

A Personal Note from Dr. Boos

How It Works and What I Wished Every Patient Understood About Care in Our Office

To be quite frank, our office isn't for everyone. It just isn't and we don't try to be.

At the onset you should know that if you are looking for drugs or surgery we absolutely aren't the clinic for you.

Nor, are we like many chiropractic clinics that utilize the "point and poke" method of care. Unfortunately, in many chiropractic clinics many patients just point to what hurts and the doctor "pokes" in some fashion and calls it chiropractic care.

1. Shoes are vitally important in order for you to receive an accurate adjustment. Bare footed patients or those wearing flip flops or sandals cheat themselves from receiving the best adjustment possible. Shoes don't just provide the foundation for your feet, knees, hips and spine, but they also allow me to more easily compare the changes in your leg lengths that take place during your adjustments. Because I use the Activator Methods Chiropractic Technique (AMCT). AMCT isn't just using the painless handheld Activator Adjusting Instrument. AMCT is also a method in determining where the spine needs adjusting. The method uses a technique known as leg length inequality. In observing the subtle leg length changes during the testing procedure it is necessary that the patient wears shoes that effortlessly stay on their feet while laying face down on the table. Shoes such as flip-flops or sandals that don't provide support around the back portion of the foot and ankle will not stay on while laying face down.
2. I don't base the care I give my patients solely on their symptoms. I want to repeat that: I don't, and I won't base any care in my office merely on symptoms. Your symptoms have done their job which is to get you into the office. But, symptoms are a totally unreliable criteria to base any form of healthcare. Don't base your care on symptoms. It is as silly as insisting that your cardiologist treat your chest and left arm pain rather than on the blockage to the heart causing those cardinal warning signs of an impending heart attack. It would be the same as using a Sharpee pen to blacken out the red engine light on your dashboard rather than addressing the cause of the red engine light, the faulty engine. Many times low back imbalances are the cause of painful conditions in the upper back, shoulders and neck, and many times neck and upper back conditions give rise to pains of the lower back region.
3. Rest and relaxation are vitally important. That's why I want you to lay face down, not on your elbows sitting up, before you are adjusted. Being a busy person like you, I struggle with it, too. What you can do in our office is to never wait. One day while I was stressed and sitting in my dentist office waiting for my turn to be cared for, I realized that the actual physical activities of waiting were the exact same

physical activities of resting. The only thing different between waiting and resting is your state of mind. So, choose to rest instead of wait.

4. The very best doctor patient relationships are when the doctor and patient work in a partnership. The doctor doing his part while the patient does their part. That can only work when the patient trusts their doctor. Even though you may not know me from Adam, I'm asking you to trust me. At least give me a chance. I promise to do my best. And if I can't gain some level of your trust I encourage you to seek care someplace else where you can grant the doctor your trust.

What Can You Expect

1. If you follow my recommendations you will only get better, never worse. Reducing pressure and interference will never worsen a condition. Providing more motion and balance will never worsen a condition.
2. In the first phase of your care there may be times that you might "feel" worse. Just like you might have felt after starting a new exercise program. So there may very well be days when you wished you had never met me.
3. I have absolutely no doubt that you will improve. Anyone with decreased nerve pressure does. As you will notice our office stays very busy. The reason we stay busy is not because of my good looks (although that obviously does play a role in our success), but the reason for our continued success is the results that patients receive.
4. Some respond fast, others slow. Just know that your body has a greater ability to heal than you've ever been led to believe as long as you give the body what it needs and take away what it doesn't (toxins).
5. Will the level of improvement be the level you wish for is what you and I will determine in the beginning of your care. We will sit down and discuss what activities you would like to get back to pain-free, or at least decreased to the point that you feel satisfied.

Suggestions To Follow During Spinal Correction

1. Keep your appointment schedule. Each adjustment builds on the results of the previous adjustment. A special note: When you are experiencing any kind of illness (a cold, flu, virus, etc.) you especially need to be adjusted on that day. Calling and saying that you have to miss your appointment because you don't feel well is like calling your hair stylist and canceling because your hair looks like a mess. Research has shown that immediately after an Activator Chiropractic spinal adjustment your body experiences a 400% increase in the immune system strength and function.
2. DON'T USE A HEATING PAD. PERIOD. DO ice the area of pain. Use the top of the clock as a reminder and ice the area of pain for 10 to 15 minutes for

consecutive hours. (Ex. 10-15 minutes of ice at 6pm, 10-15 minutes of ice at 7 pm and also at 8 pm).

3. DO be sure to get plenty of sleep to allow your body to recuperate and repair: 7-9 hours/night.
4. DO sleep on your back or on your side with your legs flexed slightly (and a pillow between your knees). Avoid sleeping on your stomach.
5. DO sleep on a firm mattress, preferably one that is neither too soft nor too hard- but just firm enough to hold your body level while at the same time soft enough so that your shoulders, buttocks, etc., will depress into the mattress. Again, if you sleep on your side, place a pillow between your legs. When sleeping on your side make sure the pillow is the same width of your shoulders (from tip of shoulder to side of neck) in order to keep the neck in a straight position.
6. When sleeping on your back your pillow should be neither too high nor too low. The ideal pillow is one that supports your neck and head so that your neck vertebrae will be in the normal lordotic (forward curved) position. Avoid sleeping on two pillows. Never lie on a couch with your head on the armrest. We recommend the Pillo1 pillows for back and side sleepers.
7. DO rise from your bed by turning on your side and swinging your legs off the bed, then push yourself into a sitting position with your arms, thus minimizing the amount of strain on your back.
8. When sitting, sit straight. Avoid soft, overstuffed chairs. Recliner chairs are acceptable if they are constructed so that when you are reclining, your back is in a straight position.
9. DO the recommended exercises to stretch & strengthen your body. This increases results!!! You will not be given exercises right away. Generally after 4 to 6 weeks the exercises will be prescribed.
10. DO expect to be sore after your first few treatments. You can become sore during any of the visits, but it is typically when a new stretch, exercise, or procedure is introduced. Some people may "feel" worse before they get better. Think of how orthodontics work.
11. DO watch your posture at all times- stand tall, sit tall, shoulders back, and THINK tall!
12. DO follow the anti-inflammatory diet (listed below).
13. Do walk 15 to 30 minutes per day. Running should be avoided.
14. Do NOT read or watch TV in bed, particularly with your head propped at a sharp or strained forward angle.
15. Do NOT sleep sitting in chair or in cramped quarters. Lie down in bed when it is time to sleep.
16. Avoid extreme bending of your spine in any direction.

17. Be careful when stretching, reaching, or doing other overhead work.
18. When lifting, keep your back straight, bend your knees to minimize the strain on your back.
19. Do drink 1/3 to 1/2 of your body weight of water (in ounces) per day. For example, a 100 lb. person should drink 33 to 50 ounces of water per day.

DO NOT "EAT PAIN"

DEFLAME DON'T INFLAME

EAT AN ANTI-INFLAMMATORY DIET

- Approximately 80% of our patients do extremely well when they follow their recommended schedule of care. 10% improve, but still require other measures to stabilize their body's instabilities. Another 10% show no signs of improvement. For those that fall outside of the 80% that do incredibly well the following simple guides are only about 95% effective in returning the patient back to a state of health that they may not have enjoyed for many, many years. The recommendations are as follows:
- Don't eat pain. Insert Jim Anderson story here.
- Choose organic food as often as possible. This will limit harmful chemicals in the body that can create inflammatory painful states in the body.
- Eat as many vegetables as possible.
- Eat fruit, but bear in mind that too much fruit can bring on unwanted pounds.
- Avoid all grains except rice and oats: this means no bread, pasta, cereal, etc.
- Especially avoid gluten: this means no wheat products
- Limit dairy products: dairy makes your blood acidic, predisposing you to osteoporosis
- Eat a salad every day: vary your meals by adding different nuts and dried fruits.
- DO NOT EVER EAT: margarine, vegetable oil, soybean oil, hydrogenated oil.

- Eat healthy fats: this includes butter, avocados, meat, coconut oil, olive oil, fish oil.
- Take 3,000 - 4,500 mg of fish oil daily: I recommend Dr. Sears OmegaRx by Zone Labs.
- Eat as many nuts (not peanuts), seeds, fruits (unless you're trying to lose weight), vegetables, sprouts, and meat as you would like.
- Only cook with coconut and olive oils
- For more info, GOOGLE "Paleo meal plans" or get the "Paleo Cookbook" at your local bookstore.

**FOLLOWING THESE RECOMMENDATIONS WILL HELP YOU
SIGNIFICANTLY!!!**