

# Health Solutions / Family Chiropractic Quarterly

Dr. Jamileh Naddaf, D.C., F.I.A.M.A.

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David Spitzer, editor

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chiropractic evaluation, it is sometimes difficult to determine the level of bio-mechanical improvement," says Dr. Naddaf. The Pro-Adjuster actually shows the level of improvement on the screen so that the patient can see it. Call to make an appointment or stop by one of Dr. Naddaf's offices to see the Pro-Adjuster. You'll be glad you did.

## Dr. Naddaf to Air on Sky Angel

Doug Kaufmann, host of "Your Health Matters," has invited Dr. Jamileh Naddaf to appear on his popular national television talk show. This will be her second appearance on the show. The show will air live on July 12, 2004, from 9 to 10 a.m. on the Sky Angel Network. "Your Health Matters" airs locally on Flora station WNOI, channel 24, at 3 p.m. Check your local listing.

## Dr. Naddaf One of the First To Use New Technology in her Practice

Dr. Naddaf of Health Solutions in Effingham and Family Chiropractic Clinic in Newton is among the first chiropractors in the country to use the latest technology to help in her patients' treatments.

The first is a revolutionary new FDA-approved technology that offers an objective evaluation and treatment alternative to the traditional chiropractic "hands on" approach.

The Pro-Adjuster uses space-age technology to help locate and then correct spinal and bio-mechanical dysfunctions. These include spinal problems such as back and neck pain. It also helps treat symptoms related to physical stress such as headache, fatigue, sleep disorders, sinus and allergies, irritability, and pain anywhere in the body. The information is graphically displayed to allow the chiropractor to pinpoint the problem area and determine the exact adjustment needed. Patients can visualize their problem and see their improvement on the computer screen as it occurs. "This kind of accuracy in analyzing the problem and objectively treating it never existed before in our field," says Dr. Naddaf. "Not only are the results excellent, but the fear element has been removed from the minds of many patients. With a traditional



The second technological advance used by Dr. Naddaf to help her patients is the DRX9000. The DRX9000 has been shown to be highly capable of relieving the compression on the spinal nerves caused by disc herniations, degenerative disc disease, sciatica, and posterior facet syndrome.

Treatment is simple and easy on the patient. The patient steps onto the machine in the upright position. The table then reclines back horizontally to a supine position. A treatment session lasts approximately 30 minutes. Many patients take a nap or watch a movie while undergoing treatment - it's that gentle.



The DRX9000 gently applies traction to the spine, reducing stress on the nerves. Clinical research studies show up to an 86% success rate using the DRX. A complete DRX treatment is roughly 1/10th the cost of a traditional spinal surgery used to repair a disc herniation and avoids the risk of surgery, latent arthritic conditions, and post surgical complications.

Call Health Solutions or Family Chiropractic Clinic today for an appointment to see this dynamic technological breakthrough for lower back pain.

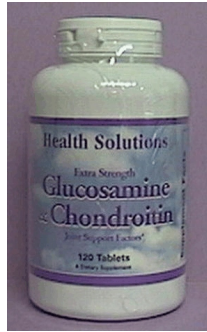
## The Latest in Acupuncture Treatment

Health Solutions and Family Chiropractic Clinic offer our patients effective, painless acupuncture treatments. We utilize traditional needle acupuncture and low-level laser therapy (LLLT), the latest innovation in acupuncture. LLLT is energetic oriental medicine and is an effective method of stimulating the body's immune system.

For people who are fearful of needles, laser acupuncture is a welcome option. Over 2,500 studies have already been performed by health professionals throughout Europe and Asia showing that LLLT is beneficial in the treatment of over 40 health conditions.

## Health Solutions Brand Supplements

Dr. Naddaf is pleased to announce the inclusion of Health Solutions brand nutritional supplements at both offices. Dr. Naddaf has analyzed and approved the formulation of each supplement carrying the Health Solutions brand name. In the coming days, weeks, and months, Dr. Naddaf intends to broaden the line of Health Solutions brand supplements. Stop by either of our offices for more information on these products.



**Upcoming Events:**

- \* July 24 – Health Solutions Open House. Help us celebrate our anniversary from 9 a.m. until 4 p.m.
- \* August 14 – Doug Kaufmann Seminar
- \* October 9-10 – Noted author and radio show host Ramon Grace
- \* Leilani Seminar – to be announced

**PATIENTS:** *If you have x-rays at our office that are 10 years old or older, please make arrangements to pick them up. We will be cleaning our files in July.*

## Dr. Naddaf Sponsors Doug Kaufmann Seminar in Effingham

Dr. Naddaf is sponsoring a seminar by noted author and nutritionist Doug Kaufmann, host of “Your Health Matters.” Kaufmann will appear at Effingham High School, Effingham, Illinois on Saturday, August 14, 2004, from 9 a.m. to 1 p.m., and will cover a wide array of topics during his lecture. There will be a question and answer session after the program.

Attendees are urged to participate and ask questions of Kaufmann. In addition, Kaufmann will have copies of his new book “What Makes Bread Rise.” Those of you interested in purchasing the book may do so at the seminar. Dr. David Holland will also be on hand and will speak on a variety of health related topics.



Everyone is encouraged to attend this event. Tickets are only \$10 in advance and \$15 at the door. Tickets are available at Health Solutions (217-347-3838) and Family Chiropractic Clinic (618-783-3838). Refreshments will be served. Directions and hotel information are available on our website at [www.healthsolutionsource.com](http://www.healthsolutionsource.com).

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