

What To Do When Your Favorite Home Remedies Don't Work

If your favorite home remedies are not working, then it's time to call Dr. Alex's office at **(951) 549-6808** to schedule your **FREE "Injury Severity Evaluation"**.

Your time is valuable, and Dr. Alex's clinic is convenient for busy people who just don't have time to wait. It's located next to the 91 freeway on West Grand Blvd.

We are positive you'll like Dr. Alex, his friendly staff, and his great service. He's open till 7 in the evening. Call Him right now at **(951) 549-6808**.

Dr. Alex has practiced in Corona since 1999, so there is a good chance that many of your friends (and neighbors) have been treated with similar experiences and results. In Fact, Dr. Alex is well known for his **FREE "Pain Severity Evaluation"** which is a 15 minute evaluation that gets to the hidden cause of your nagging aches and pains.

Five Reasons Why You Need To See Dr. Alex Today

- 1) Dr. Alex treats your pain quickly.... without.... using drugs, needles, or surgery.
- 2) Dr. Alex has treated local residents since 1999. Using specialized training and equipment he is uniquely qualified to treat the pain that interferes with your job, relationships, and hobbies.
- 3) Dr. Alex's experienced staff will also manage the paperwork with your insurance company to make sure you get ALL the care you deserve .
- 4) If you need an attorney referral, Dr. Alex knows many in this area based on your specific needs... and ...
- 5) Dr. Alex recommends "quick & easy" pain-relieving home remedies to his patients and friends. In fact, here is just one of Dr. Alex's favorite home remedies...

Do You Work Hard?

Are you convinced that the *Career* you have chosen to support yourself and your family is *destroying your back* and there is **nothing** you can do about it?

Are you angry that the once high performance body of yours that *worked hard* all week and *played even harder* on the weekends is letting you down.

Do You just suck it up, take something from the medicine cabinet when it acts up, go to work each and every day and do what you have to do regardless of the **PAIN**.

Well, I thought and did so too... until I met someone who knew what it would take to fix me.. Not just feel better for a little while. ..I mean fixed.

No More Bad Back. No More Concern about it going out again . No more holding back and taking it easy. No More weekends on the couch. No more Fragile Back.

I now have a strong, healthy back capable of doing what it is designed to do.....
Work and Play.

I Can Help you too.....**Dr. Alex**

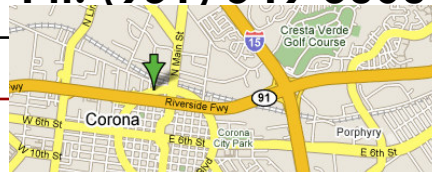
Anchor Chiropractic Center Dr. Alex Birren* Chiropractor

Email: anchorchiro@yahoo.com

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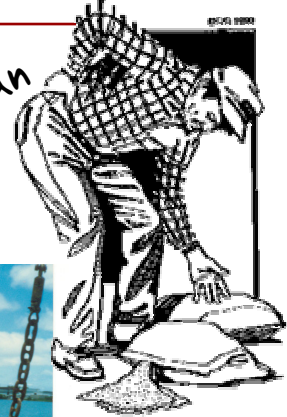
**90 W. Grand Boulevard #103
Corona, Ca * 92882**

Ph: (951) 549-6808



Dr. Alex's Favorite Simple-Home-Remedy To Prevent and Relieve Back Pain

For:
the Working Man



The ole' days
Dr. Alex
Pearl Harbor
Submarine
Degaussing
Facility

"Once upon a time I had a **SECRET**.
..... not a little fairy tale, embarrassing Secret,
a **Big, Painful, Nightmare of a Secret** that I
did not want my Co-workers and Boss to know "
..... (I had BAD BACK)

Funny how life is. Now I take
care of people with the same
problems I had.. I hope this
helps You!

Stay Hydrated Drink Water

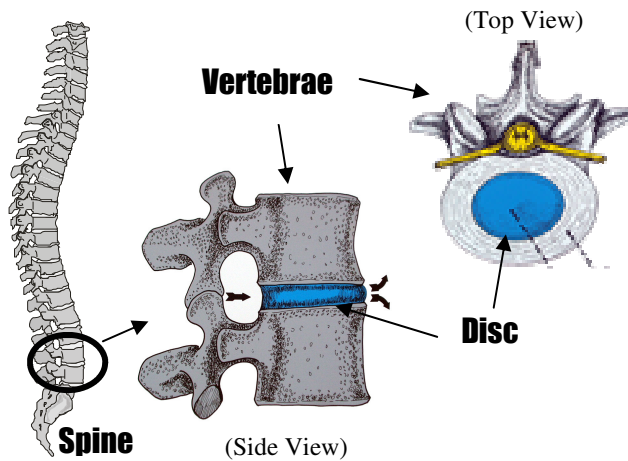
Lets say it is the first of the month and you have bills to pay. You add up your bills an calculate that you owe \$1000. You check the balance of your bank account and discover that you only have \$800. Oh No! What are you going to do? Well, you are probably going to do what everyone else does. Make two piles! This pile gets paid and that pile is going to have to wait. The most important bills get paid first. They have priority.

When you don't drink enough water your body is forced to make these same kind of decisions. Your body has priorities too. And get this! Near the bottom of your bodies list of priorities are your Joints. **When you are not properly hydrated and don't drink enough water among the first places your body denies water to, borrows and steals water from is your joints**

.....especially your **LOW BACK**.

(somehow your body thinks your brain, heart, organs, systems, other pieces, and parts are more important than your joints.)

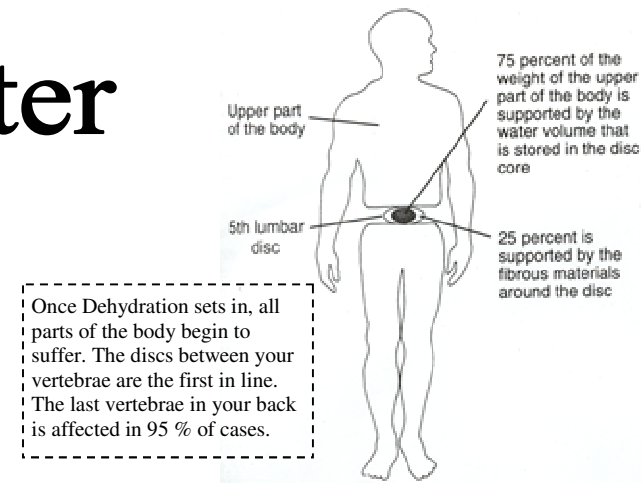
Dehydration = Bad Back



In spinal vertebral joints, water is a **lubricant** for the contact surfaces and it is held in the disc core where it supports the compression weight of the upper part of the body.

Fully 75 percent of the weight of the upper part of the body is supported by the water volume that is stored in the disc core; 25 percent is supported by the fibrous materials around the disc.

The principle in the design of all joints is for water to act as lubricating agent, as well as bearing the force produced by weight, or tension produced by muscle action on the joint. It is the same type of force.



Okay. So you want to drink more. **How do we know how much water to drink?** One popular rule is to drink half of your weight in ounces of water.

Thus, a 200 pound man should drink 100 ounces of water. But that is just a guideline. Your individual water requirements will vary according to your climate, temperature, lifestyle, exercise level, age, and diet. Even mental activity, stress, and the environment are factors. Another rule is to monitor the water you excrete. If you are drinking an adequate amount, your urine color and odor will be neutral. Vitamins and drinks such as beet juice, which affect the color. When you are sick and have a fever, you also need more water. And if you perspire heavily during sports, you should drink three pints of water, one each before, during, and after your game.

PS. Sodas, Juice, Beer , Sports Drinks & Coffee don't count. You need Water— H2O