References

In one study 27 patients documented with disc herniation were given chiropractic care. Post-care MRIs revealed that 63% of the patients had a reduced or completely reabsorbed disc herniation and 78% returned to work.\(^\text{14}\)

According to one research study most lumbar disc herniations improve over time with or without medical treatment. Disc herniations and annular tears may not be symptomatic and are shown to exist in patients without any symptoms.\(^\text{15}\)

In another study of 517 patients with protruded lumbar discs, 76.8% had satisfactory results under chiropractic.\(^\text{16}\)

- **Is Surgery Ever Needed?**
  Surgery is sometimes necessary, but it is an extreme form of healthcare and it has many dangers. Many times spinal surgery fails and must be repeated. It should only be considered after more natural, less invasive methods have been given a fair chance.\(^\text{17}\)

- **How To Prevent Disc Problems**
  Chiropractic has been a blessing to many sufferers of spine and disc problems, yet chiropractic is not limited to back and disc problems; it is for your entire body. Many times patients visiting their chiropractor for a back or neck problem have been pleasantly surprised at the holistic or whole-body effect of chiropractic. Why wait until a disc becomes “hot” before exploring chiropractic care?

Chiropractic care may help prevent your spine from deterioration and herniation. Chiropractors have even helped people relieve the pain and frustration of failed back surgery (yes, you can receive chiropractic care if you’ve had spinal surgery) and even prevent future operations. Please, before your problems get worse, have a simple chiropractic spinal checkup. You get your eyes, teeth and blood pressure checked, why not your spine?

**Organic Disease**
Disc degeneration may lead to irritation of spinal nerves and contribute to endometriosis, infections (bladder, vaginal, kidney), urinary retention, prostate problems, miscarriage, sterility, impotence, cystitis, menstrual cramps and constipation. It is not uncommon for an individual with a back condition to also suffer from one or more of the above problems.\(^\text{5}\)

- **Is Back Surgery Effective?**
According to Robert Mendelsohn, MD, “I have seen more than one case in which spinal surgery was avoided by individuals who decided … to see a chiropractor…” Many have followed his advice to avoid back surgery.\(^\text{6}\)

Back surgery for herniation should only be attempted as a last resort. That is because back surgery is a dangerous procedure with a high failure rate. In many people the disc is not causing pain; many people have disc degeneration with no symptoms!\(^\text{7}\)

- **The Chiropractic Record**
For many years chiropractic has been able to save people from spinal surgery. There are reports of an MRI or other imaging device revealing a disc herniation or protrusion in the neck or low back which was reduced or completely reabsorbed under chiropractic care. Had they not sought out chiropractic, many of these individuals undoubtedly would have had surgery.\(^\text{8-13}\)

You are taller when you wake up than when you went to bed the night before because of your discs.