

Did you know?



Did you know that only approximately one tenth (10%) of your nerve system is dedicated to nociception (pain)? That's right...and can you imagine how miserable life would be if that was a different ratio? Many experts agree that one of the best ways to optimize your health and reduce pain at the same time is to participate in regular chiropractic care. This may involve a corrective phase that takes anywhere from eight weeks to six months and then regular, once per month checkups. Just as you wouldn't wait for a toothache before seeing your dentist, don't wait for neck or back pain to signal your need for spinal hygiene. Remember, if only 10% of your nerve system (protected by your spine) is dedicated to pain signaling, that means 90% is dedicated to helping regulate all other systems and function in your body!

September Provider Spotlight:

Phoenix Natural Family Medicine led by Drs. Sarah Preston Hesler and Dr. Sean Hesler is my own go-to center for primary care and other supportive health care in the wellness sphere. The doctors are excellent at what they do and can help you with regenerative therapies for managing pain and injuries as well as naturopathic protocols for mental health, aesthetics and hormone replacement therapy. If your goal is to maximize your health and have a physician that understands causes and doesn't just treat effects ((bandaid) call them and schedule an appointment or discovery call to see if they're a good fit for you. The initial visit will require an in-person meeting and thereafter, telemedicine is available. They're located at 312 N Alma School Rd., Chandler, AZ 85224 and they can be reached at 480-331-5044. So many of my patients have reached out to them for help and they're all so glad they did!

What's New At Ally Spine Center?

Many of you know that we have incorporated a non-surgical corrective decompression system for knee pain. Since we have begun utilizing this state-of-the-art system called Knee-On-Trac, we have seen dozens of patients resolve chronic knee pain and actually REVERSE knee degeneration. Another contributing factor is our application of the SUMMUS class 4 medical laser. The use of this laser occurs at the same time we decompress the knee. Whether we are seeking to relieve pain due to arthritis, meniscal tearing or loss of cartilage (joint space narrowing) we can help with this powerful 1-2 combination. If you are suffering from chronic knee pain or know someone else who is, please reach out and ask if our program is the right fit.