

“ASK”

DR. VINTON

YES, YOU CAN
LIVE A
PAIN
FREE LIFE



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Ask Dr. Vinton – 2nd ed.

The Publisher has strived to be as accurate and complete as possible in the creation of this book.

This book is not intended for use as a source of medical advice. All readers are advised to seek the services of competent professionals in the medical field.

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Introduction

Welcome to what I sincerely hope is the most truthful, blunt, straightforward, non-sugar-coated, no-holds-barred book ever written on the subject of living a life free of pain.

Chances are, since you're reading this book, you've been to more than one medical professional trying to find real solutions for your pain. You've probably been given pills or maybe injections and could even be facing surgery.

This book aims to give you hope that you really can have a life without pain and avoid more pills, injections, and surgery.

I'm a lifelong learner, and I continue to study with the best in the world in various fields of medicine. I surround myself with other top medical professionals, and we examine patients

from a holistic viewpoint considering both western and alternative medicine to create a customized treatment plan to target and eliminate the root cause of pain.

To this day, I read at least an hour a day – always looking for the latest research or some small change in my practice that could bring pain relief to that hard-to-treat patient who's local or flown in from somewhere.

To eliminate my patient's pain, I invested several million dollars in specialized equipment in my clinic.

I had a physician in recently for one of our training sessions. He is an anesthesiologist and interventional pain doctor from Washington, DC. He told me his hospital doesn't even have some of the equipment I have. If there was a piece of equipment I thought would

benefit my patients, I bought it – which means my clinic is very high-tech.

Think about the medical doctors you've seen for your condition – they pull out their prescription pad and begin you on the merry-go-round of pills, therapy, and pain clinics. This approach leaves 75% of chronic pain patients still in pain with disability a year later.

If you've been to a chiropractic physician, 80% don't do a full exam, take x-rays or order MRIs.

Yes, both help some people, but the more complex cases get no relief, and they keep searching elsewhere – often ending up addicted to pills or with risky surgery as their last hope.

The reason is that they genuinely haven't found the root cause of the pain.

In my clinic, anytime we came across an issue that we couldn't solve, we

searched the corners of the globe for the best ways to solve it. Then we incorporated that into our clinic.

As I sit here right now, we are one of the finest equipped clinics in the country.

And the array of services we offer is far beyond what the average medical physician or chiropractor might offer.

We have three medical physicians and two doctors of chiropractic on staff with 117 years (2022) of pain-solving experience, meaning that we can use any existing medical procedure, but what differentiates us is that we also offer world-class and cutting-edge procedures used by top researchers, universities, and clinics around the world. Procedures that most physicians are not trained in and might not even know exist yet (more on this in a bit). Truly a world-class facility. You can feel safe that you, your friends, or your

family that you may refer are in good hands.

Our team of 3 medical physicians and 2 doctors of chiropractic is one of the most cutting-edge private clinics in the country, with the care of a country doctor and where one of our doctors returns each new patient's initial phone call (nearly unheard of in today's day and age).



They are experts from regenerative orthobiologics (what many call stem cell therapy) to VAX-D to heal bulging,

herniated, degenerating discs and stenosis, specific neuro-spinal alignments (never any harsh twisting, cracking, or popping – it's highly specific, allowing our doctors to use gentle touch by hand or with an instrument for amazing, fast, and lasting results – very cutting edge), bio-energy, Class IV lasers, neurofeedback, TRT Softwave Therapy, PEMF and much, much more. *(NOTE: go to Click2LearnMore.com to learn more about these treatments.)*

The body is self-healing and self-regulating, and there is very little within the human body that we do not have an extremely effective and proven way to improve that part of the body's functioning to help your body regain its health.

I have written this book just like you and I are having a private consultation and encouraging you by letting you know it

IS possible to live a pain-free life. And do it without taking pills or getting surgery.

It is my mission not just to treat symptoms but to find the root cause(s) of your pain and use every skill, technique, specialized piece of equipment, and staff specialists I have in my clinic to help you.

It's why we not only have local patients, but nearly half our practice comes from out-of-state or out of the country.

My goal with writing this book is by the end of the 30 minutes it will take you to read it, you'll begin to believe, even a little bit, that there really is some help for you.

What was your reaction?

Did you start to reject the possibility of a pain-free life? After all, you've been to several doctors who have all told you a

lifetime of pills (that often don't work or make you feel less like yourself), surgery, or worse, "that you'd just have to learn to live with it" as your only options.

All I ask is that you give me 30 minutes and that you keep a cautiously open mind. Let me prove to you that there is hope.

All I ask is that you hang in here with me. Let me prove that you really can get back to doing things you want to do and do them with full function and without pain.

I wrote this book to give you a glimmer of hope.

No Guarantee, but what if...

I am not guaranteeing any results. That would be crazy on my part since I haven't given you my head-to-toe trademarked Vinton Method™ examination (more about that later).

In this book, I am saying that I have successfully treated thousands and thousands of patients who had given up. They thought there was no hope but came in anyway.

I want that for you.

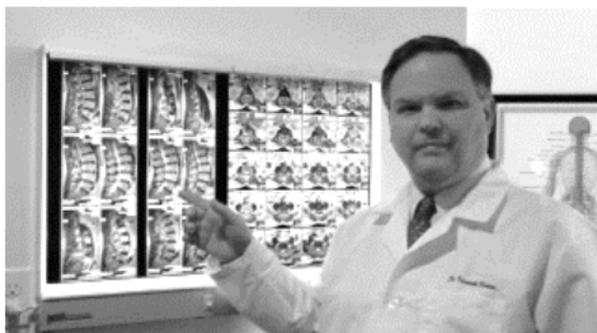
All I ask is for you to give me a call. I offer a phone consultation or in-person initial consultation for free. What do you have to lose but your pain?

You can reach me at 800-949-4031.

www.Click2LearnMore.com

I'm confident that together we can find a solution.

Dr. Kenneth Vinton, D.C.

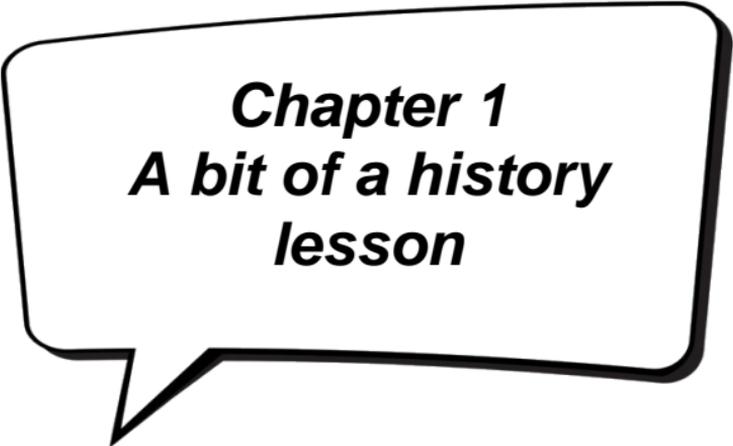


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Chapter 1
A bit of a history
lesson

Before I talk about how my way of treating patients differs from other doctors' offices, I think it's important you understand a bit of the history of medicine.

**How John D. Rockefeller
Created Western Medicine**

During the 1900's natural and herbal remedies were very popular and widely accepted. John D. Rockefeller owned 90% of the petroleum refineries in the

US. There was a lot of scientific research going on at the time about vitamins and medicine. He knew that if he controlled the synthetic production of vitamins and medicine using petroleum products, he could control a massive market.

But he couldn't do it without getting rid of his competition. So, he first bought a German pharmaceutical company.

Next, he hired a contractor to write a report for the 1910 Congress that said holistic health practices were quackery. He said all medical schools needed to be standardized and the number reduced. Congress acted and changed the laws. Allopathic (western medicine) became the standard.

Rockefeller then teamed up with Andrew Carnegie and funded all the medical schools with the strict condition that they only taught Allopathic

medicine (one of his pills for every ill, ignoring the CAUSE of the problem or condition).

He then started a smear campaign against those who were practicing natural and holistic health. They were discredited and demonized, and some practitioners even went to jail.

At that time, basically, that meant if you didn't teach and push his drugs, you lost your federal funding. Half of all medical schools closed within six years. Traditional homeopathy, naturopathy, and osteopathy, for the most part, all went by the wayside. And the result was they also passed a law at that time that said the only things that can treat or cure are drugs and surgery.

Now, that's absolutely not true. I mean, we look at things like Type 2 diabetes. It is 100% food created. That means if you

change what you're eating nearly 100% of the time, you'll reverse that.

If you don't change what you eat, your sugar numbers keep getting higher. You have to move from the pills to insulin shots (ever-increasing).

And the trouble is you never fix the underlying problem, and you have all the ravaging side effects.

In my opinion, it's criminal not to discuss the four things that keep us alive and make us healthy when you treat patients. I include all 4 in our patient treatments.

1. Food – whole food, plant-based – quality and quantity – good food, good health. Bad food, bad health. No food, no health – dead. What you find at the bottom of your fork is more powerful than anything you will find in a bottle of pills.

2. Water – Good water, good health. Contaminated water, poor health. No water, no health – dead.
3. Oxygen – Clean air, good health. Polluted (includes smoking) air, poor health. No air, no health – dead.
4. Mental impulse. It is the impulses from your brain down over your spinal cord, out over your nerves that control every cell tissue and organ in your body. And of all the health specialties, there's only one, the doctor of chiropractic, that aims to remove interference between the brain and the body to keep things functioning normally. Unimpeded nerve flow, good health. Interference to nerve flow, poor health – disease. No nerve flow, no health – dead.

The biggest lie ever told is injecting poison and taking toxic pills is “healthcare.”

In fact, if your doctor prescribes you medication without first asking about: what you eat, what you drink, how you exercise, how you rest, what you breathe, what you think, and whether you have any structural issues, and the stress in your life – then you don’t have a doctor, you have a drug dealer.

Now that you understand a bit about the history of medicine in the western world let’s move on.

Because of the four essentials for life, we offer IV nutritional therapy, and we run extensive blood work – more comprehensive than your family physician typically runs to help uncover metabolic and inflammatory problems that are at the root of much pain and disease.

Because your family physician is restricted by your insurance policy, much of which is arbitrary, they typically only run a certain number of tests based upon a predisposed diagnosis that they're looking to confirm.

We can also do that – although we are a member of a doctor's co-op and can purchase an extensive amount of blood work (nearly \$6000 worth) for \$150 cash. As a result, in the last three weeks alone, we picked up two cases of cancer, four failing livers, and five cases of hematomacrosis (the world's most common genetic disorder where your body doesn't process red blood cells, and they build up and damage your other organs), and six cases of nonalcoholic fatty liver disease (which is a global epidemic – and for which there is no medical or drug treatment, which is why most physicians don't run the test – it's a lifestyle issue and only

correctable through lifestyle modification).

This alone cannot only help you heal faster but could also save your life.

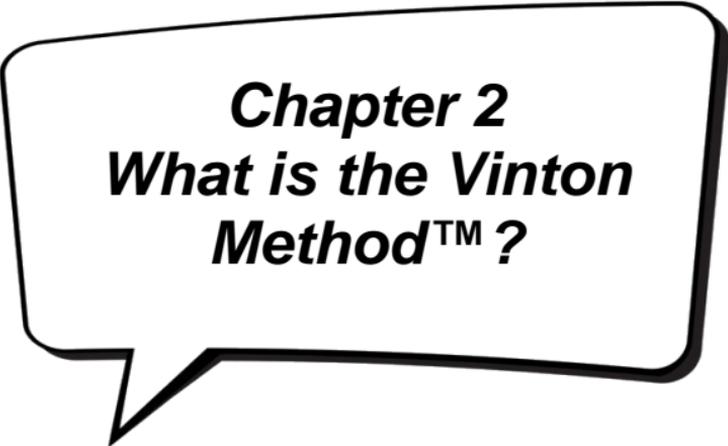
In addition, we offer a relatively new test called the Galleri test.

It tests for 50 different kinds of cancer, 45 of which currently don't have a means of detecting. It can detect a single cancer cell, and it can detect what part of the body it's coming from. It's a game changer.

It's also something that most offices, hospitals etc., do not yet offer (a recent article suggested that it takes 19 years for doctors to accept a new treatment option that works better than what they're currently offering. This is true of all science throughout all of human history. It's for no other reason than people generally don't change. All

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scientific progress, unfortunately,
happens one gravestone at a time).



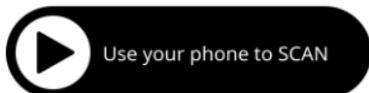
Chapter 2
What is the Vinton
Method™ ?

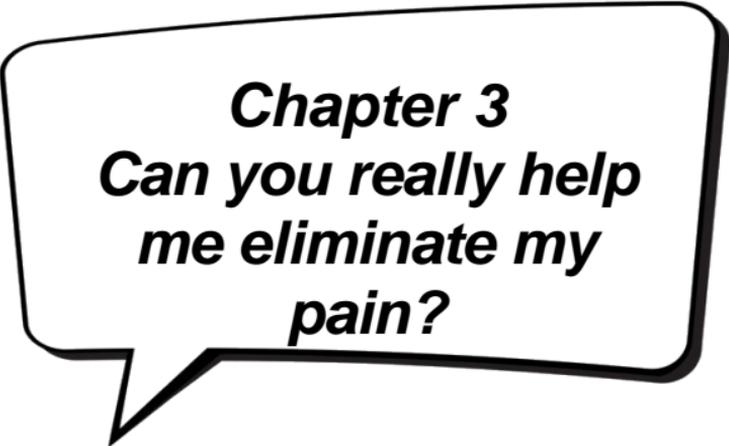
My treatment protocol is different from other clinics you may have visited. I don't just treat symptoms. I want to get to the root cause(s) of your pain. You might think it's your hip when in fact, it could be from your back or your feet or some other cause.

Often the pain isn't caused by just one area, which is why I developed my trademarked Vinton Method™ of finding the cause(s) of pain.

Instead of my writing about it, I thought you might like to hear me actually explain it.

Take a picture of this code with your smartphone if you're reading this book in hard copy, or click on it if you're reading it online.





Chapter 3
***Can you really help
me eliminate my
pain?***

That's the #1 question I get from new patients. My answer over 90% of the time is: YES! We can help you reduce or eliminate your pain.

- Over 90% of the people that we treat have had their problem for an average of 44 months.
- Even though they've seen an average of four different physicians or surgeons before they came to me as a last resort, we're able to

eliminate their pain in 90+% of the cases.

Degenerative Knees

I have people who have very degenerated damaged knees. And because of the breadth and depth of our physicians, our advanced tools and technologies – and the fact that we can perform any standard medical procedure – most of which our patients have already been through, tried, and failed – from injecting them with cortisone (which we don't like to do because the science is very clear it damages the cartilage, and the ligaments, and accelerates arthritis forcing a joint replacement sooner), the gel shot or the “chicken shot” which helps temporarily lubricate the joint (which with very early damaged joints can provide several months worth of relief, but after the second or third round it tends to no longer provide relief), to burning the

nerves (not a very good idea since the nerve grows back in 6 to 10 months – while the nerve was deadened the joints continue to grind away and when the nerve comes back online there's more pain because now there is more damage). This also includes standard physical therapy (good for retraining muscles, but you cannot exercise your way back to new cartilage and new healthy joint space) – all the way through nearly a dozen non-surgical options, including regenerative medicine (both acellular – which contains growth factors, cytokines, and other healing agents which can help form a scaffold and activate your body's natural healing potential to heal tissue but does not contain any additional stem cells – and cellular bone marrow aspirate stem cell therapy, which does everything an acellular product does but also contains an abundance of mesenchymal stem cells and other regenerative agents.

Stem cell therapy works by gathering stem cells from an area of abundance and then placing them in an area of deficiency helping the body to regenerate tissue).

After I've gone through my comprehensive examination, we determine which of the nearly dozen non-surgical treatment options would best help ease their pain, restore their mobility and allow them to remain independent. When you lose your mobility, you lose your life. We might find that a lubricant, Platelet Rich Plasma (PRP), or regenerative orthobiologics (both acellular like PRP and tissue scaffolding and cellular bone marrow aspirate stem cell therapy) will help them. We make an appointment with my PRP/ regenerative orthobiologics expert in my office, and after their first injection, their pain is much better. Now it may take more than

one injection to eliminate the pain altogether, but they begin to have hope for the first time. Hope that they can live pain-free without drugs or surgery.

And, unlike nearly 85% of physicians or physician assistants, we don't perform 'blind' injections -- where the doctor feels with his hands and sticks the needle in where he thinks it should go. Unfortunately, they miss the joint space more than 25% of the time – we use fluoroscopic guidance, which is a real-time, motion x-ray, like a surgeon would use.

This ensures 100% correct placement of the injection, leading to better outcomes for our patients and allowing us to achieve success even with difficult cases or cases that other methods have failed to yield results.

Here's a video where I share the process we use for joint pain.

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Relief from Excruciating Knee Pain



Scan code to the right to listen to Ruby tell how she got relief from excruciating knee pain or read her story on the next page.



I used two canes to get around the house, especially first thing in the morning, because the mobility was not there.

I like to lead an active life, going on vacations, taking hikes and that kind of thing, and it got to be impossible.

The pain was excruciating. I mean, you could hear the grinding in the knees – it's arthritis, and when it's bone on bone, it doesn't want to move!

I could not go upstairs. I would be almost crawling, putting my hands down to help get up the stairs. The thought of having surgery with implanted artificial metal and plastic put in my body...I was afraid.

One day I saw an ad about Dr. Vinton and his team, so we came over, and next thing you know, I'm on the way to getting better – this alternative to surgery worked for me.

I am now walking with no canes. I can go upstairs, shopping, and to casinos, I can

do whatever I want to do, and I'm not holding anybody back.

I have told friends and relatives who are having issues – I don't care how far you have to drive to see these folks; it's worth it. They treat you very well. You are a family when you come here. My kids are so excited! They said Mom, you should have done it earlier! This place turned my life around.

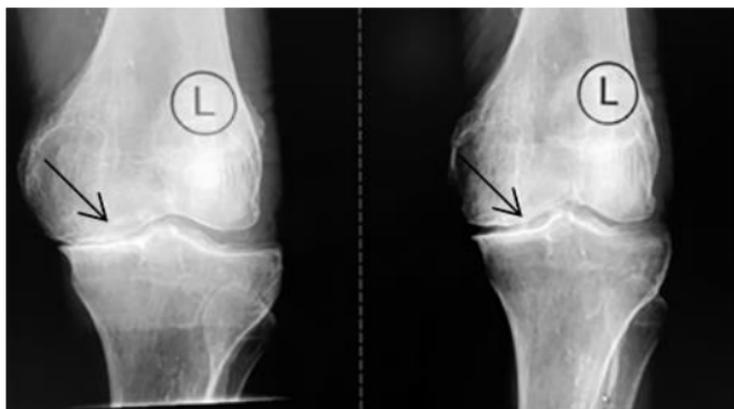
I had been on pain pills and anti-inflammatories for several years, and I stopped taking them right away.

If you're in pain and you know this is osteoarthritis, don't wait. I waited. Go do it now. Get your life back. Get back to normal, doing the things that you like to do, and you need to go see Dr. Vinton and his team, they are great people.

~ Ruby

We also use PEMF (pulsed electromagnetic field therapy), Class IV laser therapy, or soft wave therapy to decrease inflammation, improve blood flow, activate cell and tissue regeneration, and much more. Patients state that they experience a 20-50% decrease in pain with their first treatment, and they can cut their healing time in half by using these technologies. They can climb stairs, kneel down, and get up out of chairs more comfortably.

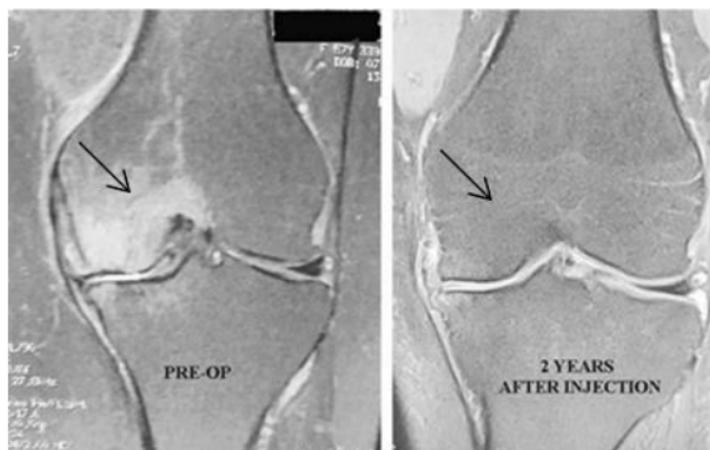
Compare this with the joint amputation and replacement surgery, where nearly 50% who receive it still experience pain of a 4 to a 6 out of 10 on a daily basis, 1 in 200 will get a life-threatening blood clot, the chance of a heart attack within the first 30 days after an artificial joint replacement is 31 times higher than in any other point in your life and only 5% can resume full normal activity after the surgery.



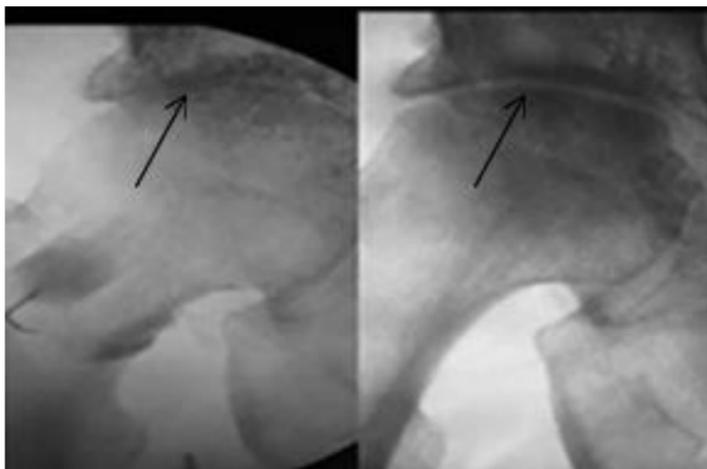
The picture above is an x-ray of an 88-year-old man's left knee taken 4 months apart following an acellular regenerative injection to help stimulate tissue healing. The pre is on the left, and the post is on the right. Notice the improved spacing.

On the next page is an MRI of a badly damaged knee. The pre is on the left, and the post is on the right, continuing to show improvement (see how much less damage/'white' there is on the

right) 2 years after their bone marrow aspirate stem cell injection.



We have the tools to potentially help any joint in the body – here is a pre (on the left) and post (on the right) x-ray improvement post bone marrow aspirate stem cell injection of a patient's hip joint. Notice the improved spacing.



Herniated Discs

I have successfully treated thousands of herniated discs without surgery.

One gentleman who came in was going to sell his Harley motorcycle because he was in so much back pain, he couldn't ride it anymore. He was scheduled for back surgery the very next day, but his wife talked him into coming in.

During his very first treatment, he said, "This is AMAZING! The pain in my leg is going away."

He had enough relief from that one VAX-D treatment; he canceled the surgery.

After two or three more treatments, he took the for sale sign off his Harley because he thought he'd be able to ride it again.

By the time we finished the program, he was riding his motorcycle to the clinic.

Relief from Bulging & Herniated Discs



Scan code to the right to listen to Jodi tell how he got relief from his bulging & herniated discs or read his story



I was dealing with pain for several years. The pain turned into numbness and gradually got worse and worse.

I loved to fish, hunt, and do a lot of walking on my job and with three bulging discs and a herniated disc, I was really having trouble getting around.

Both legs would go completely numb, and I'd eventually have to sit down to get relief from it – I'll never get those years back that I suffered in pain.

I ran into a friend of mine who recommended Dr. Vinton to me, and that same day he looked at my MRI and began my treatment.

After about three to four days, I noticed a significant relief in the pain and numbness.

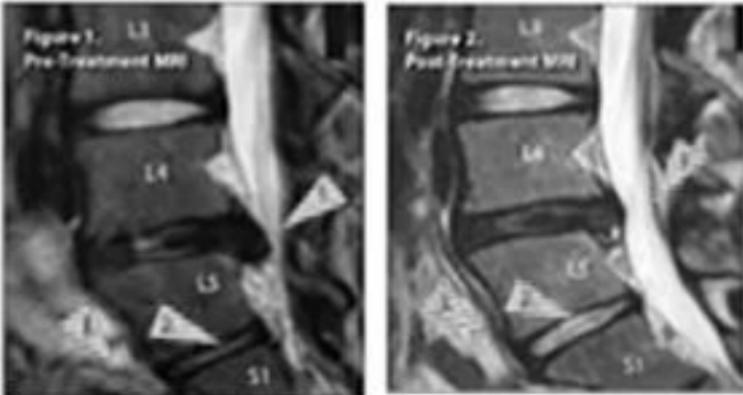
I have very, very little numbness in my leg. It didn't take very long before my pain was a nine to ten, and I'm probably a one right now.

I would say it would be well worth the drive if you're in any type of pain and don't want to go through surgery. They can help you out.

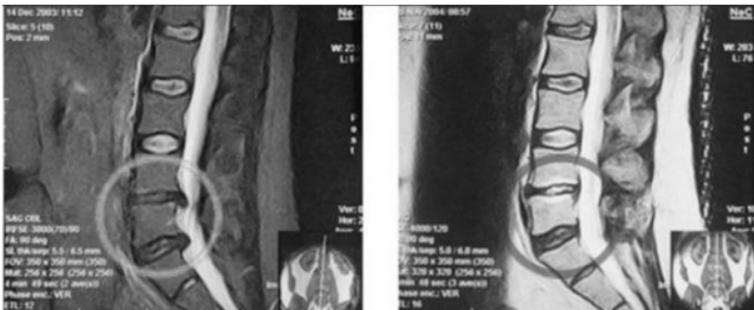
Dr. Vinton definitely changed my life. I'm very, very appreciative.

~ Jodi

In addition to VAX-D we have a department for regenerative medicine and bone marrow aspirate stem cell therapy spinal injections.



Low back MRI pre (on the left) and post (on the right) following a course of VAX-D disc decompression therapy.



This is a low back MRI pre (on the left) and post (on the right) following a bone marrow aspirate stem cell injection.



Here are 2 of our medical physicians performing a regenerative PRP spinal injection under fluoroscopic x-ray guidance in our advanced spine injection procedure room.

You can see the 86" monitor on the wall with the patients x-ray – where the doctors can view their injection in real time motion x-ray as they give it, making

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for a more comfortable and accurate procedure.

Back Pain Changed the Quality of My Life



Scan code to the right to listen to Mark tell how he got relief from his debilitating back pain or read his story on next



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I couldn't believe how debilitating back pain could be.

You start to avoid simple, everyday things like taking a walk. Every step was painful and I mean every step.

I've always been active. I enjoy lifting weights, riding bikes, and hiking. My workouts are really important to me.

I also have a great passion for coaching. I've coached youth sports for over 33 years.

All three of my grandsons play a variety of sports, but because of my back pain, I couldn't spend time with them.

Back pain was changing the quality of my life.

I tried everything – acupuncture, cortisone shots and eventually surgery and nothing worked. It was such a frustrating time in my life.

Of course, I was skeptical, but after meeting with Dr. Vinton, I knew that I was in the right place and that he was going to help me.

I started to feel a difference— I was amazed, to say the least.

Now I'm back to doing things that I love most.

I just got back from a trip to Ohio— we hiked all day.

I even went down the natural water slide — it wasn't pretty, but it was fun.

Dr. Vinton's office is unique. You're greeted by a personal assistant — hardly any waiting. You feel special — the atmosphere is really friendly.

They genuinely care about your problem. You can tell that it's more than just a job to them.

It takes me about 45 minutes to get there but trust me; it's worth it.

I've talked to other patients who have flown in from around the world, and you can't believe some of the stories I've heard about how Dr. Vinton's treatments have helped patients.

You know right away that you're in a state-of-the-art facility. I mean, doctors and patients come from all over the world to be here, it's one of the top centers in the country, and it's tucked away in this small town.

It's so refreshing to work with a group of doctors who are truly dedicated to relieving your pain; they don't just give you a pill that you know is only going to mask the problem. They care about you, and it shows.

Look, Dr. Vinton didn't save my life. He just made it worth living again.

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~ **Mark**

Peripheral Neuropathy

If you have it, you know how debilitating it can be. The burning, numbness, or tingling in your hands or feet can drive a person mad. Modern medicine has no answers for this terrible, life-wrecking condition other than pills, which seldom help and nearly always leave you with distracting side effects. But the Vinton Method™ can help.

In fact, a recent study found 90.1% of neuropathy sufferers were satisfied and finding relief within just short two weeks of care.

Pain Relief from Neuropathy



Scan code to the right to listen to Marty his story of pain relief from neuropathy or read his story on the next page.



As a high school soccer referee and United States soccer referee for about 35 years, four years ago I started getting neuropathy in my lower legs and my feet and had a lot of pain from that – shooting pain and burning pain.

I played football from age 7 to 18. I broke three ribs in my junior year. In my senior year, I messed up my left knee. Officiating soccer for all those years, I've got two artificial knees, and I have back injuries. So my wife saw the advertisement on TV, and she said you know, why don't we call this place?

We called, made an appointment and spoke to Dr. Vinton.

When I told him I was having trouble with my neuropathy, he said well, let's try to do something about that, and I was pleasantly surprised.

Dr. Vinton has taken away all my pain from my neuropathy, and I haven't had that pain

now since I had those treatments. Even my podiatrist, when I told him about it, he said that's great, you know, just keep doing it.

Where I live to here is 50 miles one way, and it takes me about 55 minutes with traffic, and it's worth the drive because everything that he's done has been very successful, and the staff here is really nice.

Dr. Vinton is very forthcoming. He doesn't hide anything, he tells you what he's going to do, and it works, and that's one thing I look for in a physician, and I have not been disappointed here at all.

Dr. Vinton has made my life pain-free.

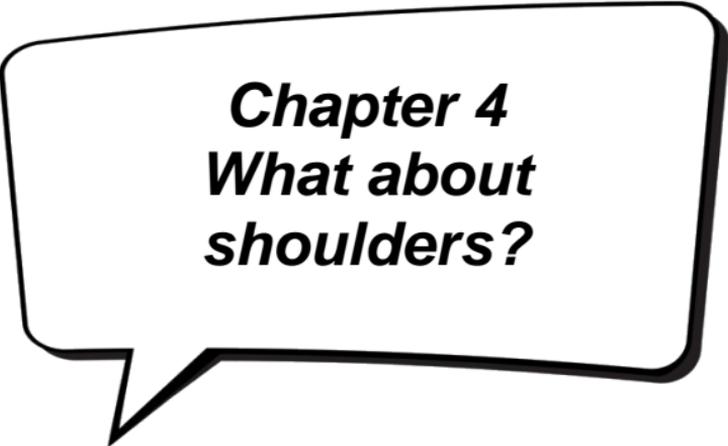
~ Marty

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Chapter 4
What about
shoulders?

The shoulder is a very complex joint. There are soft tissue injuries like torn rotator cuff muscles, tendons and ligaments. There are torn cartilage and labral tears that can cause restricted motion and pain.

There's arthritis, wearing away of the cartilage on the joints, decrease in joint space – all can cause pain, limited range of motion and use of the very necessary joint.

While most doctors blindly inject the joint with cortisone, hoping to reduce inflammation – this does nothing for healing the damaged structures nor prevent an eventual joint replacement with about a 50/50 success rate.

Many physicians will then resort to physical therapy, which can be very useful, but will not heal the damaged structures, restore the damaged joint, or prevent an eventual joint replacement.

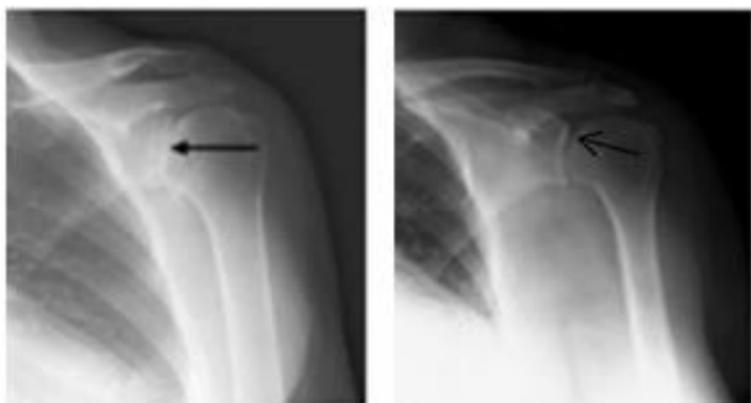
Almost none will broaden their exam as we do with the Vinton Method™ whole person exam and also look at the cervical spine to see if there is a nerve pinched, stenosis or any other structure that could affect motion and pain in the shoulder joint.

This whole-person exam is another part of our “secret sauce” that helps us achieve results even after others may have failed. (It’s actually common sense

– but common sense is so rare it ought to be a superpower!)

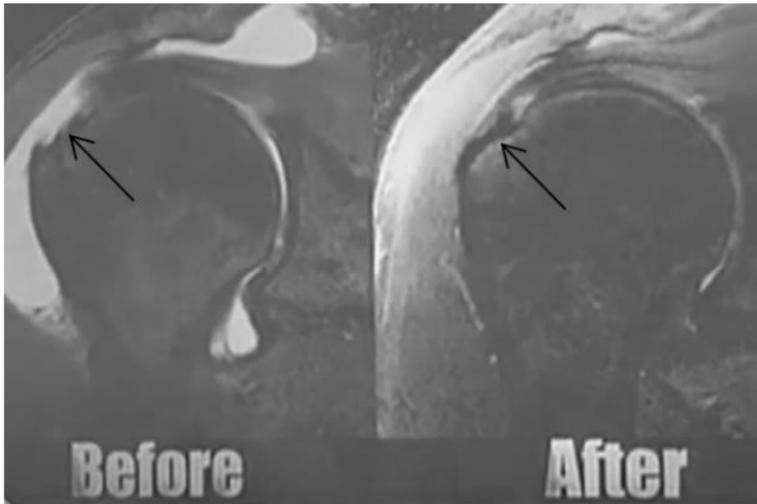
In fact, it actually has a lot to do with your insurance company. They only pay to examine the area of complaint. With our office never having a charge for the initial consultation or evaluation, we're not limited by some abstract insurance company guidelines. We're able to perform a full-person exam and let the facts lead us to where it may, take x-rays where we want, allowing us to have a more complete diagnosis to help you get better faster and stay well longer.

Class IV laser therapy, pulsed electromagnetic field therapy (PEMF), soft wave therapy, regenerative medicine procedures like PRP, and both regenerative acellular or cellular-based bone marrow aspirate stem cell therapy can have a profound effect on not only reducing pain, restoring motion, but also in helping the joint to heal.



X-ray of a patient's shoulder. Pre (on the left) and post (on the right) improvement in shoulder joint arthritis following bone marrow aspirate stem cell injection.

With all of the pre-and post-imaging and regenerative medicine procedures, class IV laser, soft wave therapy, pulsed electromagnetic field therapy (PEMF), as well as neuro- spinal alignment and myofascial release techniques performed by one of our doctors of chiropractic were also included to aid and maximize healing.



This is an MRI of the right shoulder rotator cuff tear, with a separation of nearly 1 inch. The before MRI is on the left, and the after MRI is on the right, taken several months later, and you can see that the rotator cuff has grown itself back together!

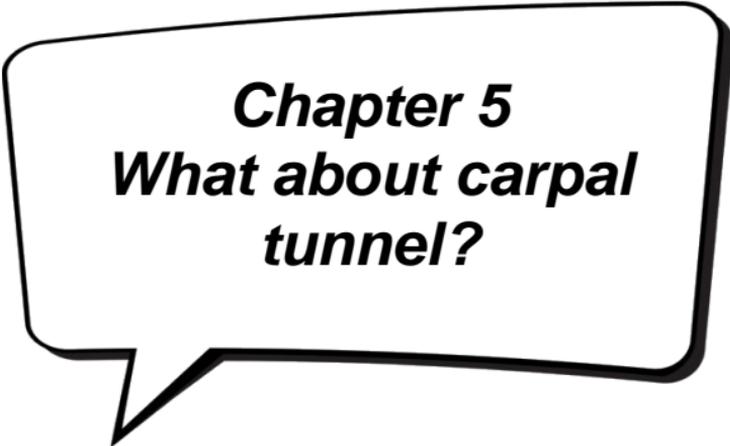
This was done with bone marrow aspirate stem cell injection. This saved the patient from having shoulder surgery. This is nothing short of miraculous.

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Chapter 5
What about carpal
tunnel?

1933 was the year the first carpal tunnel surgery was performed.

At that time, they examined the neck, the shoulder, the elbow, and the wrist.

Unfortunately, today, most physicians only check the wrist and perform carpal tunnel surgery.

It is no wonder that 66% of carpal tunnel surgeries fail – primarily for two reasons.

Reason number one is that they didn't examine the elbow, the shoulder or the neck – which have nerves that travel down the arm into the wrist and hand.

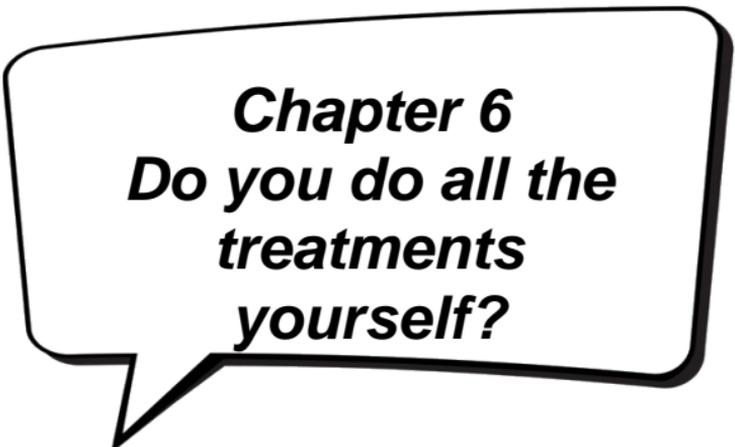
And reason number two is even if it was in the wrist (which it occasionally is), the mere fact of doing surgery almost always creates scar tissue which then grows inside the carpal tunnel, re-crushing the nerves.

Part of the Vinton Method™ is examining the whole kinetic chain from the neck, the shoulder, the elbow, and the wrist to determine where the blockage is and, once correctly diagnosed using non-surgical methods to remove the blockage (which is possible the majority of the time) thus helping put an end to an otherwise painful and often times life-altering condition.

If you or someone you know suffers from carpal tunnel, you owe it to yourself or them to at least have an evaluation to find

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out the root cause before committing to surgery, with its incredibly high failure rate and often permanent pain and disability.



Chapter 6
***Do you do all the
treatments
yourself?***

In my clinic, I have a doctor who only injects lubricants, PRP, and regenerative orthobiologics under fluoroscopic guidance all day long.

I have a doctor who only helps herniated discs all day long.

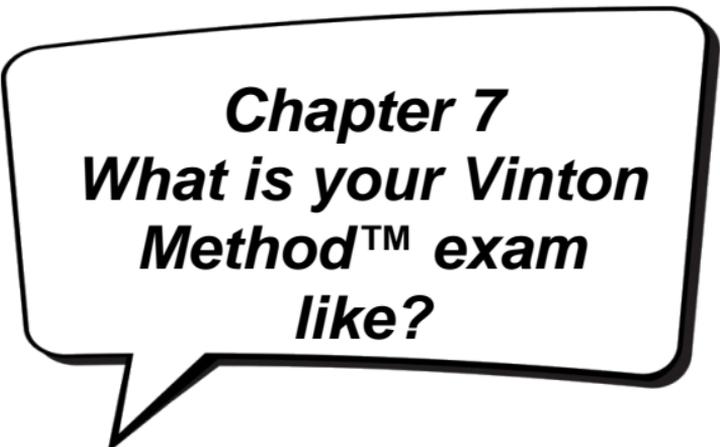
I have other staff professionals skilled in other treatments.

Each is a specialist in what they do.

When you come in, I do all the initial find-the-root-cause exams.

But once I've determined the root cause of the pain and prescribe a treatment plan, I may turn you over to the specialist skilled to help with that issue(s).

A combination of my ability to diagnose and treat with millions of dollars of high-tech equipment and a staff of well-trained doctors and specialists is the reason I can say that YES, it is possible for you to live a pain-free life.



Chapter 7
What is your Vinton
Method™ exam
like?

I leave no stone unturned.

It's like an executive exam. It's very thorough.

Unlike many other clinics that often cannot help the hard-to-treat pain issues, our results are extraordinary. We have the specialists and the equipment in the clinic.

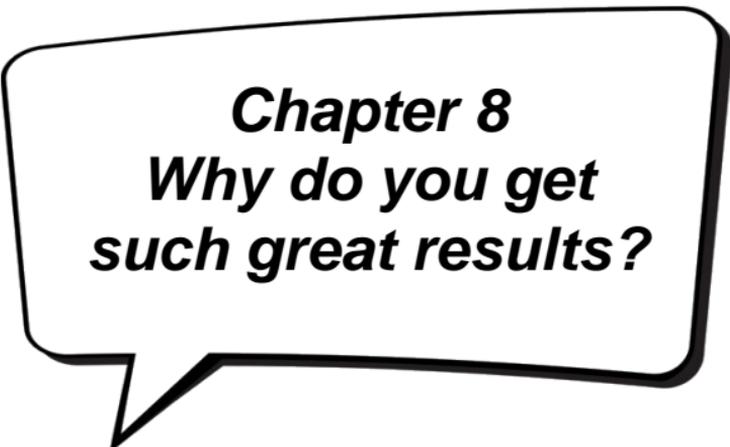
What I do in the initial exam is what I call "defining the baseline." Just like when you go to the doctor and order a battery of tests to find out where your health is

today, I want to know and document where you are today.

By looking from the top of the head all the way to the bottom of the feet, I can find the issues.

- Is it a straightforward issue?
- Or is it a more advanced or complex issue?
- Does it have a single cause, or are there multiple contributing factors?

But the exciting part is that it is the last time you will be in that condition.



Chapter 8
***Why do you get
such great results?***

My average patient drives one to two hours to get here. That's not uncommon. Many drive further or fly in to receive their care.

They know if they had gone to the doctor down the street, they would just be given a prescription for some pills that can never fix their problem.

Even if they medicate you or numb you for a short period, the problem sits there and festers and gets worse with time.

That's what degenerative conditions do.

Having specialists with different strengths and a clinic with **multiple 7-figures in treatment equipment** on-site gives us an extensive toolbox of diagnostic and treatment options to choose from to keep our patients from a lifetime of drugs or failed surgery. The big difference is we're not just treating symptoms – that's what medication does – we're getting to the root cause. And by helping correct the cause, you not only get relief, but you get restored function, and you get more life out of your years and years out of your life.

This morning, we had a gentleman who met us at the door on all fours. He couldn't walk upright; his back hurt so bad. Within 15 minutes of being in the clinic, he stood up and walked around. He said the pain was over 90% gone in just that one gentle neuro spinal alignment treatment.

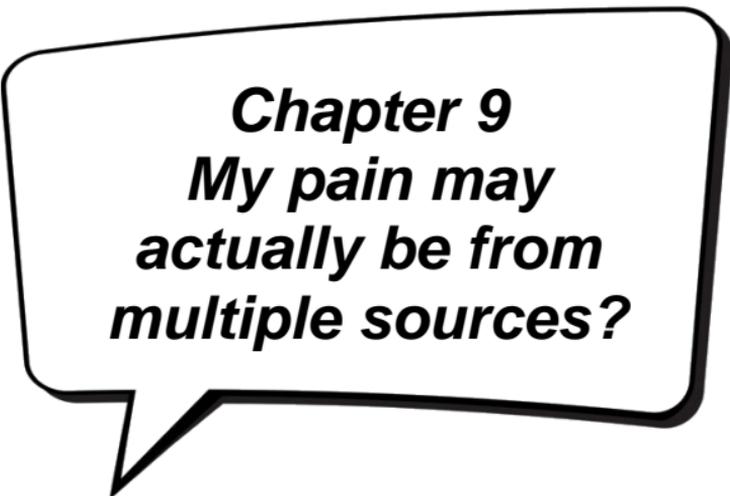
We've had people who have very degenerated damaged knees. After their first injection with a lubricant, ozone, PRP, regenerative orthobiologics, or treatment with PEMF, Class IV laser, or soft wave therapy, their pain is so much better.

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Chapter 9
***My pain may
actually be from
multiple sources?***

Yes.

When I do the initial full-body exam, I often pick up on things that people didn't know they had wrong.

They came in, let's say, for back pain. But in the process of doing a whole-person exam, I find that they can't turn their head very well to the left. And I find that they have maybe 50% loss of strength in their hand. I find that

perhaps they don't have as much feeling in their hand as they do on the other hand.

They had no idea that they had these problems because most of these problems were subtle, not painful, and had a loss of function.

We take an X-ray and find out there is massive damage to their neck. They get an MRI and find out they have significant stenosis – it's the same whether it's an arthritic knee or pins and needles in their hands or feet. Our exam uncovers the underlying cause and other contributing factors.

So in doing that, we have really helped what they came in for, but during the exam, we picked up on other things structurally and functionally not working well. Kind of like your car if it's out of alignment, you can still drive, but the tires wear much faster.

As a result of the full-body exam, we're able to pick up on things that, when fixed as well, put you in a higher state of well-being.

Most things in life that are not adequately maintained – it doesn't matter if it's your spine, your arteries, your relationships, your teeth, or your lawn – will always result in problems.

The trouble is problems are usually silent.

You don't feel your arteries clog.

You don't feel your spine or knees degenerate.

You don't feel relationships begin to crumble.

Until there's a crisis.

The crisis for the arteries is having a stroke, the crisis for your teeth is you need a root canal, the crisis in the

relationship, maybe a divorce, and the crisis with your spine is painful pins and needles, raging pain down your leg, throbbing knee, or burning in your feet that just won't go away. But often, the pain appears at the end stage; your body never gives you a warning signal until the damage is already done.

Our job is to help you out of the crisis and eliminate the pain.

But more importantly, it is to correct the underlying problem, which we have the tools to do.

But even more important than that is to return you back to the proper wellness.

Just like you brush your teeth every night, just like we should eat well and exercise to keep healthy arteries, we should do the same with all four of those essentials, the most important of which is the mental impulse. I mean, you can go a few minutes without oxygen, you

can go a few days without water, you can go a few weeks without food, but you can't go more than a second or two without a mental impulse; you'd be dead.

It's our on-site doctor of chiropractic's job to make sure that the brain, spine, and nervous system are functioning at their optimal to allow essential #4 – mental impulses – to travel from the brain over the nerves to every cell tissue and organ in your body maintaining its proper function and well-being.

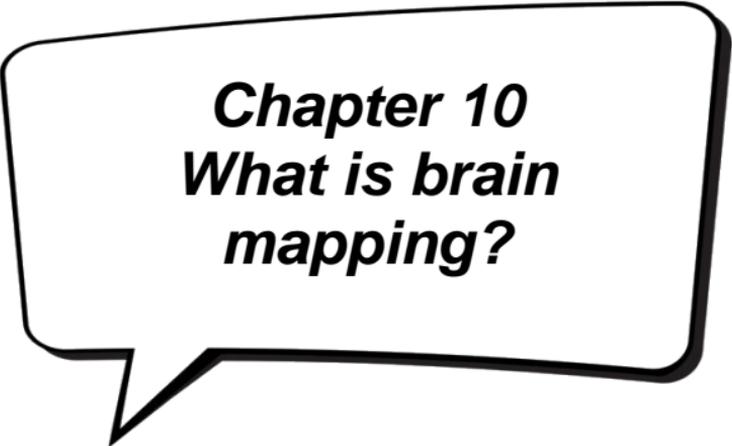
It is such a critical part of health, and something no other medical specialty addresses, which is why we have two world-class doctors of chiropractic on staff to address this important part of your health, well-being, and recovery.

Healthy choices in the four essentials allows your body to experience EASE. Interfere with the four essentials and

your body will develop DIS – EASE – loss of harmony and breakdown within your body, eventually leading to the build-up of damaged cells and tissues, weakened immune function, and leading to DISEASE – the presence of pathology.

Doctors of chiropractic help you by working at all areas of dysfunction, whereas medical physicians merely attempt to treat the symptom or the pathology but never the underlying cause. That's why we have both working side by side in our clinic. The best of both worlds.

I want to talk for a few minutes about brain mapping.



Chapter 10
What is brain
mapping?

Brain mapping is such a critical part of your whole-body wellness. I created an entire department focused on just that.

That department does a quantitative electroencephalogram (QEEG).

A QEEG detects electrical activity in your brain. The test uses a small cap with 21 sensors. Your brain cells communicate via electrical impulses and are active all the time, even when

you're asleep. This activity shows up as wavy lines on an EEG recording.

We literally record 21 different parts of your brain.

We're able to pick up on things like attention deficit, or if somebody had a stroke, or buggy or car accident, or dementia, anxiety, depression or who has chronic pain (did you know that when you have pain that has lasted longer than three months that the part of your brain that controls the part of the body having pain becomes damaged and begins to shrink. Thus, for many people who experience chronic pain-or even those who've experience an amputation of a body part- continue to feel the pain even after the local injury has healed or in the case of an amputation after the limb has been removed-because the brain is still misfiring signals for pain and this is what makes brain mapping, and

neurofeedback such a powerful tool to help chronic pain).

And we're able to help correct the source, which is in the brain. In fact, that's what pills like Neurontin, Gabapentin, Lyrica, and Cymbalta attempt to do. They are seizure medications, and they try to influence your brain – with serious side effects. Unlike neurofeedback, they don't correct the cause and leave you feeling groggy or not yourself.

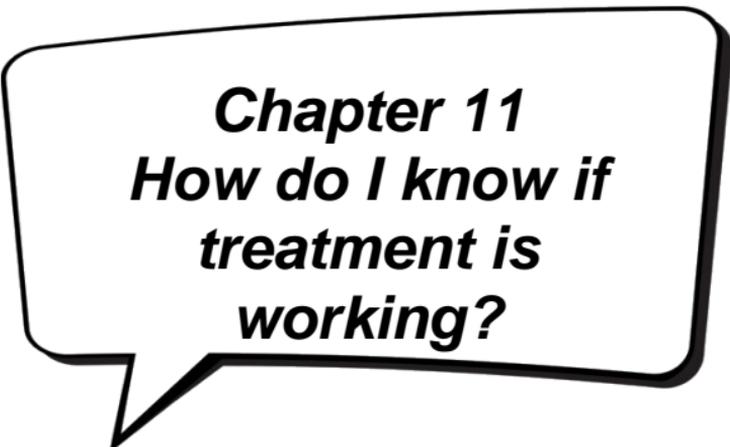
I have doctors in the clinic who train and restore healthy brain function with neurofeedback all day long.

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Chapter 11
***How do I know if
treatment is
working?***

A post-exam is a critical part of the Vinton Method™.

If we diagnose and treat properly, we should see things definitively improve.

If it's a dietary thing, you should see the blood work dramatically improving.

If it's a disc issue, you should see function, pain, and reflexes all improve.

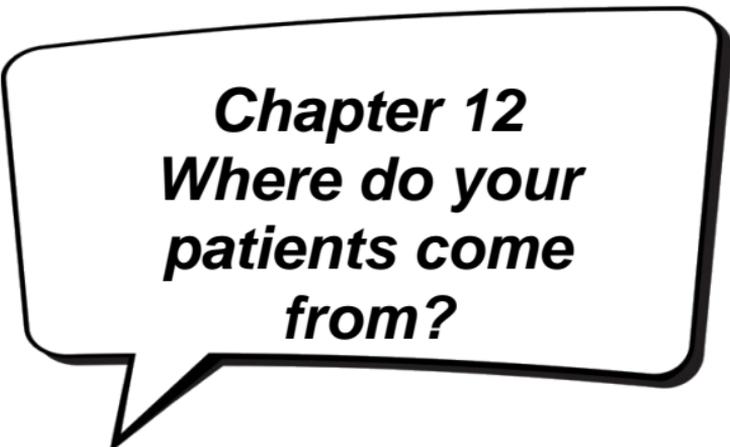
If it's neuropathy, you should have less numbness, tingling, and burning and

have feelings return to your feet and hands.

If it's a degenerated knee, it should move easier, with less pain, and a post x-ray should show improvement.

I'm huge on results, so I know we're making a difference.

You are structurally and functionally better.



***Chapter 12
Where do your
patients come
from?***

I've had patients from Ireland, Mexico, Romania, Australia, Spain, Canada, Brazil, the UK, and many others.

Just this week, we've had patients from Cleveland, Boardman, Youngstown, Warren and other parts of Ohio, West Virginia, Maryland, New Jersey, Philadelphia, New York and from all around Pennsylvania – Pittsburgh, Cranberry Township, Beaver, Greensburg, Uniontown, Franklin, Oil

City, Clarion, Hermitage, Grove City and more – we help a lot of people.

We take care of many people with many severe conditions that they're not finding results for locally.

I had one 70-year-old gentleman come with a back issue. He lived 3 hours away and couldn't afford a hotel for the several weeks he needed for his treatment.

I have a rather large parking lot.

He and his wife came in their camper and lived in it in our parking lot for three weeks.

He had great results.

I had another gentleman come up from Southern Virginia – about nine hours away. We helped his arthritic knee, and then he wanted help with the degenerating discs in his lower back. He and his wife got a hotel and spent

about a month here. We solved the problems that he was having that limited him from going to work and doing the things he needed to do. No local doctor could help him, and he had heard about me and my method.

He, too, did very well and is a raving fan of our clinic.

Scan these codes below to hear more stories.

Herb's Story

Excruciating back pain.

I had difficulty getting dressed.

I couldn't pull my shoes on. I couldn't pull socks on.

I wanted to stay away from surgery as much as possible.



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I feel great today.

Dr. Vinton's treatment worked for me.

Matt's Story

I was suffering from major back pain.

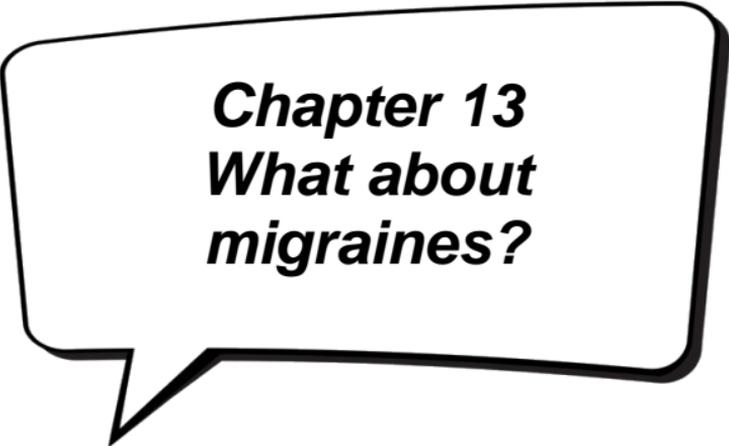
I couldn't move. I couldn't even get out of bed some mornings.

I ended up here.

Dr. Vinton put me on the Vax-d and it was amazing!

It was like a miracle – it completely changed my life.





***Chapter 13
What about
migraines?***

Seventy percent of headaches come from damage or interference within the cervical spine.

When we combine gentle non-force neuro-spinal alignments with neurofeedback or biofeedback, where we can directly train the brain, our results in curing headaches are 90 to 95% successful.

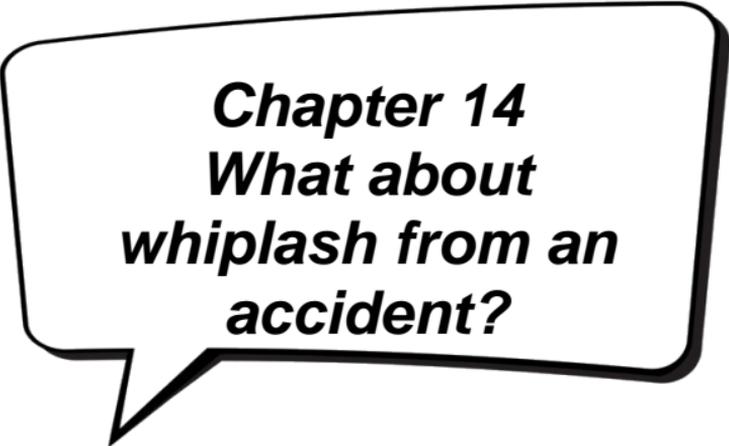
It doesn't matter if they are regular headaches, migraines, or cluster

headaches. They all respond to treatment.

Of course, it starts with the initial exam, where I determine the cause or causes.

We treat the spine. We treat the nerves, the brain, and stress, and if needed, we coach on lifestyle and diet.

Not only do we address and eliminate the current headache, but we can eliminate all the future ones as well.



***Chapter 14
What about
whiplash from an
accident?***

Automobile injuries are an unfortunate part of life for many Americans. We find that many of our patients now have chronic issues as a result of some prior injury – often an auto accident, even though they may not be aware of it at the time of injury.

It is said that the average person doesn't even feel the full effects of an auto accident, including whiplash, for 11 months after the injury. By then, most never relate it back to the accident.

Without proper care, these acute injuries become chronic and eventually rob you of your quality of life.

By having a diverse medical team with specialized training in handling auto and other injuries, we are able to help often correct the injuries as well as prevent the injuries from worsening.

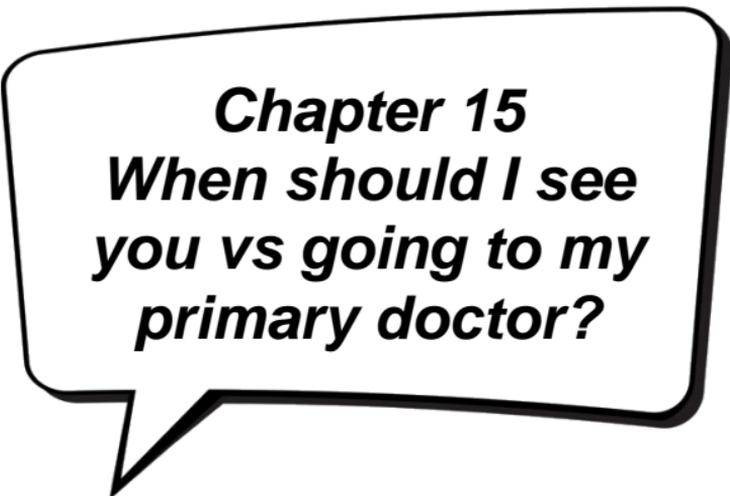
This is no small thing and requires highly specialized training, procedures, imaging studies and specialized care.

For those who have been injured and seek legal representation, most doctors and many lawyers are unfamiliar with the documentation required and it is estimated that 65% of all injury cases are lowballed by the insurance carriers, to the frustration of the patient, their doctors, and their lawyers.

Our auto accident and injury division has spent tens of thousands of dollars on specialized software and training to get

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you the care that you are entitled to and, if due, the financial settlement that fits your injuries.



Chapter 15
***When should I see
you vs going to my
primary doctor?***

I need to give another short history lesson.

Interestingly enough, modern medicine has only been around since the invention of the antibiotic, about 100 years or so; prior to that, most were folk remedies and laying on of hands healing.

For that reason, I find it ironic that everything other than pills is called

“alternative” when in fact, they have been around for eons of time and the new kid on the block, prescription medication, are the newbie AND the number one cause of death in the United States (it’s called iatrogenic disease, which is a disease caused by properly taken, properly prescribed prescription medication. It’s a well-known medical fact that has been published in medical journals for over 25 years. Heart disease and cancer are the number two and number three cause of death in the US – 70+% of which are preventable or treatable with a healthy lifestyle following the 4-essentials).

Did you know that a doctor of chiropractic schooling exceeds that of your primary care physician, same classes, same books, by 25%? The difference comes when medical physicians study prescription

medication to treat symptoms, doctors of chiropractic study the human body and the four essentials that keep people healthy and heal naturally.

An unbiased study on chiropractors, led by a well-renowned medical doctor, did a 7-year study from 1999 to 2005, with patients who utilized a chiropractor as their primary care physician and found 60% fewer hospitalizations and 62% fewer outpatient surgical cases, and 85% lower pharmaceutical costs. Incidentally, chiropractors also had higher patient satisfaction scores.

Here's what Dr. Sarnat, M.D. had to say about the findings: "I have always believed that the over-utilization of pharmaceuticals and surgery, and the under-utilization of more natural healing techniques, such as Chiropractic, has been the cause of great suffering. Yet, I had no idea that the magnitude of both clinical improvements and cost-

effectiveness would approach 50% in both cases.”

“Previous studies have shown these types of savings when Chiropractic has been used as a first-line treatment for NMS (neuromusculoskeletal) ailments, instead of conventional medical care. But to see this level of effectiveness across the board for literally all types of clinical presentations within a primary care setting is surprising to me, and good news for the rest of the world.”

The study undoubtedly proves that serving as healthcare providers, chiropractors provide substantial savings for the patient and lower the need for surgery.

Doctors of chiropractic represent the number one alternative to standard medical practice. They are a part of mainstream medicine, with many found in hospitals, pro sports teams, and

military settings – but it was not always that way.

The American Medical Association wanted to eliminate them altogether. In 1976, an antitrust suit against the AMA proved the magnitude and scope of their plan.

During the court case, they showed that on the first day of medical school, students were given a pamphlet that said that Chiropractors were rabid dogs.

In the 50s, 60s, and 70s, if a doctor accepted a Chiropractor's referral, he could lose his hospital privileges.

We know the number two reason for seeing a doctor is back pain.

But your primary care doctor has less than four hours of instruction over their whole eight years of schooling on what to do about back pain.

What doctors do for back pain is give you pills or send you to therapy.

After therapy doesn't work, you go have shots.

After shots don't work, you go to pain management.

After pain management fails, you go to the surgeon.

Experts say, that less than 1% of back surgery patients have a good long-term outcome. Other medical experts say that upwards of 90% will be left worse off for having had the surgery. A neurosurgeon friend of mine said that he feels 4 to 6% might benefit from surgery. No matter how you slice it, those aren't good numbers.

75% of people who start with chronic back pain one year later are still in pain and disabled because the standard

system doesn't address the underlying cause of the pain.

It took 11 years to resolve the antitrust lawsuit.

After an 11-year court battle, the AMA finally relaxed its referral to Chiropractors by medical doctors. In fact, the federal judge in the case said that the American Medical Association was the most reprehensible organization she had ever encountered in her 38 years on the bench. And that the decades-long smear campaign was for one reason and one reason only. Economics. If a patient was spending money in the Chiropractors office, they weren't spending it in the medical office. In my opinion, that is criminal.

While it took many years for old habits and old thinking to fade away, many now freely refer back and forth to each other.

I employ MDs and DCs in my practice because of their specialized skill sets.

And medical doctors and surgeons routinely send their patients to me for evaluation and treatment.

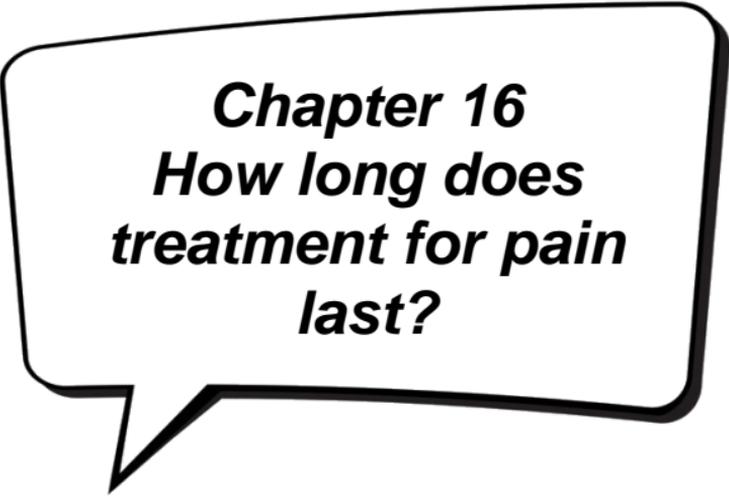
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Chapter 16
How long does
treatment for pain
last?

It depends.

The gentleman this morning that came in crawling was just a neuro spine alignment. His whole treatment was 15 minutes, and he was over 90% better.

Another gentleman came in and was over 300 pounds, which resulted in all kinds of other issues.

He had massive disc degeneration, dried-up dying discs, and bone spurs pushing on the spinal cord and nerves.

He required a whole different treatment option than somebody who just tweaked their back this morning.

It is the same thing with somebody who has a little bit of arthritis in their knee versus somebody who has nearly bone on bone.

The good news is they're all able to be helped.

It's just like your car. For a scratch in the paint, the repair may only take five minutes.

For more extensive damage like rust, it may take an hour to prep the car and fix the rust.

If the rust is all the way through, it's still fixable, but now you're into more time and more money to make that happen.

So, it depends on what the causes and damage are.

Recently I had 47 patients coming for headaches. We had 44 of them headache free in one day. These are people who have been suffering for most of their life.

One guy suffered for 37 years, another person for 53 years, and their headaches were substantially reduced or gone in one day.

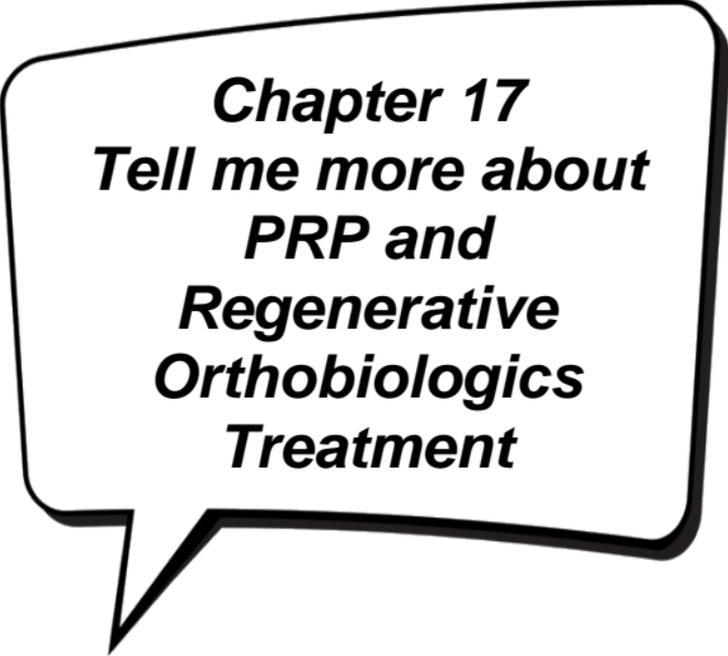
With the Vinton Method™ of diagnosing the root cause and our multiple 7-figure worth of advanced equipment and highly trained specialists, that success rate is not uncommon.

But not everybody is fixed in one day, of course.

Most people start to feel better for herniated discs, arthritic knees, shoulders, or other joints in a few hours

to a few days. To completely fix the pain might take a month or two. And, unless you have another injury, it's fixed.

And not only are you pain-free, but you can go back to doing the things you enjoy doing. And most importantly – you avoided surgery and a lifetime of misery.



Chapter 17
Tell me more about
PRP and
Regenerative
Orthobiologics
Treatment

PRP was actually made famous right here in Pittsburgh by Hines Ward and Troy Polamalu for the Pittsburgh Steelers.

Neither one was fit to play in the super bowl. They had PRP treatment, and a week later, they played.

Many press articles were written about their PRP treatment that had them back in playing condition in a week.

PRP (platelet-rich plasma) is impressive. We take your blood, spin it down to concentrate the platelets, and inject it into the area/joint with the pain. It's quick and painless.

Both PRP and regenerative orthobiologics are part of what is called Regenerative Medicine. Mayo Clinic now has a whole training program on this new treatment protocol.

Regenerative Medicine is the future of medicine, which is why I have a whole department with specialists just focused on this new exciting part of treatment.

Doing a few simple fluoroscopic guided injections of regenerative orthobiologics or PRP into a joint allows that joint to regenerate itself.

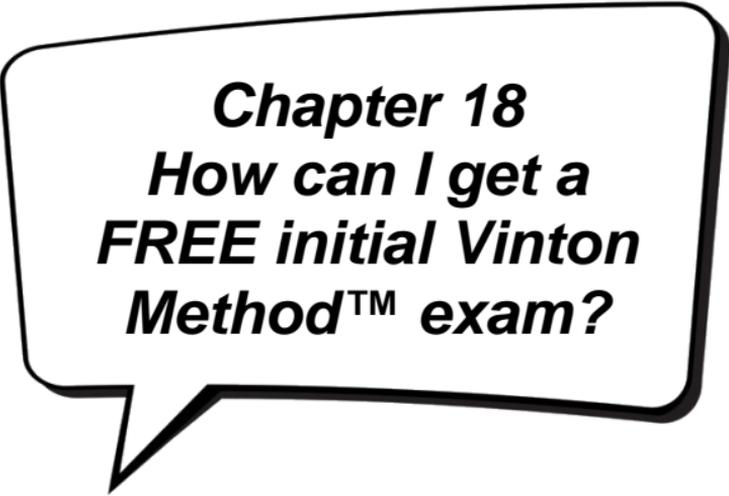
You get out of pain, and you can go back to climbing stairs, gardening, and getting in and out of the car or bathtub easily. You live life again. Without surgery. Without drugs.

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Chapter 18
How can I get a
FREE initial Vinton
Method™ exam?

Thank you for taking the 30 minutes to read this book, and I congratulate you on taking the first step towards a pain-free life again.

For the last 33 years (2022), I have never charged for the initial evaluation. It was a decision I made so no one could have an excuse they couldn't afford to know the root cause of their pain.

It's a complete evaluation.

I am going to spend 30 minutes to an hour with you.

I am going to use everything I have available in the clinic. Every test, x-ray – whatever I need to do to see exactly what the problem(s) is.

It's like an executive exam you'd pay upwards of \$500 for.

Once the exam is finished, I will give you your results right then.

The only thing I ask is if you schedule that appointment, be courteous of others, and keep that appointment.

Now, all you need to do is call my office at 800-949-4031 and schedule your Vinton Method™ exam.

You really can live the rest of your life pain-free.

www.Click2LearnMore.com

Don't wait.

Dr. Kenneth Vinton, D.C.

800-949-4031

Pain
SOLUTIONS TODAY
Spring 2021

HIGH TECH
HEADACHE RELIEF
pg 12

Dr. Kenneth Vinton

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INNOVATIONS
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TREATMENT

**DR. KEN
VINTON'S
MISSION TO
TRANSFORM
CHRONIC
PAIN** - pg 6

THE VINTON METHOD™ - pg 8

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9 781234 567897 \$9.99

NOTE: Throughout this book, I mentioned many types of treatments.

For more information on each of these, go to

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About Dr. Kenneth Vinton

Dr. Kenneth J. Vinton performed his undergraduate work at the University of Pittsburgh and graduated from Palmer College of Chiropractic, with honors in research, in June 1989.

Since then, Dr. Vinton has been in private practice and passionately continues his study to ease pain, provide quality of life-enhancing rehabilitation, and offer lifelong wellness strategies.

Dr. Vinton has been invited to speak across the United States, Canada, and Europe. Doctors from 43 states, Canada, Japan, Ireland, China, New Zealand, United Kingdom, Mexico, Thailand, South Korea, Spain, and Australia, have come to his Grove City, PA office to study with him.

Dr. Vinton brings the very latest in science and technology, blended with proven techniques, an excellent team of medical physicians and a gentle bedside manner to help the members of his practice ease their pain, restore function, and increase their vitality and wellness, naturally.

Dr. Vinton's greatest past time spending time with family, caring for members of his practice, boating, reading, traveling, teaching, and watching a good movie on the big screen.

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DR. VINTON

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