

Customized Front Cover  
4-page Lumbar Only

# Now There's Hope for Lasting Relief with Non-Surgical Spinal Decompression

## Do You Suffer From Chronic Low Back Pain?

*Treat Back Pain and  
Sciatica caused by:*

- ▶ Bulging/Herniated Discs
- ▶ Degenerative Disc Disease
- ▶ Facet Syndrome
- ▶ Failed Back Surgery

*Without the use of:*

- ✗ Drugs
- ✗ Injections
- ✗ Surgery



**Within this space you may put your own statement, your own  
patient testimonial, and/or the following information:**

Logo and/or Clinic Name  
Doctor Name(s)  
Address  
Phone • Fax • Email • Web Address

Non-Custom Front Cover  
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*"As a surgeon, I only want to do surgery when I absolutely have to. Non-Surgical Spinal Decompression Therapy gives my patients a more conservative treatment option that can eliminate the need for surgery altogether, and that's a very good thing."*

**— Bernard Zeliger, DO, FACOS, FAOAO, FICS —**

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Yellow Quote Box  
Customization on Inside Page  
4-Page Lumbar Only  
Full Color Customizations Only

# Non-Surgical Treatment for Back Pain

*Non-Surgical Spinal Decompression Therapy has been proven to treat Low Back Pain and/or Sciatica caused by:*

**Bulging/Herniated Discs • Degenerative Disc Disease  
Facet Syndrome • Failed Back Surgery**

Non-Surgical Spinal Decompression (NSSD) gently lengthens and decompresses the spine, creating negative pressures<sup>1</sup> within the discs. This reversal of pressure creates an intradiscal vacuum that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place.

NSSD utilizes a sophisticated method of cycling the patient through a series of gentle pulls, holds, and releases. The super-smooth transitions between each phase of therapy can make for an experience so relaxing that many often fall asleep.

Over a series of treatment sessions, patients experience powerful pain reduction and healing.<sup>2</sup> Some notice an improvement in their symptoms after the first few treatments! Even post-surgical<sup>3</sup> patients and those suffering from certain types of stenosis (narrowing of the spinal canal causing nerve compression) have reported significant pain relief.

## ***"I injured my back while***

***kayaking. An MRI showed I had stenosis and a herniated disc which caused pain and sciatica in my left hip and leg. I tried massage, chiropractic, acupuncture, exercise, and rest. I feared things would never get better and that I'd never enjoy an active life again. Then friends suggested Non-Surgical Spinal Decompression. In the waiting room, other clients shared their success stories and I had hope for the first time in a year. After 15 treatments, my pain was gone. I had a few more treatments and was soon back to being able to work, garden, hike, kayak, pick up my grandson, and otherwise enjoy my life to the fullest without pain. Now, 18 months later, the pain has not returned. I can't say enough about how grateful I am." — Barbara D.***

Pre-Treatment MRI: Non-Weight-bearing



Post-Treatment MRI: Weight-bearing



## **Available for Full Color Customizations Only:**

The testimonials within the yellow boxes on the back cover and/or inside of the four page brochures may be replaced with your own patient or doctor testimonials. Please send all substitute testimonials to [orders@mediawestpublications.com](mailto:orders@mediawestpublications.com) and specify which page you would like each testimonial to appear on. Testimonials may need to be edited by us in order to fit in available space.

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**Degenerative  
Disc Disease**  
(with bone spurs)

1. Gustavo Ramos, M.D., William Martin, M.D., Effects of Vertebral Axial Decompression on Intradiscal Pressure, Journal of Neurosurgery, Vol. 81, No. 3, September 1994.  
2. Different patients may have different experiences and results may vary.  
3. Unfortunately, patients with low back surgical hardware are not candidates for Lumbar Non-Surgical Spinal Decompression Therapy.

Custom Back Cover  
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Thousands of people are successfully treated every day with Non-Surgical Spinal Decompression. After suffering from chronic low back pain and/or sciatica, why wait? This may be the answer you are looking for!

### NSSD Takes the Pressure Off!

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**When Negative Is a Positive:** Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to measure the various pressures put on spinal discs while lifting, standing, sitting, lying down,<sup>4</sup> undergoing traction,<sup>5</sup> and during Non-Surgical Spinal Decompression (NSSD). Like other pressures found in the body such as blood pressure, Intradiscal pressure is measured in millimeters of mercury (mm Hg).

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. It has been clinically proven that NSSD creates negative pressures as low as -160 mm Hg<sup>6</sup> within the injured disc during the treatment session! This vacuum of negative pressure repositions the disc. Taking pressure off of spinal nerve roots helps to reduce or eliminate pain.

## *"I served on the police force*

*for 18 years. While on duty I injured a disc in my back. I got treatment from the work comp doctor and a physical therapist. I tried to go back to work, but the crippling back and leg pain wouldn't stop. Eventually, the city forced me to take a medical retirement. I'm only 39 years old! I continued to live on pain medications and struggled to sleep at night. Simple everyday activities became painful tasks. Finally, I heard about Non-Surgical Spinal Decompression, and shortly thereafter found out that I was a candidate. I got my life back! No more pain and no more sleepless nights." — Mike C.*

### Non-Surgical Spinal Decompression

*While traction, physical therapy and manipulation may reduce disc pressures to as low as 40 mm Hg, only NSSD has been shown to achieve negative pressures within the spine.*

## What Can I Use This Space For?

Logo and/or Clinic Name  
Doctor Name(s)  
Address  
Phone • Fax • Email  
Web Address

4. Alf Nachemson, M.D. Ph.D., The Load on Lumbar Discs in Different Positions of the Body. *Clinical Orthopaedics*, 45, 107-122, 1966.

5. G.B. Andersson, A.B. Schultz, Alf Nachemson, M.D. Ph.D., Intervertebral Disc Pressures During Traction, *Scandinavian Journal of Rehabilitation Medicine*, Supplement 9:88-91, 1982.

6. Gustavo Ramos, M.D., William Martin, M.D., 1994. This research was performed on a VAX-D unit, the foundational predicate device for Non-Surgical Spinal Decompression machines having received FDA 510K clearance. VAX-D<sup>®</sup> is a registered trademark of VAX-D Medical Technologies.

The testimonials given in this brochure are from actual patients who have undergone Non-Surgical Spinal Decompression Therapy. These testimonials have been provided by a consortium of practitioners utilizing Non-Surgical Spinal Decompression Therapy. Therefore, the testimonials appearing in this report may or may not be from the specific doctor(s)/office(s) providing this report. Testimonials may have been edited for length and clarity. To protect patient privacy, last names have been removed and/or models' photographs substituted.

**The following pages show the alternate cover options for the 4-Page Lumbar Only Brochure. Alternate cover choices are only available for Full Color Customizations. The Quote Box on all covers with the current doctor statement may be replaced with your own statement, one of your own patient testimonials, or your personalized contact info.**

Alternate Cover  
Man, Blue Background  
Full Color Customizations Only

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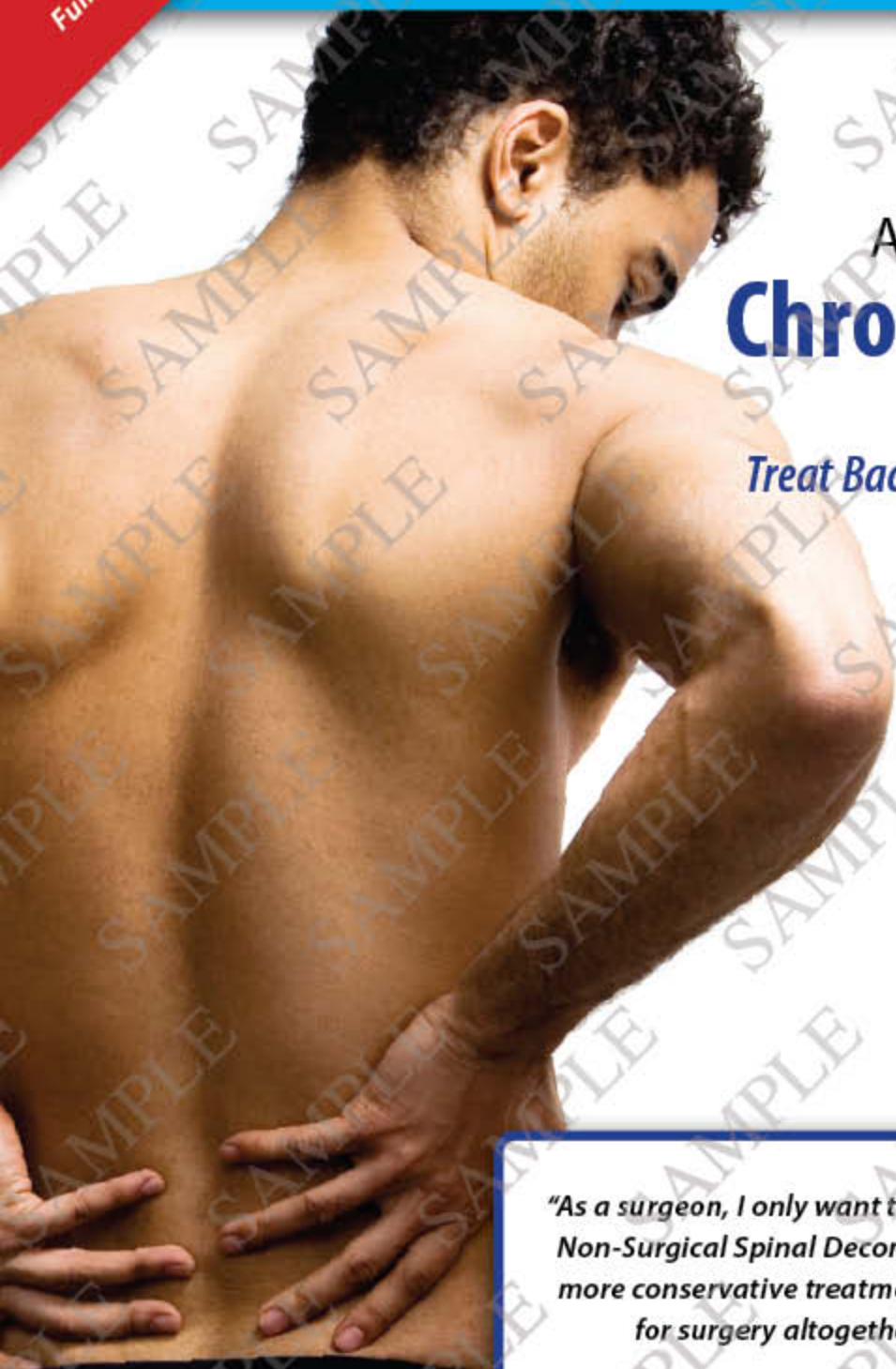
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Alternate Cover  
Man, Full-Body, Black Shorts  
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Alternate Cover  
Woman, Black Top, Black Shorts  
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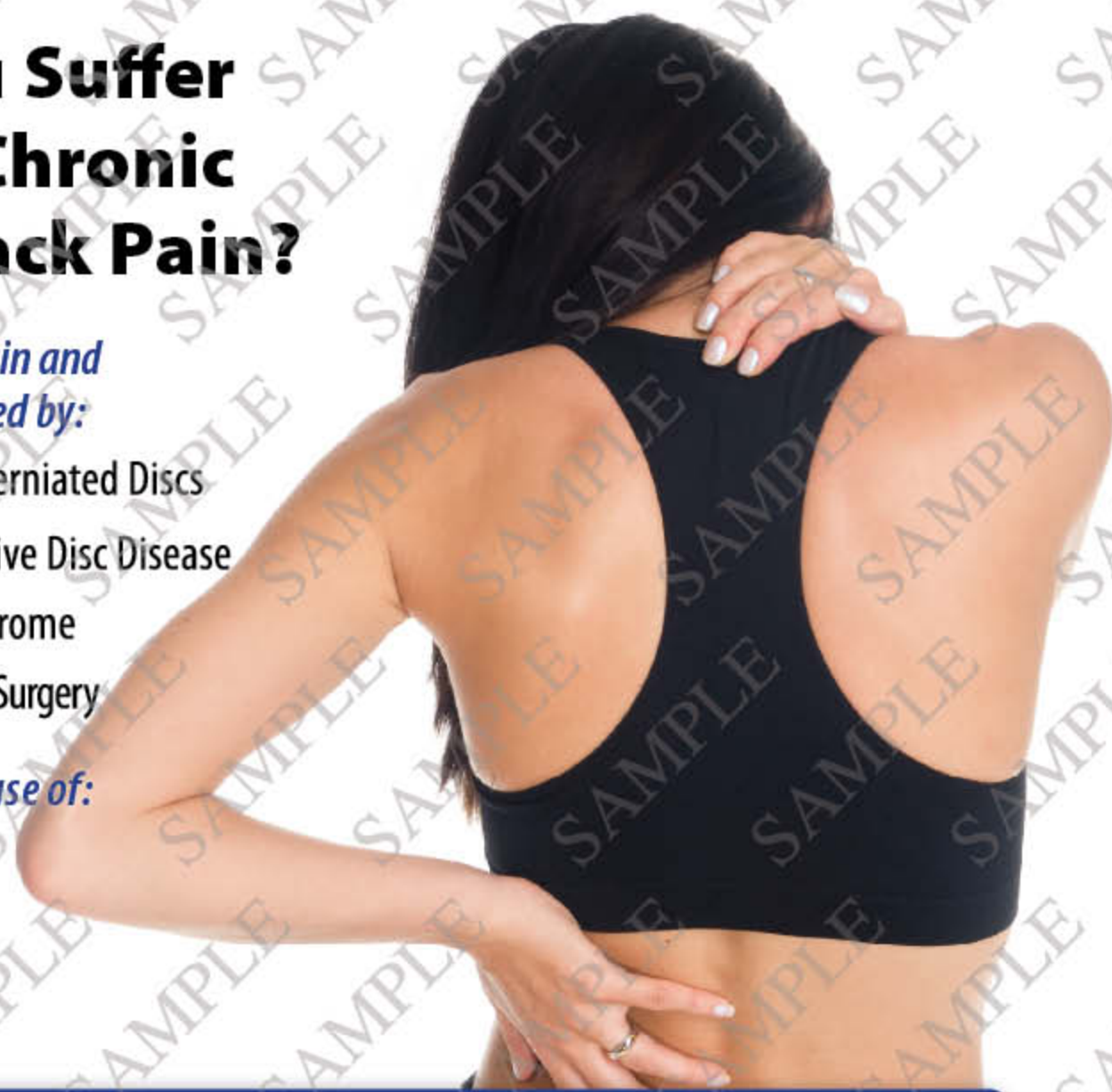
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