

Beyond Back and Neck Pain

Think beyond chiropractic manipulations to ease back and neck pain. A new breed of chiropractors practices preventive as well as curative methods to correct posture, to relieve migraines, and to restore whole-body balance. And they're doing it for kids as well as adults.

Cindi Infiesto says her migraines started when she was about 14 years old. "I'm 50 now," says Cindi, "and over the years, I've seen a series of different chiropractors. I reaped some benefits from their efforts, but nothing ever had any significant impact on my migraines."

Cindi's migraines got so bad that she couldn't get through a single week without at least one of these debilitating headaches. More often, she says, it was two or three, and she relied on prescription narcotic medications to control her pain.

"I could never allow myself to forget where my medications were," says Cindi. "I never knew when a migraine would strike, and I had to have those medications within easy reach."

By 2007, says Cindi, she usually had migraines three days a week. "Each migraine took a day or more away from me," she states. "It's safe to say that I had only one good day a week without a migraine or a migraine hangover."

Early in 2007 Cindi's own brother provided the key to her relief.

"My brother, Dr. John Mistretta, practices corrective chiropractic in Ohio," she explains, "and when I told him how disruptive my migraines had become, he told me that I needed to see a *wellness chiropractor*. He did some research and referred me to Dr. Michael Lampe at Lampe Family Chiropractic."

Big difference

Michael Lampe, DC, points out that most people think of neck and back adjustments when they think of chiropractic care; they seek a chiropractor after an injury to restore spinal alignment.

"Corrective chiropractic is different," states Dr. Lampe. "A corrective chiropractor deals with injuries, of course, but we really emphasize preventive chiropractic care as a way to align the spine so the body is prepared to protect and heal itself."

Dr. Lampe works closely with Robert Davis, DC, and Chad R. Luce, DC, to provide this specialized care in several communities in Lee County.

He explains that the bones of the neck and back are designed to protect the spine, which sends messages from the brain to more than 12 miles of nerves and 50 million cells.

When the bones of the neck or spine are out of alignment, pressure is placed on the nerves branching off from the spine. Sometimes, this misalignment or *subluxation* results in pain, but Dr. Lampe points out that only 6 to 10% of nerves have the ability to feel pain. The other nerves tell the body how to work properly: They tell the heart to beat, the lungs to breathe, the stomach to digest. "When those nerves don't work the way they should," says Dr. Lampe, "things happen that affect a body's overall wellness."

In Cindi's case, myriad car and gymnastic injuries

caused small misalignments throughout her life that finally added up to her debilitating migraines.

Finding relief

"The first thing I noticed about Dr. Lampe is that he wants to educate his patients about his approach to chiropractic care so he can enlist our aid and enthusiasm in our own healing," says Cindi.

"He offered an entirely new approach to treating my migraines. I had been seeing chiropractors only when I needed relief from my migraines or other aches and pains. Dr. Lampe placed me on a schedule to help me achieve and maintain optimal health, and the results are amazing to me."

For Cindi, Dr. Lampe designed a treatment plan that began with resistance therapy three times a week.

"Normally, a person's neck should have a banana-shaped curve to it. Mine had straightened and even begun to reverse that curve," Cindi describes. "Dr. Lampe's initial effort was to restore my neck to its proper position."

"In the beginning, I couldn't tolerate more than about a minute of treatment each time," recalls Cindi, "but even at that, my migraines stopped right away. That's because Dr. Lampe placed me on a regular treatment schedule: My spinal misalignments didn't have time to reestablish themselves between treatments."

"I can't tell you the last time I had a migraine, and I no longer worry about keeping my prescriptions close at hand. Dr. Lampe has been given an incredible gift of healing, and he goes about it in such a positive way, helping his patients become healthy in mind, spirit, and body. I just can't say enough good things about him."

Added benefits

Cindi was so impressed with her own improvements that she turned to Dr. Lampe when her son, Nicolas, developed postural problems.

"Nicolas was 11 at the time, and he loves to play video games. Unfortunately, by spending so much time in front of the computer screen, it had affected his spine. Even at his young age, his neck was starting to reverse its natural curve, and it was showing up in his posture. Nicolas was also putting on excess weight, and he was sick a lot. I decided to see if Dr. Lampe could help him, too."

"I'm always glad when people recognize that chiropractic is an excellent way to help entire families maintain good health," supports Dr. Lampe.

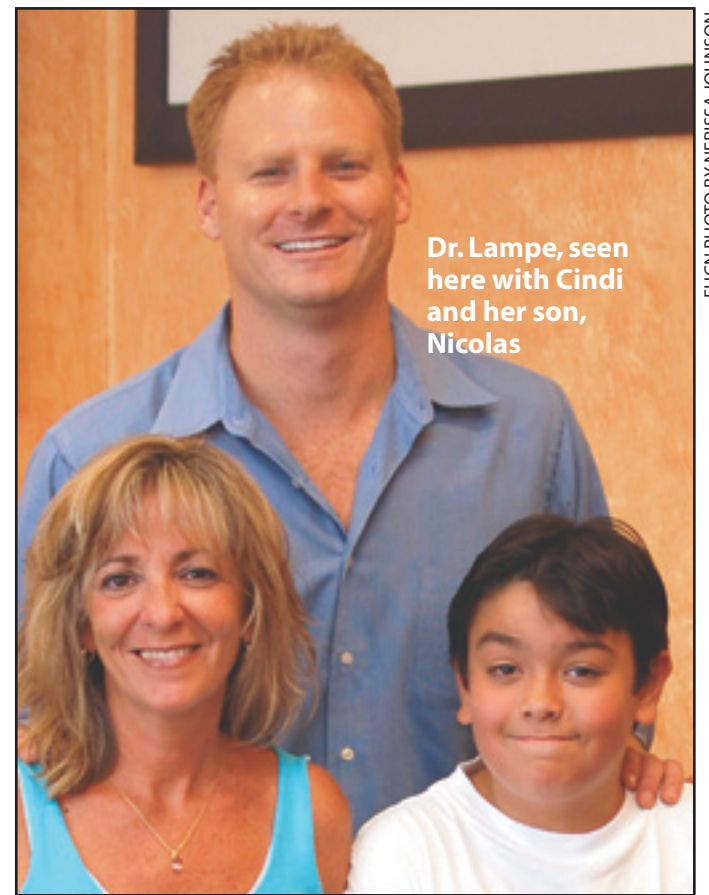
"People are often surprised to learn how beneficial chiropractic can be for children," notes Dr. Lampe, "but consider this: Research shows that doctors put 60 to 80 pounds of pressure on the head of a newborn during the birthing process. That alone creates a misalignment of that baby's spine. Simply putting a few

ounces of pressure in the right direction can get the atlas, the topmost vertebrae, realigned properly.

"This can eliminate many problems that babies have with colic, nursing abnormalities, and digestive issues. As children get older, proper spinal alignment can help reduce the incidence of ear infections and childhood asthma. And the popularity of video games means we see many young people with the same complaints Nicolas had developed.

"These postural problems aren't confined to young people playing video games," states Dr. Lampe. "With the popularity of computers at home and at work, more adults, too, develop spinal misalignments caused by the unnatural, hunched position they assume while at the keyboard, staring at the screen."

At Lampe Family Chiropractic, Dr. Lampe has created an environment where patients of all ages can



Dr. Lampe, seen here with Cindi and her son, Nicolas

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Considering corrective chiropractic?

Lampe Family Chiropractic
Dr. Lampe
601 Del Prado Blvd. N., #5
Cape Coral
(239) 573-7988

Davis Family Chiropractic
Dr. Davis
6700 Winkler Road, #3
Fort Myers
(239) 482-8686

Luce Family Chiropractic
Dr. Luce
4144-2 Cleveland Ave.
Fort Myers
(239) 939-9796

www.correctivecaredocs.com



Michael A. Lampe, DC
Iowa State University
Parker College of
Chiropractic
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• Florida Chiropractic
Society
• World Chiropractic
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University
Member:
• Florida Chiropractic
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Chad R. Luce, DC
University of Evansville
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University
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• Florida Chiropractic
Society
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tors Association

conveniently and quickly receive needed therapies to counteract these misalignments.

"That's one of the reasons why it's so great for kids to be treated there," says Cindi. "We don't really make an appointment, and we don't spend a lot of time in the office. Dr. Lampe lets us know how often we need a treatment, and we find time around our own schedules to stop in for our adjustments. Dr. Lampe uses a pass card system, like an ATM card, and that allows us access to the treatment areas we need to visit. He has motivational and educational tapes playing, but there's no real down time while we wait for Dr. Lampe — we swipe our cards, go to our treatment areas, and get started. Nicolas and I can receive treatments simultaneously, we are each seen by Dr. Lampe during each visit, and we can be on our way again in as little as 15 minutes."

Thanks to a regular treatment regimen and an adjustment of his daily schedule, Nicolas is more active, his excess weight is falling away, and his health has improved.

"Chiropractic won't eliminate the need for medical attention in the case of acute injuries or illnesses," says Dr. Lampe, "but it can help keep the body healthy in the absence of such acute situations." **FHCN**—Billie S. Noakes