



NON-SURGICAL SPINAL SUCCESS NEWSLETTER

On a beautiful spring evening in Chicago

Forty years ago, two young women graduated from the same college. Amidst the quiet whoosh of air-born graduation caps, yelps of victory and echo of play in the lighted campus streetscape, Natalie could feel the last warmth of Susan’s cheek and the trickle of a meaningful tear as they knew they were parting.



They weren't twins, or even sisters, it's just that they had known each other since they were in their play pens sharing everything at school, at home, even when they first shared their rubber duckies in the bathtub.

In their more intimate moments, they called each other by their toddler names. Susan was "Woo," and leaving the next day for San Francisco, Natalie was "Atty" headed for New York.

Twenty Years Later, 1987

Natalie strained her eyes amongst the crowd for Susan but froze in astonishment. Susan’s letters had not told half the story. Natalie could see Susan’s hair was straggled, her eyes dark and sunken with tiredness. Her cheeks were pale and drawn with lines of excruciating pain. Worst of all, she was wasting away and bent over as if 83 instead of the 43. Natalie felt a lump in her throat as she gasped under her breath: "Woo's on drugs. No! No! Not Woo! Please! Anyone but Woo!"

All at once she felt conflicting impulses to run away, to hide, to run over to her and gush floods of tears all over her. She contained herself. "Woo! Woo! It's Atty!" Susan turned slowly, her ashen face showing lines of struggle and pain. After they hugged a long, memory drawing hug, Natalie asked straight out: "Woo what's happened? You used to be 'the athletic one'?"

"Oh Atty" Susan shook her head. "I just bent over one day and had a little pain I thought would just 'go away' and it just got worse and worse. The worst is the chronic lower back pain" Natalie watched how Susan moved awkwardly around the pains in her back. Susan continued in monotone. "The scary part not being able to get out of bed for a week and my back hurt so bad it actually made me nauseous."

"So you became Woozy Woo for a while eh?"

"Not funny Atty, at least it wasn't then. It's good that part has gone. Now its just the horrible low back pain."

Natalie suppressed the choke of tears.

"I've been in pain ever since."

"I can understand some with that Woo. Ever since I had my son John, I've had this pinched nerve. Our family



doctor told me it would go away, but it seems to be getting more frequent. I've had to slow down, but that's about all. But then again, maybe that's just age and has nothing to do with having kids. I'm

more concerned about you though. Haven't you seen a doctor.. or a specialist?"

"Oh yes! Many! - Atty, I don't need a doctor" she laughed: "I need a miracle!"

"You mean they can't do anything?"

"Apart from dishing out painkillers, having injections that seemed to only make me better for a little while and then actually have the pain come back just as bad? No. First I went to my GP. He said it would go away and gave me pain killers and anti-inflammatories. He then referred me to the local imaging facility. They didn't tell me much except that I should take the pills and do some 'therapy' and get some exercise, and if it didn't go away, they'd consider surgery. Well the good news was there were no fractures or dislocations. The CAT Scan didn't find anything either... except there were no tumors. They told me everything I didn't have. Then they put me through that tunnel machine. I lie down flat and it goes wurr, bang, wurr, I've forgotten what they call it."

"M.R.I."

Susan seemed blank and distant and Natalie felt genuinely scared for her.

"Sorry! I left you for a second. Where was I?"

"I think you were telling me about the MRI. They gave you an MRI?"

"Um - I think that's it. It looked at my discs. And said they were compressed, bulging, herniated, but they didn't have a solution for the pressure and damage! But there was still pain, and more pain killers." Susan managed a wry smile "I feel like a Zombie! It's from the drugs, I just don't feel like my self."

"So you're an official junkie?"

"Not by choice."

Natalie sauntered from that re-union saddened and unable to sleep that night. She could not shake off the

picture of Susan, all bent over and living a life of pain ... and on top of all that medication that seemed to have changed her, at least for the time being. That night, her pillow was soaked with tears.

Another twenty years later... 2007... and the 40 years college reunion

This time, Natalie found the plane trip from New York excruciating. The flight flared up the pinched nerve in her back. At the hotel room, a major part of her just wanted to lay in bed, but her soul looked forward to meet her friends, particularly Susan who she had not seen since she was 43. She had a flashback of Susan, bent over, pale and weak. She feared whether her long term friend would make this college reunion.

As Natalie entered the ballroom, the strobes flashed; a mop haired early Beatles clone in suits sang "Love, Love Me Do". The theme of this College re-union was "Class of 1967 - School Prom". The decades melted. Everybody seemed just as young, ... only 40 years wider and heavier! Natalie was anxious as she looked for Susan again fearing the worst. "Have you seen Susan Used-to-be-Jones?" she asked? Her ex-classmate extended his arm and index finger to the center of the room. Natalie gasped! She was stunned again...but for a different reason! Susan was dancing... at 63!! Natalie couldn't wait to hear Susan's story.

At the end of "I Wanna Hold Your Hand", Natalie shuffled over to Susan with tears of both joy and pain in her eyes. Joy at seeing

Susan after so long; pain because she didn't know if SHE would last the evening with the pain from her pinched nerve.

Natalie spoke first: "Woo! What happened? The miracle?"

Susan was animated: "Oh Atty - Yes! A medical miracle!"

"Surgery? Great!"

"No - No surgery. There is something called Non-Surgical Spinal Decompression"

"Ooh! That must have hurt!"

"Not at all Atty. Totally painless, I actually fell asleep during the treatments."

"A painless back surgery alternative? You're kidding!"

"No no! They put me on this machine - it works to pump up and re-hydrate the discs in your back. It's called spinal decompression."

"It's safe, and it was painless! Honest."

Natalie paused. Her eyes and ears gave vastly conflicting signals. Her ears told her that what she was hearing was impossible... but she could see this was a vastly different Susan to 20 years ago. Susan had become her previous athletic self, more active and spry than anyone else in class.

Susan continued excitedly: "It's called the Non Surgical Spinal Decompression or NSSD for short, and it really works. People use it for all sorts of lower back problems; sciatica, herniated discs, degenerative disc disease, spinal stenosis, relapses and failures following surgery, pinched nerves..."

"Pinched Nerves?! Susie that's what I've got!"

"Atty, I have Dr. Berry's card here". Natalie peered with skepticism as Susan rummaged around in her purse "here ... he's in Redmond. Here. Give him a call."

Natalie looked at Susan curiously: "Well I don't know. What about side effects?"

"I haven't heard of it having any because it's non-invasive."

"I suppose that's a refreshing change from everything you were doing before! What if something goes wrong during the operation?"

"It's not an operation Atty, it's surgery free."

And if you get really worried or uncomfortable, there's no reason to. There's no surgical tampering or invasiveness."

"Hmmm. Are you sure it works? I mean - I've tried all kinds of things that didn't work, I'm skeptical...well...you know!"

Natalie was taken aback as Susan cut her short

"Skeptical? - It's FDA Cleared and Doctors all over the country are finding amazing success with NSSD! It's been published in major medical journals worldwide now." Natalie felt herself flush with embarrassment and somewhat stunned that Susan would rush to defend the doctor. She could sense there was obviously more to this than this guy and the treatment than being 'just another doctor.' "I can't believe one treatment on a machine and 'bingo' you're jumping around like popcorn on the dance floor!"

"I never said it was one session! You go for a 45 minutes a day a few days a week, for about 6 weeks give or take."

"I see, so I don't get any results for six weeks?"



"Well it only took a couple treatments for me to start feeling a difference, but most people find improvement within a week or two."

"Atty, can I ask how old you are now?"

"63"

"So you have 25 years of life to go right?"

"Woo! Frankly, I feel like dying tonight. I'm in that much pain." she felt tears welled in her eyes. "My life's hell" Natalie felt her friend comfort her, and hold her close. She felt the warmth of her breath near her ear. "Geez - I've been there and done that. Yes. Back pain is a private hell... and no-one can help ... but I've left that behind!"

Natalie dried her eyes: "Yes, my lower back pain is excruciating. Do you really think it can help me?"

Susan paused then giggled like a teenager: "Are you pregnant?"

Natalie couldn't help a burst of laughter.

"At 63!? Oh Yes definitely!"

"Any cancer?"

"No!"

"None. I had a BMD, Bone Mineral Densitometry last month - No problems there."

"No compression fractures? pars defects? aneurisms?"

"No! No! No!"

"Any rods and screws"?

"Good heavens Susan, I'm not a robot!"

"I mean surgical implants, usually titanium these days. There's nothing obvious stopping you. It has an amazing success rate, so it's worth checking out. "

"Woo tell me about it how it feels"

"Well often before a treatment, you may need a DMX ... Digital Motion X-Ray I know that the DMX was able to pick up things in me the other machines didn't have. The X-rays, MRI & CAT-scans often miss injuries because you have to stay perfectly still. The DMX finds them when you move. You know yourself, that if you don't get pain until you move, then common sense tells you that you need to measure when you move too. If these static methods don't pick up the problem, DMX usually will.

Say you qualify, then you get on the NSSD unlike old school traction where you have to lie on your front which is uncomfortable, this is state of the art spinal decompression technology ... and you lay on your back....., "

"O good, I've been getting a lot of practice doing that recently... I hope it's not cold and hard. I hate those machines where you freeze or get sore just by lying there."

“Not at all, it’s well padded, sturdy & comfortable. On top of that you get harnesses so your shoulders and arms don’t get stress. The amount of decompression can be targeted to your specific disc levels by varying the angle of decompression.”

"So it’s a traction machine, Right?"

Susan hesitated: "No it’s not even close! I can tell you, but it's a bit technical. You sure you want to know"

"Try me!"

"OK. Try and stay with me and concentrate as I explain. The Decompression creates a negative pressure or a vacuum inside your disc. This effect causes the disc to pull in the herniation and the increase in negative pressure also causes the flow of blood and nutrients back into the disc allowing the body's natural fibroblastic response to heal the injury and re-hydrate the disc. Traction and inversion tables, at best, can lower the intra-discal pressure from a +90 to a +30 mmHg. The NSSD is reduces the intra-discal pressure to between a -150 to -200 mmHg. Traction triggers the body's normal response to stretching by creating painful muscle spasms that worsen the pain in affected area. The decompression actually tricks your body’s reflexes so that you barely feel anything. It has a computer that monitors the sessions."

Natalie felt bewildered at the science but knew intuitively it was right.

“OK I think I got it, I've got this machine pulling at me, n-i-c-e and g-e-n-t-l-e and fluid s-l-o-w-l-y starts filling in the gaps, like honey fills up the holes in an English muffin during winter.”

"Well, I guess that may be close...I think you should check out NSSD and Dr Mathias H. Berry DC. He'll answer your questions better than I can... or you check out his website at

<http://www.SeattleBackPain.com>

At that moment, Natalie felt a searing spasm of pain in her back as if a knife had been plunged deep into it. She whispered in desperation.

"Gotta lie down. I'll call you OK!" She could hear the Beatles start again. She closed her eyes and all she was conscious of now was two things, her searing pain and the now strong arms of he faithful friend guiding her back to her hotel room where it was quiet and she could lie down. She knew that she had been living for years in hope that her pain would just go away. For her it was like the river in Egypt -you know Da-Nile (denial). She had done this often before, but now there was light at the end of the tunnel.

When she woke up there was a very valuable voucher on her bed.



This Story is All Too Common-Don’t let it happen to you,

Sincerely,

Dr. Mathias H. Berry DC

PS- Natalie used the offer for a free consultation and wisely chose spinal decompression. In her own words she “feels like a new woman”. She is now thrilled to be able to garden and chase after grandchildren, which she could not do for many years.

PPS-This story could be you call **Katie Today**, and See if you qualify for this non invasive surgical alternative for back pain so you can start feeling better soon.