunate to know some amazing medical professionals who can steer me in the right direction and I'm thankful for that. Read below to find out what I learned and how I helped my body heal itself. Now that it's the new year, isn't it time to get on a new path to wellness? Contact me to start your journey.

Yours in health,



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Helping Your Body Heal Itself



About 11 years ago, I was diagnosed with a herniated disc in my neck, at C5/C6. Two different neurosurgeons recommended surgery. I chose the one I thought was best and scheduled it because the pain was almost unbearable. Nine days before my surgery, my dad called to tell me he'd found a doctor who advertised he had a 95% success rate in treating herniated discs. He talked to the doctor, who told him to bring my MRI and me to his office for a consultation. My dad's exact words to me were, "I know you're set on surgery, but I really think you should go see him."

I was NOT set on surgery. It was the LAST thing I wanted, but didn't know I had other options. I'll admit I was skeptical when the doctor told me at the consultation he could help me. But I was also hopeful and decided to trust him. My first treatment on the Accu-spina machine for Internal Disc Decompression Therapy (IDD) took place that day. After 3 treatments, all my pain was gone and I cancelled my surgery. Not surprisingly, the neurosurgeon never followed up to ask why. My IDD treatments continued for about a year, starting at 3-4 times a week, decreasing as I improved. Since I'd been diagnosed with a herniated disc at L5/S1 when I was in my twenties, I decided to treat that as well. Needless to say, I felt as if I'd been healed. The frustrating part was that while my insurance was willing to pay for the \$80,000 surgery to remove my disc and fuse my vertebrae, they weren't willing to reimburse me for what they considered an "experimental treatment." Can you imagine how much money insurance companies would save annually if they reimbursed patients for treatments that actually healed them? The numbers are probably in the hundreds of millions. For me, it was money well spent. But I digress.

Fast forward to 2017. In October, my neck started bothering me again. It wasn't nearly as bad as before, but I knew something was wrong. My range of motion was not good and my neck and shoulders were constantly tight. My chiropractor, Dr. Viet Le, was barely able to adjust me and though he knew what was wrong, he ordered an MRI. My results didn't surprise him, but they stunned me. I had disc bulges at C3/C4, C4/C5,

C5/C6, C6/C7 and also C7/T1. There was also evidence of bone spurs and degenerative osteoarthritis. While I sat sobbing in his office, he told me it was remarkable that I'd been able to live a normal life given the condition of my neck. He was more shocked by my reaction to the MRI. I told him I really didn't know my neck was that bad. Note to self: *Never read an MRI report on your own.* But he smiled and told me he knew something that would help me: It was called PRP.

I'd never heard of PRP, which stands for platelet-rich plasma, but it's a concentration of platelet cells taken from your blood. These platelets have growth factors that can help with the healing process. Dr. Le was confident it was the key to helping me. PRP is obtained by having your blood drawn and then spun in centrifuge for about an hour, to separate out the activated platelets. These platelets/stem cells are the key to helping your body heal. Somehow, these stem cells are so smart that once injected into the area with the problem, they release growth factors that recruit and increase the production of reparative cells. Basically, they go to work to reduce inflammation and teach the cells how to heal. When combined with Ozone, it can further enhance the healing process. So here's what happened.

In the comfort of a very nice patient area, a tube of my blood was drawn and I hung out for over an hour while it was spun. Once my platelets were ready, Dr. Le showed the doctor performing the procedure the best place for the injection, based on my MRI. A nurse had me lie on my side on the exam table, almost in a fetal position, for the injection. I can tell you, it's no picnic having a needle injected in your neck. Although the area was first treated with lidocaine to numb it, that also required an injection. Not fun! I was scared, but trusted that Dr. Le would never recommend anything that wouldn't help me. After my platelets were placed into my neck, the doctor then injected the area with ozone, to further enhance the healing process. Once that was complete, I had to lie still for about 5 minutes, then sit for about 5-10 minutes, then stand. This was to ensure I wasn't dizzy and didn't have a headache. I felt drained but good. The doctor told me my neck would probably be stiff for about 4 days, but would then start feeling better. That night I was afraid to go to sleep...unsure how I'd feel when I woke up. But I was pleasantly surprised when I woke up feeling much better. My range of motion had greatly improved and the stiffness in my neck and shoulders was nearly gone. When I went back to see Dr. Le the following day, he was thrilled by my improvement.

I continue to feel better every day and am thrilled with the results. My neck pain and stiffness is essentially gone and my shoulder's don't constantly feel tight. It's truly a miracle that medicine has evolved to the point where we have the technology that allows your own body to heal you. Many athletes are using PRP to speed injury recovery, including former Pittsburgh Steeler Hines Ward.

That's the lesson my friends. There are often options to surgery. You just have to ask the right questions or know the right doctors. The best doctors are constantly researching, trying to find ways to treat the CAUSE of illness rather than the symptoms. Is PRP for everyone? I don't know the answer to that question. But the right doctor will and it was certainly the right answer for me. A search on the internet will result in plenty of websites that say PRP is a scam and that it doesn't work. I can tell you, from my own recent experience, that claims it doesn't work are simply fake news. It worked for me and I couldn't be happier. Remember, surgery, unless it's an emergency, should always be a last resort. Surgeons are paid to operate. Options and answers are out there. You just have to know the right questions to ask of the right people. I'm truly in awe that something taken from my body was able to help me heal. I'm also thankful that I had a doctor who knew about PRP and recommended it. If you want more information on this amazing treatment, please reach out.

Have a wonderful month and a very happy and healthy new year.