

# 6 Secrets To A Healthy, Pain-Free Body

Each year, right here in our neighborhood, hundreds of people experience “weekend warrior” sports injuries, episodes of low back pain, sciatica , constant headaches, neck pain, and more...health problems that deeply affect their joy and happiness....and most people run to their medical doctor to get a pill or potion to treat that problem.

For example: they may be given Tylenol to cover up their pain...or some people actually ignore their problem hoping it will just go away. These two decisions will only cause more problems. But until now, you didn't know. You just lacked the necessary information to get and keep yourself healthy AND pain-free. You see, as a holistic health specialist, I know that all this pain and suffering is unnecessary.

I have access to tons of studies that prove, beyond a shadow of a doubt, that chiropractic care is often times more effective in solving the cause (or source) of your pain, tingling, numbness, etc. than nearly anything else. And this includes changes to or problems with the functioning of organs like your lungs, digestive tract and bladder, etc.

If you would like to receive a free complimentary consultation – with absolutely no strings attached – to see if I can help you with your problem - simply give me a call at 416-961-1900 and my staff will schedule an appointment for you.

I wish you the best and sincerely hope that you take me up on my offer to see if I can help you with your health problem. You'll never know if you don't take action.

Sincerely yours,

Dr. David Koivuranta

## **The 6 Secrets To A Healthy Pain-Free Body!**

I have spent my entire adult life studying methods, little known treatments, and proven ways to end the most common adult health problems.

I specialize in Orthopedics and Pediatrics. I perform spinal adjustments, do a lot of nutritional counseling (for strengthening of the immune system), exercise instruction, **non-invasive** sinus and ear drainage, and accu-pressure trigger point therapy for headaches and intense muscle spasms. Everything that I do is 100% natural.

I offer **result** oriented chiropractic care in an office that genuinely cares about improving the health and well being of our patients. I am fully dedicated to educating our parents and children about the harmful effects of drugs, while at the same time,

explaining the incredible benefits of chiropractic care, nutrition, exercise, and a positive mental attitude. Our ultimate goal is to show parents and children with health problems how to live a normal life – without needless drugs, potions, procedures.

I have focused my efforts in practice on only the best techniques that correct health problems - at the ROOT CAUSE. And, that have been proven without a shadow of a doubt to work. Safely. Quickly. Painlessly...No painful, useless needles here.

Here's what this means for you: Within days you can usually notice a change in the way you feel...less pain, more range of motion, more energy, more flexibility.

Here's why:

**SECRET #1: Your nervous system controls the function of every cell, tissue, organ, and system in your body...especially your Immune System.** Can you guess what happens if ANYTHING disrupts this all-important nervous system? Yep, you guessed it:

**A poorly functioning body and immune system.**

**Ron Pero, head of cancer research at the University of Lund, in Lund, Sweden and Chief of Cancer Research at New York Preventive Research Center says that restoration and correction of the spine can increase the strength of your immune system by 200% - 400%!!**

So, what does this mean for your child, and why does it apply to you? Simple.

Your spinal cord “links” your brain to the rest of your body, and makes everything work as a ‘System’. Why should you care?

**“Health is a condition of wholeness in which all of the organs of the body are functioning 100% all of the time.” Webster’s Dictionary**

Well, what if something disrupts this “vital link”? Do you think you’d have some problems? Maybe some pain? Maybe a headache? Maybe tingling and/or numbness?

Consider this - The **“guardians”** of your spinal cord are **THE VERTEBRAE!**

Your vertebrae protect your spine from damage or harm and also allow you to twist, turn, bend, and move around without much restriction.

But, sometimes these “guardians” get knocked out of place. For example: The birthing process...falling while learning how to walk...poor posture...lifting...twisting, playing contact sports, driving for long periods of time, etc.

Let’s talk specifics.

Your spinal column has 24 vertebrae (guardians). Twenty-four moving bones that make up your spinal column, and protect your spinal cord.

Like any other set of joints in your body, if these vertebrae aren’t perfectly aligned, they don’t function properly. You can have pain, decreased range of motion, muscle imbalance, scoliosis, headaches, organ or gland dysfunction, and more (we’ll talk about more specifics later).

Many everyday activities, like standing up all day long, can cause these bones to get out of their “normal” position. Think about how your child sleeps, or sits at his desk in school, or watches television. (You get the picture.)

Do you know what happens when these bones get even a little “stuck” out of place?

They press on and **interfere with** the vital link – **your spinal cord** – and this causes your nervous system to **“dysfunction”**. What that REALLY means is, ultimately, these misalignments **interfere with the way your body functions**.

**“90% of the stimulation and nutrition to the brain is generated by movement of the spine” Dr. Roger Sperry, Noble Prize recipient for brain research.**

Can you imagine how your body would function if you had only a few “stuck” vertebrae out of place...your brain certainly wouldn’t be able to get all of the vital information it

needed to function properly.

And, consider this -

I'll bet you that at least one (but probably more) of these vital bones is out of alignment, and you never even knew it. Has anyone ever checked to see if all of your vertebrae are in perfect alignment? (The truth is, only Chiropractors are trained to feel whether vertebrae are in perfect alignment.) These misaligned vertebrae (called **SUBLUXATIONS**) may be causing your problem – NOT the lack of muscles relaxers or pain killers or antibiotics in your body!

And you certainly wouldn't ignore a fire alarm in your house if it were to go "off", would you? But , when people are in pain, many actually ignore their own body's fire alarm (the pain and symptoms) and simply wait for it to go away. Health problems just don't go away. There's a better way.

**SECRET #2: The first step to eliminating your pain is a thorough examination by someone who really knows what to look for!**

The first thing we do is find out ALL ABOUT YOU. What we call a complete "case history." This is the first step. I want to know things like what falls you suffered as a child, what sports you may have played, what you do for a living, and so on. This "vital information" will usually give me the secret clues and answers to some of your health problems.

The next thing is, of course, an orthopedic examination. But this is unlike any "traditional" examination. This is a very specific Chiropractic examination.

First of all, there isn't a lot of cold, painful, "probing". I look carefully at your posture (I do a scoliosis check)...I check your nerves and muscle strength...and other totally painless neurological tests.

What am I looking for? You guessed it:

**A DYSFUNCTIONAL NERVOUS SYSTEM! AND I CAN FIND OUT EVERYTHING I NEED TO KNOW INSIDE OF JUST 10 – 15 MINUTES!**

What about Sciatica? I can tell within 5 minutes if there is pressure on that nerve. What about tingling and numbness in the arms? If the nerves that control the arms are being interfered with - I can tell within 2 minutes.

(An important side-note: I will even agree to "buy" your first consultation with me – a real \$70.00 value, to see if you need an examination by me. See enclosed special gift certificate. But make sure you call me before the date written on the certificate!)

**Consider this: “The weight of a dime on a nerve negatively alters nerve impulses by 60%. When a subluxation (misaligned vertebrae) occurs, a vertebrae this is misaligned forces weight onto the nerve. This weight then alters the impulse of that nerve, thus blocking information being sent from the brain. Studies show that organs supplied by pinched nerves tend to deviate from a healthy condition.”**

**Dr. Su, University of Colorado**

I'll tell you if I find any subluxations (misaligned vertebrae) and how it's affecting your overall health and well being! It's quite amazing. Your body will show me visible signs of why you've been in pain or sick. The BIG, important issue is:

### **MAKING SURE YOU USE SOMEONE WHO KNOWS HOW TO READ YOUR SPINE!**

**SECRET #3: The secret of Nutrition:** Everything you learned in school was true - “you are what you eat”. In today's world the quantity of food required to feed the masses has altered the soil. The once mineral rich, vitamin rich soil has been depleted. Just eating the right foods is not that easy for a lot of people. Today everyone has a busy schedule, and putting together a balanced diet is very difficult. So, special attention is paid to the diet. This is a very important piece of the puzzle. I have been studying herbs, vitamins and minerals for almost 6 years and if you're interested, I'll tell you about special vitamins, minerals and herbs that should be included in your diet to give you maximum energy, decreased stress, and a stronger immune system

### **SECRET #4: Once I find the “problem” I'll tell you HOW TO FIX IT!**

Once we find out what's wrong, we can correct it. Often times permanently.

Once I find out which vertebrae are of place (A subluxation) I can correct them and gently restore them to normal alignment.

In fact, I do all of the work! It's painless.

And that leads us to our next secret...

**SECRET #5: The power of the “ADJUSTMENT”!** Remember we talked about **ALIGNMENT**? Remember how we said that if you're not properly aligned, your immune system, your brain - your entire body functions at less than 100%?

Well, the magic of putting the vertebrae back into alignment so we can reconnect 100% of the normal exchange of information from the brain to the rest of the body so you don't have any pain is called an **ADJUSTMENT**.

This little-known (and virtually ignored) treatment flat out WORKS better than anything else I've ever studied. And I've seen it work on thousands of people with all types of pain.

In fact:

**IF MORE PEOPLE UNDERSTOOD OR KNEW ABOUT THIS AWESOME  
“TOOL”, WE'D PUT TYLENOL, BAYER, AND NYQUIL  
OUT OF BUSINESS!**

Here is some information you may not have known about Sports and Chiropractic:

**A study in the March/April 2002 issue of the Journal of Manipulative and Physiological Therapeutics finds that more and more professional sports teams are utilizing chiropractic care for their team members.**

**This survey study targeted the head athletic trainers of the 36 National Football League (NFL) teams. The trainers each had at least 17 years of experience and at least one year of experience as a head trainer.**

**Questionnaires the trainers answered revealed that:**

- ... 45% of the trainers themselves had been to a chiropractor.**
- ... 71% of the trainers had worked professionally with a chiropractor.**
- ... 77% of the trainers have referred players to a chiropractor.**
- ... 31% of NFL teams use an official team chiropractor.**
- ... 100% of the trainers revealed that some players use a chiropractor without being referred by the team doctor.**
- ... 81% of the trainers agree that there is a role for chiropractors in the NFL.**
- ... While 31% of the teams have a chiropractor officially on staff, an additional 12% of teams that do not have chiropractors on staff refer players to chiropractors.**

So, let's get back to our discussion.

I use techniques - all PROVEN to work, and all 100% “natural” that help return vertebrae back to where they belong. And, the most amazing part is:

**THIS WHOLE PROCESS DOESN'T HURT ONE BIT!**

There is actually no pain during the process – just a little pressure.

See, there are hundreds of ways of using carefully directed – controlled and focused “pressure” to restore normal position to these misaligned vertebrae.

The amazing part is, the pressure that I use feels like a deep muscle massage - only it does a lot more than relax the muscles! It actually “re-aligns” the entire spine – and restores all of the normal electrical flow from the brain to the body. Remember, if your brain can’t communicate to a specific organ, muscle, or gland, it can’t function at 100% - This is what leads to pain and dysfunction and health problems so much of the time.

**SECRET #6: Consistency is the key!**

The sixth ‘secret’ is consistency. Do you know that most people I know get their car’s oil changed every three months? I mean, they wouldn’t DARE let it go more than one full “season” without changing it.

What happens if you NEVER change your car’s oil?

**YOUR ENGINE LASTS ABOUT 2 YEARS BEFORE YOU  
START TO HAVE BIG PROBLEMS!**

Well, if you’ll spend just about the same (or even less) than the price of an oil change to come in, and get your spine adjusted , your **BODY** will be given a chance to function as close to 100% as possible – without pain. The effects are too numerous to mention.

Just be **CONSISTENT**.

If, however, you try to short-cut, or look for the “quick-fix”, the same vicious cycle will kick in over... and over...and over again. How many times have you ignored your pain and symptoms?...Or allowed your pain to get covered up with drugs? If medicine was able to get us healthy, nobody would ever get sick!

**FACT: “80% of the children in this country will receive their first course of antibiotics by the age of 6 months.” American Academy of Otolaryngology**

What are we teaching our children about medication?...and this is the reason why most people run to the medicine cabinet when they have a health problem – this is what we are taught from the time we are a baby! Covering up symptoms with drugs cannot be the best way to get and keep ourselves healthy!

**This is why in 1998 the Washington Post reported that medicine was the fourth (incorrectly prescribed) and sixth (correctly prescribed) leading cause of death in the United States.**

**Just think about that.**

Remember this secret of **CONSISTENCY**: It works!

**TAKE ACTION NOW THAT YOU KNOW WHAT TO DO!**

What separates the people who get free from pain, from those poor unlucky people who spend their whole lives needlessly sick or in pain and on countless doses of different prescription drugs... IS:

**ACTION!**

Seriously. Think about it.

If you value your health as much as I KNOW you do (if you didn't, you wouldn't have read this far), then the price of my care is, by comparison, peanuts. What is your health and happiness worth to you?

**DON'T JUMP OVER DOLLAR BILLS TO CHASE PENNIES.**

Take a look to see what could change if you stopped experiencing as much pain:

- \* You can work and play harder
- \* You can wake up everyday and not have to worry about the pain.
- \* You can start enjoying your hobbies again.
- \* You can feel much better about your life and health.

You get the picture. Just think about it. It's the same for other symptoms as well.

You will find two things when you come to my office:

#1: I am a VERY good listener... and I won't let you "be in the dark" about anything. And,

#2: I explain EVERYTHING in exact detail, so you understand what's going on at all times.

Keep in mind that my approach is 100% "natural". And that means I DO NOT use:

- \* drugs,
- \* needles...
- \* or surgery.

Most everything I do feels like a deep muscle massage, or like an athletic stretch. Some of what I do is quite relaxing. Other things I do feel a bit different.

But there's almost nothing I do that causes pain. Remember what chiropractic is all about:

**GETTING RID OF THE CAUSE OF YOUR PAIN AND HEALTH PROBLEMS...  
NOT CAUSING MORE OF THEM!**

I see a surprisingly wide variety of health problems. See if any of the following applies to you:

- |                |                                |
|----------------|--------------------------------|
| *Headaches     | *Pain, tingling, and weakness  |
| *Neck Pain     | *Burning into the extremities  |
| *Mid Back Pain | *Arthritic problems            |
| *Low Back Pain | *Athletic problems             |
| *Sciatica      | *Colic, Asthma, Ear Infections |

Do you experience any of these symptoms, even occasionally? If so, you can and should consider coming in for the free consultation. What have you got to lose? Even if you suffer only occasionally, if help is available, why not take it?

And even if "suffer" is too strong of a word to describe your situation, even if you aren't experiencing health problems right now...it still makes sense to make sure they are properly "aligned".

I hope you've learned a lot about how to keep yourself healthy - and STAY out of pain.

If you are experiencing pain, or other health problems right now, you can take the first step to end it TODAY by picking up the phone right now and calling 416-961-1900, and scheduling an appointment immediately.

Do me a favor. Call me if you have any questions or feel uncertain about anything. My goal is to make your family's experience with me as pleasurable and as fun as possible. I hope I've been persuasive in convincing you to take action now to see if you can finally get out of the "pain cycle" ***once and for all.***

Yours for better health,

Dr. David Koivuranta

P.S. Many people have heard about my success with pain and consult with me on a wide range of problems. If you have experienced any discomfort or lingering health

problems in the last 24 months, you should seriously consider scheduling an exam. I have been very successful at treating all sorts of health problems by finding the cause of the problem, and then providing a solution.

P.P.S. Make sure you call to schedule your consultation. This is a free service and will help save you a lot of money and heartache in the long run. We'll show you how to simplify the complexity of health care, and show you the best programs available to make health care affordable to everyone/anyone. Call today, because these appointments fill up fast. (In fact, I've received so many calls about this report already, that I don't know how much longer I will even be keeping this offer open.)

## **FREE CONSULTATION WITH DR. KOIVURANTA**

I've included this very valuable Free Consultation Coupon in with your special report to remove any and all objections you may have about coming in. There are no strings attached, no obligations, and no pressure whatsoever.

You see, I see my patients as dear friends. (In fact around my office you are considered "family".) I believe you wouldn't have requested my report if you didn't need my help. I've treated babies with colds, children with sports injuries, adults with back pain and headaches. You name it, I have successful testimonials to prove it.

My focus is on finding and treating the exact cause of all pain or health problems. This approach has helped thousands of people.

Now, I want to help you. I want to be your doctor... who keeps you healthy for life. As a service for new patients like you, I will pay for your first consultation.

All you need to do is call 416-961-1900, mention this certificate, and your first visit with me will be FREE, no charge, and no obligation.

Please call now, since my schedule gets filled quite quickly.

**Call Today at 416-961-1900**