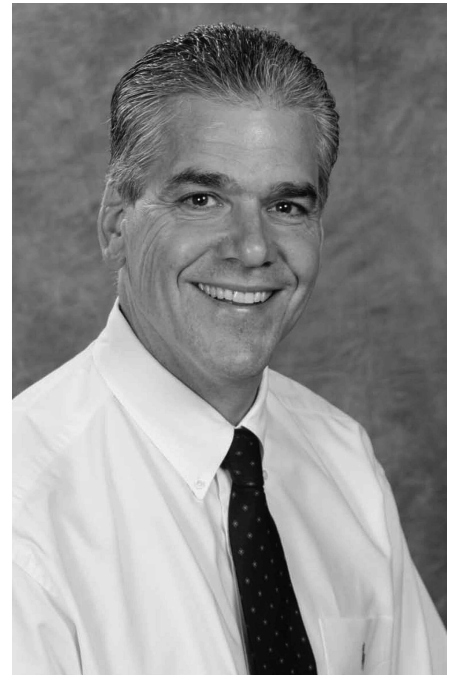


# “WHO ELSE DOESN'T WANT BACK OR NECK SURGERY?”

## A Comprehensive Report

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## “Who Else Doesn’t Want Back or Neck Surgery?”

*Is constant back or neck pain caused by Bulging, Degenerating, Herniated Disks, Stenosis or other spinal conditions keeping you from enjoying your life?*

### Who’s winning your war on gravity? The compressive forces of gravity? Or the disks in your back or neck?

Low back and neck pain, sciatica, arm pain, numbness, tingling in the arms and legs have puzzled doctors and frustrated patients for years. Bulging, degenerating, herniated disks and stenosis have ruined the lives of many people just like you. But the 3D Active Trac table, an FDA cleared, patented medical technology, treats these and other spinal conditions non-surgically and successfully. Computerized, painless, safe and effective, it is a non-surgical alternative and has helped many, many people avoid elective surgery.

The 3D Active Trac non-surgical back and neck disk decompression system now allows candidates who suffer

*Just before my 80th birthday, acute pain in my hip led to a recommendation that I talk to an orthopedic surgeon about a hip replacement. Instead, I started Dr. Siegfried’s decompression treatment, and I am now pain free and feel much stronger. I credit the good results to his treatment.*  
Joseph P

constantly with **back, neck, headache, arm pain, sciatica and arthritis pain** to get one up on the war on gravity.

For over 30 years, due to my own back and neck injuries, I have been fighting the war on gravity – and winning. I am still able to compete as a pitcher in the Portland City Baseball Leagues. But now, with

Oregon’s first, non-surgical back and neck disk decompression table, I have been successfully offering this treatment to many previously thought hopeless sufferers who are candidates.

You are on the table, in a “zero gravity” state and your back and neck disks can be gently, comfortably and painlessly decompressed (unloading the disks due to traction and

*Driving down Macadam Ave., I spotted a sign that was advertising help for people with disk compression, a non-surgical alternative. It seemed serendipitous, as I had been suffering from debilitating back pain for several months, presumably a result of three highly serious auto accidents I had been involved with in 1985, 1986 and 1993. For the past 20 years I had seen chiropractors off and on for chronic back pain.*

*For quite a little while after I started the treatment I got little relief. But after a few weeks of treatments I noticed I was feeling better. Unfortunately the improvement was not sufficient. I completed the 20 sessions, and was at a loss about whether to continue. I did end up getting six more treatments, and by the third or fourth I started feeling much better. It was as if those first 20 sessions were finally catching up. And finally I had a day with zero pain; it was joyous.*

*Although I am not 100% free of pain all the time yet, I believe now I have the situation under control. I am now able to get back to the gym and do some exercise and stretching I was unable to do before.*

DW

positioning). This allows the disks to rehydrate (absorb water and nutrients). This procedure also takes pressure off the nerves that when pinched can cause sciatica, arm pain, numbness, tingling, weakness in the arms and legs; even headaches; all of which just won't go away – until the pressure is off the disks and nerves.

This procedure is safe, comfortable and has no side effects. Patients who are candidates, who are motivated and who are committed to get well, have a good chance to get their life back in a very short time. In fact, a successful medical research study on the 3D Active Trac system will soon be published in Spine Magazine, the most prestigious back and neck medical journal in the world.

### **How Might You Benefit From This Method?**

As stated earlier, I don't know all the answers and I don't claim to. I have, however, learned how to care for my own back and neck problems due to a birth defect – a club foot – and multiple back and neck injuries. And I can tell you what I have discovered has worked for me and many other patients over the years. You just have to be motivated and committed to your health and this system. It can be relatively easy, requires no down time or time off work. Treatment only takes a short time and is an affordable way to regain your health.

The 3D Active Trac is a new, computerized technological version of non-surgical back and neck decompression that I have been using for over 25 years on myself and patients. It is not for everyone, but those who have benefitted are very pleased with their results and are once again enjoying their life.

### **Could This Be You?**

Constant back, neck, arm or leg pain, numbness, tingling? Do these keep you awake at night? Are you stiff in the morning? Losing energy? Depressed from all of it? Do you hurt like mad during the day? Keeping you from a normal life? Have you lost activities that allow you to enjoy life? Like walking, gardening, golfing, competitive sports, hiking, playing with the kids, etc.? Are you frustrated because your back or neck has not responded to past treatment of medicine, rest, physical therapy, injections, chiropractic treatment, massage, acupuncture, etc.? Are you or have you lost height due to your disks losing water? Are you at your wits end?

Worse yet, have you had a surgery that didn't work? (called failed back surgical syndrome?)

*My first visit to your office resulted from a simple reaching action which set off a chain reaction in my lower back and after just three days I was in agonizing pain. I could not sit, stand or lay down. No matter what position I was in I was in excruciating pain.*

*I began your treatment with the 3D machine, received your adjustments, and followed religiously the regimen of supplements, water and exercise that you prescribed. Early on in the treatments progress was slow in coming, yet I still had hopes of getting better and had the commitment to do anything to avoid an operation.*

*It finally happened. Somehow, like you always told me it would happen, all of a sudden the pain was gone. I continued with the regimen and treatments to the end, and what a great outcome - no operation and no pain. I am physically active at work, home and play. I ride a road bike as my hobby and upon my completion of the treatment I still had time to train for our annual ride from Seattle to Portland. Thank you for your skill, coaching and encouragement to help me heal.*

AA.

If so, the 3D Active Trac Non Surgical Disk Decompression System may be your answer. It certainly has been for many of my patients who are motivated and committed to their health.

### **How Did You Get Like This Anyway?**

Car accidents, work injuries, athletic injuries, “tweaking” your back and neck, wear and tear, lack of exercise, poor food, junk food, etc.? Let’s face it, modern life and civilization is not the most healthy. Yes, people are living longer, but they are also in nursing homes, retirement centers, assisted living centers., and many are not doing all that well. In fact some are living like vegetables. And are taking a lot of drugs. Do you know anyone like this? I do. And personally, I don’t want that. So I spend my time thinking, investigating, practicing how to stay healthy, and share it with my patients. Hopefully you can become a patient so I can take care of you and also show you and empower you so at home you can take care of yourself better.

To understand all this, I help you look at your history, how you got this way, and what to do to come out of it, get well and be well, as best you can. It takes motivation, commitment, time and patience. But the results are worth it.

### **After All Your Suffering . . .**

You have to ask yourself, how did my back or neck disks get like this. Well, one answer is that things just happen to us. And we have to learn how to deal with them. Things that happen are like we talked about earlier in the section “Could This Be You?”

But another and more scientific answer is that when your spinal column (your back and neck) is not in proper alignment, gravity

*I had severe lower back and leg pain. Within three treatments, the pain was almost gone and totally went away in two months. I’ve been fine and back to work for three months now. For myself, the table is a miracle and worth the cost. I recommend anyone to try it.*  
Mike T

takes over, “As the twig is bent, so grows the tree.” We have all heard this. Form and function go together. Like your car. If it is out of alignment, it doesn’t run right, plus tires wear unevenly as do the other joints in the car. The disks and joints in your spine are like the tires on your car, they wear out and lose their water cushion.

From an engineering scientific research standpoint on how the spine works, you can go to [www.idealspine.com](http://www.idealspine.com) to learn more.

Another simple and powerful explanation as to why the disks wear out is that your brain and nervous system run your body.

*Rarely do I find a service provider who warrants an unconditional recommendation, but that is exactly what I can offer for Dr. Siegfried. With two prior surgeries on my lower back - both of which were considered successful - I have some understanding of the condition of my spine and why it causes me pain.*

*When I recently injured myself I had an intuitive sense of what my body was craving. Dr. Siegfried’s thoughtful questions and observations of how I was moving and what was causing me pain, together with x-rays, led to a diagnosis that was aligned with my previous experiences, and his treatment plan was entirely consistent with what I felt my body needed, namely to relieve the compression on what remains of my lumbar disks.*

*Through a combination of gentle adjustments, treatments on the 3D Active Trac traction/ decompression table, home traction, exercises and supplements, I have experienced a significant reduction in pain and increased mobility within just a few weeks.*

*B.M., Ph.D.*

When the brain and nerves are stressed, the muscles pull the spinal column out of alignment, pressure is put on the nerves and disks, the muscles get weak, causing the spinal column to lose its normal position. Gravity again. Over time, the pressure on the nerves and disks and joints can cause spasms, pain, weakness and malfunction of the neck, back arms and legs. Even your organs like digestion, elimination and others can be affected.

### **Your Disks**

You have 24 of them. They are shock absorbers between the vertebrae. Your disks have very little nerve supply and blood supply. Healthy disks are full of water and nutrients. An unhealthy disk can be like a dried out sponge. You can't always feel them deteriorating (losing water). But when they flare up, look out. Undue stress on a joint or disk – remember the car out of alignment analogy? – causes the disk over time, to lose water, valuable nutrients and it gets weak and bulges, degenerates, then herniates. Simple things like bending over to brush your teeth, put your socks on, going from sitting to standing, etc. can blow out a disk – the final straw, so to speak. A pop, click, or stabbing pain in the back or neck may be the telltale sign of a disk problem.

### **Your Diet, Your Disks, Your Health**

Your diet is supposed to supply all the building blocks. Food can be your medicine. It can build up your body or it can break it down. It does one or the other. Your disks and joints need real food, whole food, organic, not GMO'D food. Real Food, not Franken food! I counsel you on your diet and your supplements, both of which are essential and both of which will feed your disks or joints and your whole body – if they are whole and organic. Plus certain specific exercises & stretches will be given to you for you to do at home.

Recommendations are made for buying organic foods. I will provide you with some whole food concentrate supplements during your non-surgical disk decompression program to help you get stabilized. Specific Whole Food Concentrates for disk and joint health. Food concentrates that build. Not synthetic, isolated chemicals that eventually tear down your disks and joints and muscle like chondroitin, glucosamine, MSM. These are patent chemicals. Anything not a food is a chemical, synthetic poison. I will help you understand this.

Another nutrition concept and very practical way to help your disks and whole body is to stop or at least cut down on drinking pasteurized milk, fluoridated and chlorinated water, refined white sugar products and refined sugar. Avoiding those, in a

*I had been suffering from mild spinal stenosis for the past several years. My situation became critical, resulting in severe pain in my legs and feet while standing for a few minutes and during walking for short distances. After having consulted with several highly qualified physicians, I came to the conclusion that the only reasonable and workable solution was to undergo surgery. Being concerned regarding the risks associated with the surgery and the long and slow recovery process, I started exploring other alternatives.*

*Fortunately I came to know about the treatment offered by Dr. Siegfried through the use of the 3D Active table. Our subsequent discussion with Dr. Siegfried convinced me and my family of the possible benefits of such treatment, without having any negative impact on my existing condition.*

*I went through 20 decompression sessions with Dr. Siegfried. Now I am in a position to walk for about two miles and stand for several minutes without feeling uncomfortable and having pain in my legs and feet. My situation has improved by over 60%. The benefits realized by the treatment are beyond my expectations.*

*DRG*

nutshell, will help you build strong disks.

For further information on this nutrition topic, you can go to the Price Pottenger Nutrition Foundation website. This information will empower you at home on a daily basis.

### **X-rays Don't Always Show Disk Damage**

X-rays have their place. They are valuable tools for showing alignment of the bones, detecting tumors, osteoporosis, infection, fractures, whiplash from a car accident, etc. But they only show

*Since I became a patient at the clinic using the decompression table, I have little or no pain, more flexibility, more strength, confidence and generally feel much better. Also, the supplements are helping me as well. Thank you so much to Dr. Siegfried and his staff.*

the spacing between the bones where the disks lay, like shock absorbers. If the space between the spinal bones – called vertebra – are thinned out, with calcium spurs, you could have degenerative disk disease. The way to pinpoint the disk problem is with an MRI. So both

are valuable in this process of diagnosing your bulging, degenerating, herniated disks, even stenosis.

Bulging, degenerative, herniated disks are like an old dried out sponge, unable to hold water. They need water and nutrients to provide support to the bones of the spine. Combining decompression with proper nutrients allows the disks and joints to rehydrate and regenerate. You can prove this to yourself by putting an old sponge in water. Watch it swell. Depending on the strength of your disks they should do the same.

### **So Really, What Are Your Options Here?**

As I said before, I am not a neurosurgeon, orthopedic surgeon or medical physician but that I do have over 30 years experience in this treatment area. And my job is to tell you what I think is best for you and what I would do in your condition. Your job is to tell me how you would like me to help you if I think you are a candidate for this incredible treatment system. I will help you make an informed decision in your case as to what to do.

Even most neurosurgeons will agree that if you can rehydrate your disks, you have an excellent chance of avoiding elective back or neck surgery in these conditions. Why do they say this? Because they know that surgery can be dangerous and that operating on your disks and joints should be a last resort.

### **Medically and Surgically**

Patients with back, neck, arm or leg pain usually go through the

*I experienced a herniated disk, namely C6-C7. I experienced severe limitation in movement of my neck, shoulder and back. I had almost zero degrees rotation of my head towards the left. I had the most intense pain of my life, easily 10 out of 10 in my back, neck, left shoulder and left arm. I was "living" on pain medication. An MRI confirmed the disk herniation. I was encouraged, indeed fear-mongered, to have surgery by several physicians. Needless to say, I did not. I eventually made my way to Dr. Siegfried's offices. With the help of your highly professional advice, adjustments and the 3D Active Trac table I have made a remarkable recovery. My pain is 95% improved. My range of motion is normal or near normal. I am off pain medication except for the occasional ibuprofen, and my outlook has improved dramatically.*

*If there are patients in your practice who are even considering surgery for disk herniation, I would advise them strongly against it. Rather, as a medical doctor, colleague and patient, I whole-heartedly recommend chiropractic adjustments and traction via the 3D active Trac table.*

R.S., MD

following regimen medically meaning you go to your doctor, get evaluated and get a treatment plan). The plan usually goes something like this: "Bob or Mary, it appears that you have back, neck, leg, arm, sciatica or carpal tunnel pain – maybe even a herniated or bulging or degenerated disk. I'm going to give you something for the pain for a few weeks, and find something for the inflammation, and something to relax the muscles, and then schedule you for treatments at a physical therapist. I want you to come back for a visit after some treatments in about a month. O.K.? See you then." Or maybe some variation of this. But basically you are given drugs and sent home and or to the physical therapist. And this is the normal medical approach. This is what they are trained to do for these conditions.

Then you return to your doctor. Again, not with much change usually. Sure, you may be looser from all the stretching you were given to do. But the pain Is Still There! Now what?

Next step is: "Well Bob or Mary, this may be more serious than I thought. I'd better send you to a Neurologist to see if this is more than just a simple muscle problem. I'm going to order him to do some tests, and he will get back to me and then we'll review those results. See you next visit."

The neurologist may do any of the following: EMG – putting needles into the muscles of the arms or legs to test the nerve function of the nerves in your back or neck – change the medication – recommend an MRI to rule out a disk problem – maybe even recommend a series of steroid injections into the pain areas to reduce the swelling. After a period of time, and another visit to your primary care physician or PCP, "Well Bob or Mary, based on the results of your EMG, MRI and/or evaluation by the neurologist, it looks like you have a disk and nerve problem. I think it is time to consult with a neurosurgeon to determine if you need elective surgery on your back or neck. We will schedule you and have you return to me after your consultation. See you at your next visit."

At the neurosurgeon's office, after reviewing the x-rays, MRI and other information he may have, you may receive the following recommendation: Elective Surgery now or later. Now because the problem is severe and progressing due to excessive pain or weakness in the arms or legs, or loss of bowel/bladder function, or degeneration or instability in the back or neck. Later if you can tolerate the pain and you want to wait. The problem is, waiting isn't going to help either because you have a progressive situation. No one knows how long your condition will hold on until you may need an emergency surgery. So here you are,

*I am personally so grateful and blessed to have had Dr. Siegfried as my chiropractor. Several months ago I was stricken with debilitating lower back pain. This was after having neck surgery and the replacement of three disks and cadaver bone and titanium plate - a surgery that was most unpleasant, painful, and the last thing I would ever do again.*

*Dr. Siegfried went through his evaluations, he considered every contributing possibility and risk factor. Prior to treatment we even discussed the cost and the full application of the decompression table as well as alternative treatment.*

*This occurred after having stopped by the offices of an orthopedic surgeon and being told I need to have tests and likely back surgery that might or might not cure my problem. Dr. Siegfried knew immediately what treatment I should have after taking x-rays of my lower spine. He placed me on the treatment table that was programmed especially to fit my needs. This treatment was so successful that I continued for several weeks to have treatments even though they were not covered by insurance. The relief I got was more than worth the cost. Thanks to this thorough, caring and professional doctor, I have been able to continue with all activities with little discomfort.*

*DN, former State Representative*

maybe 3-6 months down the line from when this started and you are no better. In fact, maybe worse!

### **So Let's Summarize Your Medical Options**

Up to this time you have had the best that medicine has to offer you. It has been your primary care physician, medicine, the physical therapist, the neurologist, and the neurosurgeon. You may have had pain killers, muscle relaxers, anti-inflammatories, or steroid injections. Nothing has helped, or maybe it has helped a little bit but you are still not like you wanted to be: pain free and functioning as you like. And now you are faced with surgery, depending on your condition. Recommended surgery could be a Diskectomy, laminectomy, rhizotomy, ablation, fusion, disk replacement, laser, implanted battery, morphine pump, or some other surgery.

As with any major surgery, you could die, be disabled, or need temporary or permanent rehabilitation. The injections may or may not have helped. They usually work 30% of the time and can cost anywhere from \$3,000 to \$15,000 and can weaken your joints. Some patients even have had spinal cord damage from the surgery. The side effects of continued use of pain management medication can cause many problems too. Dry mouth, blurry vision, urinary incontinence, even the need for kidney dialysis. You don't see these kidney dialysis centers going in because people's kidneys are getting better. Even co-pays alone can cost a small fortune for all these procedures.

### **The Top Medical Specialists Say**

All of these surgeries involve general anesthesiology, and all the other procedures and potential complications that go along with any major surgery. The results of the surgery may be worse than the reason for the surgery itself. In fact, the Providence Hospital System reported in a study on Workers Compensation Back Surgeries. Most surgeries failed, most patients said if they had it to do over again, they wouldn't have had the surgery to begin with, and many of the patients have not returned to their original work, while others are completely disabled.

### **Is Surgery Really Any Better?**

According to a 2005 article in the Portland Business Journal, Portland is the back and neck surgery capital of the United States. But patients aren't getting much better with elective surgical procedures.

According to a U.S. Government study, about 600,000 back surgeries are performed annually in the U.S. with an average failure rate of 53%. U.S. Government Health and Human Services reported less than 1 in 100 elective back surgeries are necessary. And of those, many fail, leading to another problem called Failed Back Surgical

*My back problems got started at the age of ten from sports, and through the years with car accidents, manual labor, and poor posture have taken a heavy toll on my health and well-being. The steady progression of pain and stiffness had me consider surgery as the only means possible for recovery from the chronic pain I've suffered in the last 20 years.*

*After my first consultation with Dr. Siegfried and his attitude of leaving me to make my own informed decision about how his advanced and unique medical treatment would progress, I felt reassured about my conclusion to pursue his treatment plan. Our discussion about my responsibility to exercise and maintain a healthy diet, along with keeping up the practice of hydrating my system, and the added intake of supplements have changed my life radically.*

*I don't have to recline or sleep with back pain draining me of energy and the ability to engage in other activities. Without the constant pain and with the ongoing exercises Dr. Siegfried has shown me, I can reclaim the pursuit to challenge myself for more physical activity, a healthier lifestyle and a more positive outlook.*

*Greg R*

Syndrome. Worse pain, disability and Dysfunction are common. More back and neck surgeries are done in th U.S. than anywhere in the world. Over 240 million people in the U.S. (80% of the population) suffer with back pain on any given day. Another 9 million deal with neck pain. As a result, all other treatment options should be considered before elective surgical intervention. Health statistics tell us those costs are over \$60,000,000,000 (that's billion) a year. "Houston, we have a problem", as the astronauts might say.

### **Unfortunately . . .**

Currently accepted non-surgical medical methods are not working and may only be giving false hopes to sufferers like you. Dr. Daniel J. Mayaner, M.M., vice chairman of the Cleveland Clinic Spine Institute and head of the section of spine medicine

*I have had a slant board since 1993. I try to use it as often as possible. It helps a lot between each adjustment. I am going on 73, and after having a hard day's work, I lay on my slant board. It helps my whole body feel better.*  
Lorraine P

said this regarding the medical approach to disk problems" There are several medical non-surgical ways to treat a herniated disk, including rest, medication, exercise, time and steroid injections. A fair trial is 6-8 weeks. If these don't work, you need surgery. It is

important to note that these all take time, medical care taking longer than surgery."

Unfortunately, in the long run, the medical outcomes are the same (Arthritis Adviser, August 2006, [www.arthritisadviser.com](http://www.arthritisadviser.com)).

Even psychological intervention can be important and more cost effective compared to standard medical approaches to back pain. (Arthritis Advisor, March 2007, [www.arthritisadvisor.com](http://www.arthritisadvisor.com)) It too, however, is not working.

### **Recent Headlines On Surgery**

Recent national headlines have reported the results of a major government-funded study that reveals back surgery is not the answer for patients suffering with pain, even debilitating pain, from back, arthritis, sciatica, or bulging, degenerative, herniated disks. (Oregonian, November 24, 2006)

In fact, the results show waiting may be just as good. Really? Do you want to wait any longer, suffering like you are? Well, you may not have to.

Have you been told the cause of your pain? Do you know your options? Are you able to make and informed decision about what to do next? That's where I come in. I will help you make an

*When I was 24 I found out I had a weak back after the fire department took me to the hospital and all the doctors would do is give me pain medication and massive doses of muscle relaxers. I suffered for 15 years with lower back pain and with multiple events of my back "going out" when one of the four bulging disks decided to move and hit the nerves in my back causing me to lose control of my legs and usually collapsing to the floor.*

*A neurologist told me that I should have surgery, but he wouldn't operate because I was too young. Even the chiropractors I had previously seen told me that someday I would need surgery to correct my problems.*

*When I came for my consultation, I was hunched over, hurting and working through one of my "going out" episodes. It has been a little over four years ago that I started disk decompression, and since then I have had a couple of tune ups - additional treatments to keep me where I want to be, FEELING GREAT and not worrying about my back. For the past four years I haven't had the pain, aches and problems that I was told I had to just live with for that fifteen year period. I will not have surgery, and will continue to have my little tune ups.*

*Steven W*

informed decision. My treatment program may or may not be for you, but at the very least you will be able to make an informed decision. In fact, hopefully this report will help you in making a decision regarding what to do next.

### **How About Surgical Fusion?**

As mentioned earlier, surgical fusion is not working. As a rule, Providence Oregon Lumbar Spinal Fusion studies reveal that of 1600 patients with a single operation after 4 years 71 % had not returned to work. Of 2400 patients with multiple operations followed 3 years post-surgically, 95% had not returned to work one year after surgery. 56% continued to need narcotics for pain control, which can be

*I was suffering form intermittent severe stabbing pain in my lower back. Sleeping in bed was impossible. Dr. Siegfried recommended a treatment program with the 3D Active Trac. Immediate relief came with the first treatment. I continued with nine more treatments followed by an occasional maintenance treatment. I have been without any painful discomfort for the past year.*

*Mr. B*

surgery resulting in permanent total disability was \$1.2 million dollars.

These studies demonstrate that elective surgery should not only be questioned, but avoided, at all costs, in my opinion. Cauda equina syndrome (bowel and bladder dysfunction), progressive arm or leg weakness, and other severe medical emergencies are absolute indications for surgery. But many patients who have had spinal surgery claim that within one year after surgery their symptoms are no different than before they had surgery. (Spine Magazine, 1989, 14 (4); acta-orthop Scand suppl, 128; acta-orthop Scand, 1977, 48 pp 630-634; the failure of surgery for lumbar disk disorders, Disorders of the Lumbar Spine, Lippincott, 1978)

### **Sadly . . .**

The number of spinal surgeries is increasing much faster than the population (Spine, 1997, 19 (10), pp. 1117-1124). One observer explained this increase in pure monetary terms: Surgery rates are influenced by the ratio of surgeons to population (Scientific American, 1982, 246 (4), pp. 120-134).

### **One Solution To Your Disk Problem(s) . . .**

Non-surgical disk decompression on the 3D Active Trac Table

*In May 2005, I seriously injured my lower back starting a lawnmower. I was referred to a neurologist and a vascular surgeon. They suggested that I have an MRI of my lumbar spine. It revealed stenosis. The neurologist suggested I receive muscle exercises and not have any chiropractic care. The surgeon suggested I consider surgery.*

*When I first started Dr. Siegfried's new treatment procedure, I needed a cane in order to walk. My left leg and knee were very unstable. I could not walk up stairs without assistance. On a scale of one to ten, my pain fluctuated between six and nine! Prior to each treatment, Dr. Siegfried adjusted my spine. After about three treatments I started noticing a reduction in pain. After seven treatments I no longer needed a cane in order to walk. All pain disappeared after the 15th treatment. I have completely returned to normal after 20 treatments.*

*Considering the alternative solutions to this problem that were suggested by members of the medical profession, such as surgery, this new form of care is an absolute must for anyone suffering as I had.*

*JC*

*Doctor of Chiropractic*

may be your solution. Is the concept new? No. But the technology is. It is a high tech form of traction. Computers and engineering technology have provided this for your benefit, non-surgically, safely, effectively and successfully. It is a valuable alternative to patients considering elective back or neck surgery. Our results have been amazing.

Traction is not new, there is really very little "new under the sun". However, non-surgical disk decompression is very different than traction.

Traction has been used for disk and back problems since Hippocrates. "The Rack" as it is sometimes called, was used to stretch out the back and disks for many back problems. It was even used in the middle ages as torture. All of these were hardly helpful because the patient couldn't relax.

Modern medicine adopted the concepts of ancient traction. They used weights, pulleys, ropes, etc. to basically try to pull apart the disks. But it doesn't work. That is why it isn't used in hospitals anymore.

In the 20th century, pioneers in these decompression methods were James Cyriax, M.D., Robert Martin, M.D., Conrad Lorenz, M.D., Duane Saunders, P.T., Robert Sheally, M.D., engineers and others. All of these methods were designed to help patients avoid back and neck surgery.

If you look at the history, it seems that the non-surgical approaches were developing as fast as surgical procedures. The difference? No side effects, no injuries, and no deaths from the non-surgical approach. Different tables and technology were being developed for patient comfort and clinical efficiency.

### **Why So Different? And Unique?**

Unique to the 3D Active Trac Non-Surgical Disk Decompression table are its engineering and patented technology, as well as its benefits. I believe that, non-surgical back and neck disk decompression therapy is now a primary alternative to elective back and neck surgery.

From an engineering standpoint, it has many patents. It allows decompression of the joints and the disks to be accomplished very comfortably. By being comfortable on the table, the patient's disks have the best opportunity to readily rehydrate by absorbing water and specific nutrients as best they can. This has been demonstrated on MRI studies. Of course the most important

*I awoke one morning in 1988 to excruciating pain in my left arm and hand. A neurologist determined I had a herniated disk in my neck. My following surgery was a success as I regained the use of my left arm and hand, and the terrible pain was gone. However, I started experiencing daily migraine headaches, and having electrical pain near the incision. The headaches and pain became very debilitating. Over the counter pain medications helped alleviate the symptoms - but then I realized I was taking too much, which wasn't good for me.*

*In January 2006, I consulted with Dr. Siegfried to see if I would benefit from his treatment program. After looking at x-rays and going over my medical history, Dr. Siegfried determined I was a candidate. Four weeks into his program, I realized that I wasn't having any more migraine headaches and my neck pain was lessening with each treatment. I felt like Dr. Siegfried had truly given me my life back!*

*I am now into the maintenance phase of the program, still migraine free and basically free from the electrical pain in my neck that I suffered with for over 17 years. I am continuing to take the whole food supplements. Since being on Dr. Siegfried's treatment program, I feel more energetic and happier than I have felt in a long time.*

*Christine C*

result is the functional improvement of most patients who are able to experience this incredible technology.

3D means 3-Dimensional. It allows you to be positioned throughout your treatment in the most comfortable position. Sometimes it is uncomfortable to lay flat on your back. Sometimes your legs are more comfortable when elevated. And once you are positioned comfortably, you may even fall asleep during your treatment, which may last anywhere from 10-30 minutes, depending on your condition.

Non-Surgical Back & Neck Decompression, according to the FDA, occurs by unloading the disks by distraction and positioning. It is this positioning that makes the 3D Active Trac so different from other tables. Since the spine moves in many directions, it only makes sense that the table does too. Then setting the computer to decompress your disks is more easily accomplished.

Success of the treatment depends on both of us: my clinical skills of 25 years, and your motivation and commitment to get better. The ultimate goal is to initially get you out of pain, improve your daily function and improve your quality of life. You are not only treated at the clinic, but are also given very practical and empowering things to do at home. Certain specific stretches, exercises and whole food concentrates will be given to you. It is a complete program.

### **In 1995, A Very Positive Change**

In 1995, the Sanders Group, a medical manufacturing company, developed their prototypes to the 3D Active Trac Non-Surgical Disk Decompression table. Since 2001, their table has been able to treat – non-surgically – patients suffering with bulging, degenerating, herniated disks, sciatica, leg and arm pain, numbness, tingling, even weakness, stenosis and failed back surgical syndrome (surgery that failed to help). The table is an FDA cleared medical device to treat these conditions. It is computerized, safe, effective and successful for qualified candidates. It has multiple patents and has been studied with a soon to be published successful study in Spine Magazine, the most prestigious medical journal in the world for the back and neck. The Johns Landing Clinic and the Dunn Chiropractic Clinic are the first in Oregon to offer treatment on this revolutionary breakthrough technology.

### **Life-Changing Treatment And What It Feels Like**

Right before your non-surgical back or neck disk decompression treatment, you receive a very gentle soft tissue manipulation and trigger point release of the muscles in the back or neck. This

*When I walked into Dr. Siegfried's office on the first day, I was in so much pain and not sure that anything could be done, other than the surgery that was recommended. I didn't believe that stretching my back and neck would relieve my pain. I am a believer now.*

*With all the methods and supplements and caring information Dr. Siegfried provided me, I am so grateful. I would with the most respect and knowledge of this treatment recommend these procedures for people who might be in pain as I was. I will continue to follow Dr. Siegfried's guidelines on maintaining my strength and exercises for my condition, because they really work.*

*Thank you again. I am really grateful. Dr. Siegfried is a great inspiration to me and my body.*

*Barbara C*

allows your back or neck to relax. Then you lay on the table in the most comfortable position for you. Two belts are placed around your pelvis and abdomen designed for your comfort and to secure your body on the table. Some patients tell me it is like a "seat belt". Others describe the harness like a "corset", but all are comfortable. We always recommend that your stomach and bladder are empty.

The computer is programmed and you begin to feel timed sequences of gentle pulling, holding, then relaxation in the back or neck. A predetermined cycle will be set for your condition.

Once the treatment is completed, you will be instructed to do some gentle exercise on the table, then sit up and, depending on what treatment you are in my system you may do some other simple, gentle rehabilitation exercises before leaving the clinic. Patients usually feel more relaxed after the treatment and look forward to the next visit. But there are occasions where the gentle pulling stretches old scar tissue in the back or neck, in addition to opening up the disk space, and you could be sore. This is why we may have you put some ice on your back, drink extra water at home and take certain natural whole food concentrates for reducing inflammation and swelling while your disks are healing.

### **Non-Surgical Option The 3D Active Trac**

In addition to the traditional medical approach to your problem, you may have had acupuncture, massage, Rolfing, exercise, stretching (yoga) or other programs, plus herbs, vitamins even chiropractic care. One famous medical physician said this "Nobody in America should be allowed to have back surgery unless they have seen a chiropractor first" – Robert Mendelsohn, M.D. The problem is, even traditional chiropractic care is not always helping patients like you or me with a positive MRI and x-rays showing misalignments. But the 3D Active Trac Lumbar Cervical non-surgical disk decompression system does. Even the Oregon Medical Board has said this method should be tried as an alternative to surgery.

It takes time, motivation, treatment, and a commitment on your part to become stable and to then maintain yourself. This method does what other methods don't: rehydrates disks, increases the joint spaces, lubricates the joints, regenerates the disks. Of course, everyone is different. And everyone's body is in a different condition when I begin with them, But everybody has the chance to heal within reason, if given the opportunity. Does yours? We could find out now.

*I had suffered from constant low back pain for over two years. Although I was receiving regular chiropractic care during those two years (not from Dr. Siegfried), I was not seeing any significant improvement. At one point after an adjustment I was in excruciating pain. I had an MRI which showed a herniated disk. I improved from the excruciating pain but experienced nerve damage after that incident, which affected my right leg and foot. The pain now extended down my leg, and my foot was floppy and numb. I did have some slow improvement from regular adjustments. My foot was still numb but not floppy, and I was still in constant pain but to a lesser degree.*

*I started seeing Dr. Siegfried in 2004, and was on of the first to try his 3D Active Trac table. With my first session I felt a profound change in my back. My herniated disk slipped back into place and I was pain free for the first time in years.*

*My low back pain returns at times but never to the degree it was prior to using the decompression table. My right leg is pain free and my right foot is no longer numb. I feel extremely positive about my experience with the 3D Active Trac table and the chiropractic skills of Dr. Siegfried.*

*Elliott C*

## **And the Best Part Is**

No side effects, no down time, no time loss, no danger to you. And the very strong probability that your pain will be significantly reduced, if not gone with no more need for pain medications and no more inflammation. Your overall function, energy and quality of life should improve – and you will know how to better take care of yourself at home. If you come in for a consultation, you will be able to make an informed decision as to whether this is for you, if I can accept you as a patient, and when to get started!

## **Let's Summarize**

You may be wondering if non-surgical back or neck disk decompression on the 3D Active Trac is for you. You may be wondering if you want, or really need back or neck surgery. You may even be wondering if you should consult with me. If you decide to consult with me, you will have an honest opinion on your condition and what I would recommend if I were in your shoes. If you are a candidate, and accepted as a patient, motivated and committed to getting better, we will work together to decrease your pain, increase your function, teach and empower you how to improve the quality of your life and your energy. After providing many many treatments on the 3D Active Trac, I have helped many patients get their life back and avoid surgery.

## **My Commitment To You**

Your no obligation consultation is FREE. I'll review your history, x-rays and MRIs. If I examine you, there is a small fee. I'll explain to you why you got this way and what you can do to get better – assuming I think I can help you, of course. I'll give you my ideal treatment recommendation for your condition. You will decide what you want to do after answering all your questions.

If your condition is not getting any better, ruining your life, frustrating you like mad and you want to do something positive for yourself right now, this could be your time to do something life-changing!

## **Call Now**

Time is of the essence. You are either getting better or getting worse. There is no middle ground. Call for a Free no obligation consultation. Give yourself the opportunity to get your back and neck on track. Your health is your wealth. If you have your health, you have hope. And hope is everything. My passion is helping people like you to become patients – and get well!

Sincerely,  
Dr. Siegfried

*My husband saw your ad in The Oregonian with the claim of disk decompression without surgery. I have been to several other chiropractors over the past 15 years or more. But their methods only helped temporarily and then I was back to pain in my neck.*

*Dr. Siegfried's method is much more - disk decompression, exercise, healthy diet, keeping my body hydrated and adding proper supplements which I have done. I have added a slant board to my routine which helps too.*

*My neck pain is gone and I have Dr. Siegfried to thank.*

*Reta McP*

## Who is Dr. Siegfried

- A short biography -

Dr. Siegfried is an International Chiropractor. His mission is to promote health and wellness to his patients. For over 20 years, he has been taking care of patients and teaching them the benefits of a Healthy Back, Neck, Nervous System and Whole Food Nutrition. The combination promotes total health, allowing a person to function at their optimal level. This is true health as defined by The World Health Organization. Health no longer is considered the absence of disease. Rather, it is what allows us to express our full potential.

Dr. Siegfried received his undergraduate degree from Schiller University in Heidelberg, Germany in 1974 with a dual major in Religious Studies and Political Science. He attended pre-med classes at Penn State and Temple University anticipating a career in medicine following his second cousin, an orthopedic surgeon, and his great uncle, a general surgeon; both of whom were famous surgeons in Philadelphia. His great uncle founded Nazareth Hospital in Philadelphia. He ultimately opted to study Chiropractic, due his miraculous success after several major sports injuries.

He graduated from Western States Chiropractic College in 1981. After practicing a short time in San Francisco, he was invited to practice in Italy at the Orthopedic Medical Center for Sports and Physical Therapy, in Pisa, Italy. While there, he treated people of all ages. In particular, he took care of many athletes from the Italian Olympic Team Training Center in Tirrenia, on the Italian Riviera. As time went on, and the athletes did so well, he was invited first by the athletes, then the coaches, then the Directors of the Italian Olympic Committee to be the Chiropractor for the Track and Field Team. He left the Orthopedic Clinic in Pisa in August 1983 and took care of the Track and Field Team, and other athletes, full time, until the end of the 1984 Olympics in Los Angeles, California.

Prior to working for the Olympic Team, Dr. Siegfried also took care of the dancers and performers in many Broadway shows, including Dancin, A Chorus Line, Ain't Misbehavin' and others, as well as the dancers in the San Francisco Ballet and other companies. He also took care of the jockeys at the Portland Meadows Racetrack for several years. In addition to his Portland office, he practices in McMinnville, Oregon at the Dunn

Marina di Pisa 29/04/06

To Whom It May Concern,  
I met Dr. Siegfried in May 1983 as a patient attending the private clinic where he was working in Pisa. There was an immediate bond between us. I had been wandering from clinic to clinic looking for some relief from an acute sciatic syndrome which had been invalidating my athletic career and soul for three long years.

As Dr. Siegfried and his treatment were so successful I introduced him to my coach Professor Franco Radman, at the time the head coach of the Italian National Javelin and Decathlon Teams. He in turn introduced Dr. Siegfried to the chairman of the Italian Track and Field Federation. After a short trial period Dr. Siegfried was officially employed as the chiropractor of the Italian Track and Field National Team where he worked for almost two years until the end of the Los Angeles 1984 Olympic Games. After the games he resigned from his position to go back to his home country to be reunited with his family.

Those two years which Dr. Siegfried spent with us were of paramount importance to the chiropractic introduction and reputation within the sports community in Italy. Until that time athletics had had almost no exposure to chiropractic, and opinions about the

*(continued on next page)*

Chiropractic Clinic, a practice founded in 1922. Dr. Siegfried has been practicing at the Dunn Chiropractic Clinic since 1985.

Dr. Siegfried's mentors have been pioneers in Non-Surgical Back and Neck Decompression Treatment, Non-Surgical Balloon Sinuplasty (Bilateral Nasal Specific), Whole Foods Nutrition, and spinal and extremity adjusting. His own thirst for knowledge and continued education led him to receive his Naturopathic Medical Degree in 1996 from the National College of Naturopathic Medicine in Portland, Oregon. Most recently, he has added the patented, published, 3D Active Trac non-Surgical, FDA registered medical device decompression method for patients with herniated, bulging, degenerative disks in the back and neck. This equipment is the first in Oregon, and one of only several hundred worldwide. His concepts of Wellness, Complementary and Integrative Health Care are founded on the principles of the body being able to heal itself, if given the opportunity.

Dr. Siegfried is a community minded individual. His proudest accomplishment was that he raised \$3,000 for the Henderson House in McMinnville, a home for battered and abused women and children.

Politically Dr. Siegfried helped found the Oregon Doctors of Chiropractic, Oregon's oldest chiropractic state organization. He has been the President, Vice President, Treasurer and Secretary. He has been awarded the organization's Doctor of the Year and other numerous awards for serving the doctors and patients. He was the organization's legislative lobbyist for two years. In 2004, as a reward for his work, he was given the prestigious nomination by the Governor of Oregon to serve on the Board of Oregon Chiropractic Examiners, eventually becoming its Vice President. He served for three years.

Dr. Siegfried has been married for 24 years; he has four grown children and three grandchildren. He is a competitive athlete, still pitching in the Portland City Baseball Leagues, at age 59.

*profession were confused and certainly not always positive. Dr. Siegfried did a great job showing professionalism constantly applying not only chiropractic techniques, but also chiropractic principles and philosophy which inspired and changed the mentality of many athletes, and to a point the most adverse medical doctors. Certainly Dr. Siegfried was a great inspiration to me. I started a course of chiropractic study in 1989 as the AECC in Bournemouth, England.*

*During all the years since we met, Dr. Siegfried and I, and then our families have remained really good friends. In 1997 my wife, also a chiropractor, our son and I went to visit Dr. Siegfried in his home town. We stayed for over 10 days during which my wife and I were shown the clinic management and clinical skills of Dr. Siegfried and his staff.*

*As a patient, I had already experienced the "nasal specific" technique and was enthused about the benefits of that particular cranial adjustment. I asked Dr. Siegfried to teach me, and he did so well that ever since I came back to my practice the "nasal specific" has almost become my trademark as a chiropractor in Italy.*

*Sincerely,  
Alberto Farnesi  
Via Milazzo, 92-56013  
Marina di Pisa, Italy*



## THANKS

Dr. George Siegfried, Chiropractor, worked with the Italian Athletic Track and Field Team in the throwing events section in the years 1983 and 1984 until the Los Angeles Olympic Games.

His experience and professionalism had been a great help in our group, resolving a lot of major problems with high level athletes who were injured or suffered muscular fatigue from over training

Sometimes he was extremely helpful with discus throwers (over 65 meters) who had great muscular troubles but needing to compete with little rest and yet maintain a maximum level of performance.

We are deeply grateful to Dr. Siegfried for what we learned from him and very sorry that he is no longer works with Italian Athletes.

Thank you Dr. Siegfried !!

Professor Renato Carnevali  
Head Coach,  
Italian National Team Throwing Events

Professor Franco Radman  
Italian National National Team Coach for  
Javelin and Decathlon

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