

THE BACK STORY NEWSLETTER – ISSUE 1

Pin Pointing Your Pain



Prevent a Running Injury with a Plan

By Nicole Degner

Whether you have been sticking to indoor training or braving the weather this winter, now is a great time for runners to step up their workouts or get back into spring shape. The warmer temperatures call us outside to enjoy the beautiful blossoms. This outdoor trend is obvious to those who include Lake Peachtree in their training, as the docks are full of people.

Going out for a walk, taking a jog, or getting in a tempo workout, the spring entices us to get moving. Here at Allied Healthcare Clinics our goal is to keep you active, encourage you in your health goals, and keep you living pain free. However too often this time of year with the excitement of summer around the corner, we start doing too much, too quickly.

When it comes to injuries, you are most susceptible:

- During the first few months when you start your training
- After an injury and returning to running
- When you increase your weekly mileage
- With the addition of speed workouts

Basically whenever you begin your training or add to your current program, you increase your risk of injury. Although many of you may be aware of these facts, are you taking the right steps to overcoming these vulnerable times? Too often injuries could have either been prevented or had quicker recovery. During this time of year, a majority of people fall into one of the four scenarios above, however there are essential steps that should be taken to keep the injuries at bay.

What is the number one action step you can take today? Having a Plan! Now before you think you know this all, reflect on your current training program. As stated earlier, injuries are most commonly due to doing too much too fast and not allowing for proper recovery. How many times have you run out of days in the week to get a long run and speed workout in, so you end up doing one on Saturday and the other on Sunday with no recovery time in between? Do you think about stretching after a workout adding in a few lunges and squats but run out of time? What about your core routine? How do you squeeze everything into your already filled schedule? That is right, have a plan. Yes it will take a little time and effort but will save you in the long run.

Although no one plans for injury, the actual lack of a plan can lead to injury. We do not plan to cram all our mileage into the weekend or plan not to do core. So instead let's make a plan and spread the workout over the week. Do not let Sunday sneak up on you before you decide to stretch.

Create Your Running Program

1. Build Mileage

We all know the Golden Rule of increasing 10% each week and depending on your level of fitness you can alter this if you know what your body can handle.

2. Alternate Easy and Hard Days

This is obvious, but how many people actually know what is easy and hard for their body? Look at the chart you just did and find out what your pace should be for recovery days, long runs, and tempos. This sheet is an essential guideline to keeping you on track.

Do you not know what your pace is? If you are new to running, try doing your routes on marked courses such as the famous Peachtree City 10k loop that starts at the Library. Here there are mile markers and you can look at your watch to get an idea of what your mile pace is. Run a marked course either every week or every few weeks if you feel your pace is not changing.

3. Plan Rest Weeks

If you are continuing to either increase your mileage or incorporating speed workout, remember to take a down week every three or four weeks. Bring your mileage down by about 25% of your total weekly mileage for one week, and then you can return to your previous weeks mileage.

4. Stretch and Strengthen

This area will vary depending on your goals. These two are important keys for injury prevention. Looser muscles are less prone to injury and strength helps support your muscles and more importantly a strong core helps with your form. Towards the end of a run, our form tends to get sloppy and when you are not running upright you become less efficient and put yourself at risk for injury.

Now there is one area that is more important than a plan and that is listening to your body. Are you so set on your running program that despite that nagging pain, you are still going to get in your 15 mile long run? Short term you are so focused on meeting your schedule, but long term this could completely sideline your plan. The number one key to overcoming injuries is listening to your body. Is your calf a little extra tight? Is your IT flaring up? With these minor twinges take time to stretch, self massage with your hands, use the running stick, a foam roller, or a tennis ball, and ice the area to increase the blood flow. Make an appointment for a massage or ... It is easy to forget these small aches when you complete your run and it is time to shower and head to work or get to a meeting. So again, what is key? Planning. When you feel the pain or discomfort, make a plan to stop it in its tracks. Run 5 minutes shorter to allow for a proper cool down or stretch. Or after your shower turn all the hot water off and let the cold water run on the injured area.

All of these ideas are guidelines so find what works for you and stick with it. Plan a month in advance. Or take out your PDA and put it on your daily calendar each week. Do you have a big race in a few weeks or months? Work back from the race date to ensure you get the best preparation in time for the race.

Do not put your running plan off. Now is the perfect time. The cold is behind us and we have the motivation of spring to get us moving. Stay on track with your goals and do not let an injury set you back. Do you get a regular massage or treatment for your sore muscles? Do you take a proactive approach to keep injuries away? Call ahead and set up your appointments

Pinpointing Your Pain with the Nerve Conduction Study

By Ellie White-Stevens

Because he was in his forties and strong, a recent patient we'll call Steve didn't test positive on any of the standard orthopedic physical tests for problematic discs. So Dr. John N. Thomas, D.C. at Allied Healthcare Clinics started him on standard muscle management treatment for his neck pain. But something wasn't right. Steve's discomfort was too intense.

Dr. Thomas sent Steve to get an MRI. The results showed herniations and bulges at four disc levels in Steve's neck. "I knew right away that what Steve really needed was IDD Therapy®. He had the worse case of cervical degeneration I had seen to that point."

The MRI is a great test for finding the exact physical condition of the neck or low back. But in cases like Steve's the question is, what level do you treat first with the IDD Therapy®, advanced spinal decompression? Dr. Thomas wanted to be sure he treated pain first.

So Dr. Thomas began working with physical therapist Windy Brannon and Dr. Luther Vance, M.D. Windy has her master's degree and years of training and experience in conducting NCV/EMG (Nerve Conduction Velocity/Electromyography) tests for nerve damage and pain assessment. By utilizing simple physical movements and electrodes placed on the skin in the first test, and three tiny acupuncture-like needles and passive monitoring in the second she can test for strength and find the source of the pain.

Allied Healthcare patients who have had the NCV/EMG tests report little to no pain or discomfort. The NCV/EMG tests are indicated for finding nerve damage, muscle pain and weakness, carpal tunnel, and for finding exactly which disc in the neck or low back is causing the radiculopathy (pain, numbness or tingling) in the extremities.

As an M.D., Dr. Vance consults with Allied Healthcare Clinics on cases needing NCV/EMG, ordering the tests, interpreting their results and answering any patient questions. Dr. Vance has been practicing medicine for over 40 years. 'At one point my youngest patient was two days old, and my oldest was 105,' said Dr. Vance.

"As a diagnostic test, NCV/EMG is unsurpassed in scientifically proving that what a person says about their condition is true. If you say you have carpal tunnel syndrome, this test can show if it is coming from your neck or from your wrist. If you have sciatica, it can show from what disc level and how bad the problem is, biophysically," said Dr. Thomas.

"From there, we know that IDD Therapy® is clinically proven 86-92% effective in treating disc degenerations, spinal stenosis, and other conditions. As the only local

licensed and certified IDD Therapy® facility, that's added assurance. Our treatments are now even more targeted," concluded Dr. Thomas.

In Steve's case, the NCV/EMG showed that while he had full strength in his muscles, he was in a chronic cycle of pain. Now, Dr. Thomas knows the full story and can better manage Steve's care.

"One of the added benefits to having Dr. Vance consult with us is that our patients insurance will often cover their NCV/EMG testing. In these tough economic times, we want to make quality, effective care as affordable as possible," said Dr. Thomas.

Part 1: Poisoning Ourselves

By Dr John Thomas, D.C.

Hold the Deodorant:

What really stinks about keeping up appearances and what you can do about it.

So many researchers are looking for a cure for cancer. But people fail to realize the causes of cancer. Toxins are the quiet killer, found in seemingly innocuous deodorant, toothpaste, fast food, diet soda and other things you might find in your neighborhood grocery store. In the next few weeks, I'll be revealing some of these secret sources of toxins to you along with how you can make a difference in your daily and long-term health.

You are exposed to many harmful toxins in what you eat and drink, the polluted air you breathe and the stuff that you rub into your skin. These toxins accumulate in your body over the years and are documented to cause all kinds of health problems and conditions including cancer. Now I don't know about you, but cancer really scares me.

We all have cancer cells floating around in our bodies. Bad cancer cells in your body can out number good fighter cells at any given moment if the recipe for death is right. All you need is a dangerous mix of bad habits, bad health, bad genetics, bad diet, bad environment and a bad lifestyle.

What doesn't help is the misinformation that is propagated by companies and government agencies that are swayed through lobbyists. Remember when the Tobacco Company executives told boldfaced lies on national television about how little they knew in regards to the inherent dangers of cigarette smoking? I invite you to do your own research so that you can see for yourself that everything you are about to read is the scary truth.

As I mentioned, we're exposed on a daily basis to many toxic things in the stuff that we eat, drink, breathe in and rub into our skin. These toxins build up in your body over the years and cause all kinds of havoc within your body.

How many of you out there use antiperspirants or deodorants? Go ahead, raise your hand if you're sure. Most of us do. Antiperspirants contain the very common active ingredients of either **ALUMINUM ZIRCONIUM** or **ALUMINUM CHLOROHYDRATE**.

Aluminum has been linked to Alzheimer's Disease and has been speculated, particularly in women, to be one of the causes of breast cyst development and breast cancer.

Have you ever wondered why your t-shirts change color and get kind of hard around the armpit part of the shirt? It's not you! It's from the deodorant and antiperspirant. If this stuff can eat up your shirt, just imagine what it does inside of the body. It absorbs right into your open and thirsty pores as you put it on after your morning or evening shower at home or in the locker room once, twice or three times a day.

You may have broken out in a rash from deodorant, but never really thought about why. The chemicals are doing to you what it did to the shirt, destroying you swipe by swipe.

But you can't go embarrassing yourself and offending others in public with hints of funny flavors. Here's an alternative. I use mineral salts. It looks like a crystal rock. All you do is wet it and rub it where ever you need odor protection. I have found that it works best if you put it on right after you get out of the shower while you are still wet. Dab yourself dry afterwards. You don't want to dry the mineral salts off of your body. This stuff even works on your feet. It stops bacterial division dead in its tracks. This prevents odor causing bacteria for up to 48 hours. No more discolored and destroyed shirts near the armpits and no more monkey funk. It really works, and it's a much better alternative to aluminum based deodorant.

Aluminum compounds are also commonly found in cheese and baking powder. Baking powder is found in cakes, cookies, muffins, pancakes, breads and so on. Then you have aluminum cans that have acidic sodas in them. The same acid in cola, that can take the paint off of walls, eats away at the inside of the can causing aluminum to be released into the soda or beer that you drink.

Then there's aluminum foil, aluminum pots and pans, aluminum utensils. Because aluminum is such a soft metal, it easily breaks down in hot or acidic conditions. For you vegetarian junkies out there, like me, pretty sizable traces of aluminum is found in tofu,

texturized vegetable protein, soymilk and other soy based products. Studies done on cadavers have shown that aluminum metal actually ends up in the brain. Food for thought!

Toxins like aluminum are filtered through the lymphatic system. You have probably felt the lymph nodes in your neck or armpits get tender and enlarged when your body fights a cold. You have these nodes and lymphatic vessels all over your body. Your lymphatic system and your immune system work with your liver, the major organ of detoxification, to keep you safe from toxins.

Today's diet and hygiene practices put too much toll on the system. Toxins overflow from the lymph system to your fat, where they are stored as fat-soluble toxins. When you go to the gym with your new year's resolution to lose weight, part of the reason exercise will leave you feeling sick, is the release of years of toxic buildup. Lactic acid buildup in your muscles will also cause you pain. This is why so many people quit a workout regimen.

Toxins in muscles cause them to tighten up. This chronic tightness causes joint pain, headaches, burning between your shoulder blades, cramping, tightness in your neck and back, a lack of energy, insomnia, crankiness, muscle spasms and more.

A build up of toxins in the body also causes oxidative breakdown. In nature, oxidation causes wood to rot and metal to rust. In our bodies, toxins act as free radicals. Free radicals rob the body of electrons causing instability at the microscopic level to huge numbers of atoms and molecules. Remember the antiperspirant we rub under our arms day after day? It absorbs right into our body and eventually into the lymph nodes under the arms.

These lymph nodes become overwhelmed and eventually toxins reach breast tissue. The toxins cause oxidative damage to the DNA in that tissue. As the DNA replicates, it replicates with damaged copies. These bad cells continue to duplicate, until there is a large mass of them. By the time you find it in a self-exam or mammogram, it's called a tumor.

Before we all decide cancer is inevitable, you need to know that there is hope. While aluminum is just one toxin found in our food and beauty products, I have developed an effective, affordable way to detoxify. Dr. Thomas' Full Body Detoxification Program combines a personalized program with holistic nutritional testing and one on one consultations, along with diet modification and included weekly visits. A month's supply of Dr. Thomas' herbal detoxification products are also included.

Perhaps you've considered or tried a detox kit or tea from the store. Are the manufacturers of those products going to ask you whether you have been diagnosed

with kidney failure or cancer? Will they know about your high blood pressure or diabetes? Will they do a full lifestyle and health evaluation? You deserve a holistic approach that is tailored to what your body needs.

Trauma Nurse Finds Natural Solution to Severe Back Pain

By Ellie White-Stevens

This is the tale of two trauma nurses. They both work 12 hour shifts in the ER at Grady Hospital, handling gun shot wounds, heart attacks, stabbings: 350-400 patients a day coming through. Countless times a day they bend and twist, lifting and moving patients.

The first trauma nurse dealt with her severe back pain the medical way. She regularly received epidurals and popped Vicodin. When the pain got to be too much to take, she had surgery to remove her bulging disc and place metal plates in her back.



Our second trauma nurse, Dennis Guice, 51, also damaged his back during the usual wear and tear of trauma nursing. He remembers the moment when one of his discs herniated. "I was lifting a big person from a gurney to a stretcher. He was on one of those plastic back boards," says Dennis. He remembers twisting and feeling something tear. Soon, he had numbness and pain from his right hip down his sciatic nerve, causing him to walk with a limp. He lost the range of motion to be able to bend down and tie his right shoe.

Dennis is a logical thinker. Before becoming a nurse just a few years ago, he had been an electrical engineer. When his job was outsourced to India, he got a Bachelor's in Nursing and his RN. With several other trauma certifications, he began working in the ER.

When he injured his back, he began to check out his options. As a very health conscious person, Dennis shops organic, free range and natural as much as possible. That's the kind of option he wanted for treating his back pain. When he began to do online searches, IDD popped up as a possible solution.

IDD is a non-invasive medical procedure that has an 86% success rate in treating herniated, bulging, degenerated discs, sciatica, and low back pain. In Dennis' research,

only three doctors in the metro Atlanta area had the IDD Therapy® available. One was on the Northside, another downtown offered a very medical solution with the shots and pills added. And then there was The Running Doctor. Under treatment with Dr. John Thomas, he was offered a comprehensive solution. His method includes hot packs, ultrasound therapy, electrical stimulus and the Accu-SPINA™ with IDD Therapy®.

According to Dr. Thomas, IDD is a proven medically advanced, non-surgical solution for lower back pain. "This is one of the most sophisticated approaches I have found to safely, comfortably and non-surgically treat the cause of back pain due conditions like bulging and herniated discs, sciatica, post-surgical failures and degenerative arthritis." says Dr. Thomas. "The reported results are impressive and show that 86% of this group of people may be given relief of their pain; requiring less medication (and therefore less side effects), and permitting them to enjoy normal life activities again."

"Also, what impressed me most about this Accu-SPINA™ and IDD Therapy® protocols were the MRI images that showed that the treatment may actually re-hydrate the discs. I am not aware of any other therapy - whether physical therapy, chiropractic, invasive injections, or surgery - that provides such a high success rate and at the same time is nonsurgical," adds Dr. Thomas.

Dennis Guice has finished about half of his treatment regimen with Dr. Thomas. He's seeing improvement in his range of motion and pain. He can tie his shoes again, and he's able to do all of his normal activities, including working a full schedule and teaching Christian Karate to kids every Thursday.