

# Special Report

This special report was written with the intent on providing you information, and arming you with the knowledge on how to get yourself healthy again... and living a pain free, high quality life!

You are welcome to share these “secrets” with your family, friends, and co-workers. After all... health is freely abundant to all who strive for it, and in today’s world – it is important to be in top condition to battle the many sources of pain, sickness, and disease.

## Racine Chiropractic & Wellness Center

“where Advanced  
Chiropractic meets your  
healthcare needs”

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[www.DrRacine.com](http://www.DrRacine.com)



## *6 Secrets To A Healthy, Pain-Free Body*



# SPECIAL REPORT

Dear Friend:

Here is the Special Report that will impact your life in a healthy, positive manner...

## **Six Secrets to a Healthy, Pain-Free Body**

Each year, right here in our neighborhood, hundreds of people experience "weekend warrior" sports injuries, episodes of low back pain, sciatica, constant headaches, neck pain, Fibromyalgia, and more...health problems that deeply affect their joy and happiness....and most people run to their medical doctor to get a pill or meds to treat that problem or symptom.

For example: they may be given Tylenol to cover up their pain...or some people actually ignore their problem hoping it will just go away. These two decisions will only cause more problems. But until now, *you didn't know any better*. You just lacked the necessary information to get and keep yourself healthy AND pain-free. You see, as a natural healthcare specialist, I know that all this pain and suffering is unnecessary.

I have access to tons of studies that prove, beyond a shadow of a doubt, that advanced chiropractic healthcare is often times more effective in solving the cause (or source) of your pain, tingling, numbness, etc. than nearly anything else!

If you would like to receive a free complimentary consultation – with absolutely no strings attached – to see if I can help you with your problem - simply give me a call at (407) 677-8881 and my staff will schedule an appointment for you.

I wish you the best and sincerely hope that you take me up on my offer to see if I can help you with your health problem. You'll never know if you don't take action.

Sincerely yours,

*Dr. Steve Racine DC, B2A0*

PS. Our website – have tons of good information on healthcare, advanced chiropractic healthcare, and conditions helped at our office.

**[www.DrRacine.com](http://www.DrRacine.com)**

PPS. Make sure to read all of this report – it will help you on your journey to better & healthier decisions.

# Six Secrets to a Healthy, Pain-Free Body

I have spent my entire adult life studying natural methods, little known treatments, and proven ways to end the most common day health problems.

I specialize in Advanced Chiropractic methods, neurology, orthopedics, geriatrics and pediatrics. I perform spinal adjustments; also do: nutritional counseling (for strengthening of the body, immune system, and aid in faster recovery of health), exercise instruction, rehabilitation, non-invasive sinus and ear drainage, cold laser therapy, myofascial trigger point therapy (for intense muscle spasms), applied kinesiology, etc. Everything that I do is 100% natural, safe, and effective. This is unlike the old fashioned chiropractic – and we *never* pop or crack anything! Our treatments are very high-tech and based on the latest research and greatest clinical outcomes.

I offer result oriented Advanced Chiropractic care in an office that genuinely cares about improving the health and well being of our patients. I am fully dedicated to educating our parents and children about the harmful effects of drugs, while at the same time, explaining the incredible benefits of advanced chiropractic care, nutrition, exercise, and a positive mental attitude. Our ultimate goal is to show parents and children with health problems how to live a *normal life* – without needless drugs, surgeries, or procedures.

I have focused my efforts in practice on only the best techniques & methods (without popping or cracking!), that correct health problems - at the **root cause** and that have been proven without a shadow of a doubt to work safely, quickly and painlessly.

Here's what this means for you: Within days you can usually notice a change in the way you feel...less pain, more range of motion, more energy, more flexibility.

Here's why:

## **SECRET #1:**

Your nervous system controls the function of every cell, tissue, organ, and system in your body...your Immune System as well. Can you guess what happens if anything disrupts this all-important nervous system?

A poorly functioning body and immune system results: a body riddled with pain & symptoms.

Dr. Ron Pero, head of cancer research at the University of Lund, in Lund, Sweden and Chief of Cancer Research at New York Preventive Research Center says that restoration and correction of the spine can **increase** the strength of your immune system by **200% - 400%!!**

So, what does this mean for you - and why does it apply to you?

Your spinal cord "links" your brain to the rest of your body, and makes everything work as a 'System'. Why should you care?

"Health is a condition of wholeness in which all of the organs of the body are functioning 100% all of the time." *Webster's Dictionary*

Well, what if something disrupts this "vital link"? Do you think you'd have some problems? Maybe some pain? Maybe a headache? Maybe tingling and/or numbness?

Consider this - The "guardians" of your spinal cord are the **vertebrae!**

Your vertebrae protect your spine from damage or harm and also allow your body to twist, turn, bend, and move around without much restriction.

But, sometimes these “guardians” get knocked out of place. For example: The birthing process...falling while learning how to walk...poor posture...lifting...twisting, playing contact sports, driving for long periods of time, repetitive motions at work or sports, car accidents (even if minor), etc, etc.

Let’s talk specifics.

Your spinal column has 24 vertebrae (guardians). Twenty-four moving bones that make up your spinal column, and protect your spinal cord.

Like any other set of joints in your body, if these vertebrae aren’t perfectly aligned, they don’t function properly. You can have pain, decreased range of motion, muscle imbalance, scoliosis, headaches, fibromyalgia, organ or gland dysfunction, and much more (we’ll talk about more specifics later).

Many everyday activities, like standing or sitting at work all day long, can cause these bones to get out of their “normal” position. Think about how you sleep, or sit at your desk work, repetitive motions all day long at work, or watching television slouched on a couch. (You get the picture.)

There are three (3) main “**stressors**” that cause the spine to misalign, and irritation on your nervous system: **1) physical stressors** (like I mentioned above) **2) chemical stressors** (environment pollution, food and drink additives, preservatives, and coloring) **3) emotional stressors** (stress at work, anxiety, depression, family stress like a child hitting a tough stretch, divorce, etc).

Do you know what happens when these bones get even a little “stuck” out of place?

They press on and interfere with the vital link – your spinal cord & nerves – and this causes your nervous system to “**dysfunction**”. What that really means is, ultimately, these misalignments interfere with the way your body functions!

“**90%** of the stimulation and nutrition to the brain is generated by movement of the **spine**” Dr. Roger Sperry, Noble Prize recipient for brain research.

Can you imagine how your body would function if you had only a few “stuck” vertebrae out of place...your brain certainly wouldn’t be able to get all or “connect” all of the vital information it needed to function properly. The brain is the “computer” that runs all of the body’s functions.

And, consider this -

I’ll bet you that at least one (but probably more) of these vital bones is out of alignment in you right now!... and you never even knew it. Has anyone ever checked to see if all of your vertebrae are in perfect alignment? (The truth is, only Chiropractors are trained to know whether vertebrae are in perfect alignment.) These misaligned vertebrae (called **SUBLUXATIONS** ) may be causing your problem – NOT the lack of muscles relaxers or pain killers in your body! And at the Racine Chiropractic & Wellness Center – we offer some of the most advanced forms of chiropractic & natural healthcare, which makes our clinic one of the most sought after in all of Orlando! Dr. Racine was **voted #1** chiropractor in Orlando!

And you certainly wouldn’t ignore a fire alarm in your house if it were to go “off”, would you? But, when people are in pain, many actually ignore their own body’s fire alarm (the pain and symptoms) and simply wait for it to go away. Health problems just don’t go away. Or the kill the “alarm” (pain) signals with meds – while the problem or body keeps

getting worse and worse and worse. Sound familiar? Yeah. There IS a better way. Keep reading.

## **SECRET #2:**

The first step to eliminating your pain is – a thorough examination by a physician who really knows what to look for! Search for the “cause” of the problem – not just masking symptoms with some meds that have bad side effects on your body and organs!

The first thing we do is find out all about YOU. What we call a complete “**case or health history.**” This is the first step. I want to know things like what falls you suffered as a child, what sports you may have played, what you do for a living, and so on. This “vital information” will usually give me the secret clues and insight to some of your health problems... and leads me to know what type of exam to perform on you.

The next thing is, of course, a **complete examination.** But this is unlike any “traditional” examination. This is a very specific Chiropractic examination that looks into: the spine, muscles, joints, nerves, posture, etc.

First of all, there isn’t a lot of cold, painful, “probing” like that of a traditional medical office. I look carefully at your posture (I do a scoliosis check)...I check your reflexes and muscle strength...and other totally painless neurological tests.

What am I looking for? You guessed it:

**MISALIGNED VERTEBRAE (SUBLUXATIONS) - INTERFERING WITH YOUR NERVOUS SYSTEM! - AND I CAN FIND OUT WHAT I NEED TO KNOW TO HELP YOU, IN JUST 20 – 25 MINUTES!** If X-rays are necessary – I will inform you of this at that time.

What about low back pain? I can tell within 5 minutes if there are problems with the low back nerves, joints, muscles, etc. What about tingling and numbness in the arms? If the nerves that control the arms are being interfered with - I can tell within a few minutes.

\*\* (An important side-note: I will even agree to “buy” your first consultation with me – and give to you a real **\$35.00 value** that you may use on your first visit, towards your consultation. That way – I can tell if I can help you and you can make the decision if you want real help to your problems, all in a nice, caring environment without anyone pushing or trying to sell you on anything!)

Back to more specifics - consider this: “The weight of a dime on a nerve negatively alters nerve impulses by 60% (finds medical research). When a subluxation (misaligned vertebrae pinching on nerves) occurs, the vertebrae position is misaligned & forces weight and pressure onto a nerve(s). This weight then alters the impulse of that nerve, thus blocking information being sent from the brain – spinal cord. Studies show that organs supplied by pinched nerves tend to **deviate** from a healthy condition.” Dr. Su, University of Colorado

I’ll tell you if I find any subluxations (misaligned vertebrae) and how it’s affecting your overall health and well being! (It’s quite amazing. Your body will show me visible signs of why you’ve been in pain or sick. The BIG, important issue is:

**MAKING SURE YOU SEEK SOMEONE WHO KNOWS HOW TO “READ” YOUR SPINE, BODY, AND IT’S SYMPTOMS! AND THEN ACTUALLY KNOWS HOW TO “FIX” YOU.** That’s where Dr. Racine stands apart from many “traditional” docs.

### **SECRET #3:**

The secret of **Nutrition**: “you are what you eat” is somewhat true. You are what you “assimilate” is a better way of looking at things. If the nerves in your stomach or digestive tract are not working 100% - you can eat as “good” as you want... but your body will not absorb all the things it needs to be healthy! In today’s world, the quantity of food required to feed the masses has altered the soil. The once mineral rich, vitamin rich soil has been **depleted**. Just eating the right foods is not that easy for a lot of people, and just not enough. Today everyone has a busy schedule, and putting together a balanced diet is very difficult. So, special attention is paid to the diet, and the fact that in today’s world – supplementation is a must. This is a very important piece of the puzzle. But there is so much misleading information out there... it gets real tough knowing what to take or not. What’s good for you, or not. I have been studying vitamins, minerals, herbs, and glandulars for many years and it is important that you find the right “coach” to help with your food choices and figure out your specific needs of supplements. All this is important... but a lot of this information is too detailed to cover here, and a lot of it varies for each individual.

Once under our care for your health - if you’re interested, I’ll cover much more of this topic with you. I also cover a lot of “basics” of this – in my Healthy Living classes held once a month at our clinic. Come to our next class, and you will learn many important things about health, lifestyles, diet, exercise, etc.

### **SECRET #4:**

Once I find the “problem” I’ll tell you HOW we are going to **fix it!**

Once we find out what’s wrong, we can correct it. Often times permanently.

Once I find out which vertebrae are out of place (a subluxation), I can correct them – specifically and gently restore them to normal alignment.

In fact, I do most or all of the work. It’s painless. It’s safe. And most of all – very effective for conditions such as yours. This is important. You see – many doctors just try the “drug of the month” and just hope it works and does it give you too many side effects. Modern medicine is very good at “diagnostics” – but when it comes to “fixing” the cause of the problem... most doctors are clueless! **For example** – if you are found to have a disc problem on an MRI... are cortizone injections going to help the disc? NO! Are pain killers or anti-inflammatories going to help restore the failing disc? NO! But when Dr. Racine finds out WHY your disc(s) are going bad – he will determine WHY it is doing so, and fix the CAUSE of why the disc is going bad! If discs are sandwiched between vertebrae/bones... and they are misaligned and stuck out of place... the spine and discs will start to “degenerate”. If you restore proper function & motion however... within time – the discs can start to heal! Meds on the other hand... only aim at making the pain “go away”... not the root cause of the problem. Starting to catch on?!

And that leads us to our next secret...

### **SECRET #5:**

The power of the “ADJUSTMENT” Remember we talked about ALIGNMENT? Remember how we said that if you’re spine or neck is not properly aligned, your immune system, your brain - your entire body ... functions at less than 100%?

Well, the magic of putting the vertebrae back into proper alignment so we can reconnect 100% of the normal exchange of information from the brain to the rest of the body, so you don’t have any pain... is called an ADJUSTMENT. Think of it like – replacing a

“blown circuit” in the electrical system if you will. Or think of it like replacing a “bad” link in a bike chain – that keeps the entire chain from working properly. And of course... with Dr. Racine’s specialty – there’s never any cracking or popping... and everything is gentle, safe, and effective!

This less-known (and virtually ignored) treatment flat out WORKS better than anything else I’ve ever studied or researched. And I’ve seen it work on thousands of people with all types of pain and health problems.

In fact:

IF MORE PEOPLE UNDERSTOOD OR KNEW ABOUT THIS AWESOME HEALTH “METHOD”, WE’D PRACTICALLY PUT TYLENOL, BAYER, NYQUIL, CELEBREX, ETC. OUT OF BUSINESS!

Here is some facts you may not have known about Sports and Chiropractic:

A study in the March/April issue of the **Journal of Manipulative and Physiological Therapeutics** finds that more and more professional sports teams are utilizing chiropractic care for their team members (athletes).

This survey study targeted the head athletic trainers of all the National Football League (NFL) teams. The trainers each had at least 17 years of experience and at least one year of experience as a head trainer.

Questionnaires the trainers answered revealed that:

- 45% of the trainers themselves had been to a chiropractor.
- 71% of the trainers had worked professionally with a chiropractor.
- 77% of the trainers have referred players to a chiropractor.
- 61% of NFL teams use an official team chiropractor “onsite”.
- 100% of the trainers revealed that some players use a chiropractor without being referred by the team doctor!
- 81% of the trainers agree that there is a role for chiropractors in the NFL, to keep their players in tip-top physical shape for the grueling demands of football.

So, let’s get back to our discussion about a – healthy, pain-free body.

I use special and advanced techniques & methods - all PROVEN to work and all 100% “natural” that help return vertebrae back to where they belong and the body to function better. And, the most amazing part is:

THIS WHOLE PROCESS DOESN’T HURT ONE BIT; IT’S SAFE & EFFECTIVE! I do not use the “old fashion” cracking or popping at our clinic. I use state-of-the-art technology to benefit my patient’s even more greatly than “regular” or “old fashioned” chiropractic. There is actually no pain during the process – and these treatments flat out work!

See, there are many ways of using carefully directed – controlled, gently-focused “forces” to restore normal position to these misaligned vertebrae. The amazing part is, the “pressure” that I use actually feels pretty good. It actually “re-aligns” the entire spine – and restores all of the normal “electrical flow” (nerve energy) from the brain to the body. Remember, if your brain can’t communicate to a specific organ, muscle, or gland, it can’t function at 100% - This is what leads to pain & bad health much of the time. Hundreds and hundreds of patient testimonials prove this, as well as hundreds and thousands of research studies showing the effectiveness of this type of natural healthcare!

## **SECRET #6:**

Consistency is the key!

The sixth 'secret' is consistency. Do you know that most people get their car's oil changed every three months or 3,000 miles? I mean, they wouldn't DARE let it go more than one full "season" without changing it.

What happens if you NEVER change your car's oil?

Your engine can sometimes last about 2 years BEFORE you start to have serious problems! And to be honest – if your engine fails... you can always replace it. But you can not "replace" your body, spine or your nerves!

Well, if you'll spend just about the same time & money of an oil change to come in, and get your spine checked & adjusted, your BODY will be given a chance to function as close to 100% as possible – without pain. The positive effects are too numerous to mention.

Just be CONSISTENT. When you fix something – it is important to keep it fixed and aligned. It is like working out: you are better off working out 4 x month for 1 year straight... then everyday for 1 month... and then being a couch-potato for the next 11 months!

If, however, you try to short-cut, or look for the "quick-fix" (like drugs or meds that just cover up symptoms), the same vicious cycle will kick in over and over and over again. How many times have you ignored your pain and symptoms? Or allowed your pain to get covered up with drugs? If medicine was able to get us healthy, nobody would ever get sick! Right? If meds or drugs actually "cured" anything – why would you need to be on them for the rest of your life?!? The last thing pharmaceutical companies want to do... is actually "cure" anything! They want you as a "customer" for life. More profits for them! The pharmaceutical industry is the most rich of ANY industry! More rich than oil companies! They want you hooked on their drugs – so you can keep buying them!

**Fact:** "80% of the adults in this country will be put on at least 4 medications (with known side effects) by the age of 40 years!" **American Medical Association**

What are we "teaching" ourselves about medications? People run to the medicine cabinet when they have a health problem – this is what we are taught from the time we are a child! It is blatant when every 3<sup>rd</sup> commercial on TV – are drug commercials. Drugs are not meant to "cure" anything... otherwise you would **not** need to keep buying them over and over. If you don't keep buying – then the pharmaceutical companies lose big time profits! Covering up symptoms with drugs cannot be the best way to get and keep ourselves healthy! And more than likely – you have already gone down that road. Isn't it time – for something real? Something that works?! Try Advanced Chiropractic – and start seeing the amazing results of a healthy, pain-free body!!

This is why in 1998 the **Washington Post** reported that medicine was the fourth (incorrectly prescribed) and sixth (correctly prescribed) leading **cause of death** in the United States. The NIH (National Institute of Health) recently reported – that those numbers are actually higher!! More and more people in America today – are dying from doctor errors, from drugs, and from surgeries! This is not health! This is Sick Care at it's worse!

Just think about that.



Remember this secret of CONSISTENCY: It works! But – it has to be consistency of doing the RIGHT things! A proper working body through Advanced Chiropractic care... proper organic diet without harmful chemicals in foods and drinks, proper exercise, etc, etc. If you consistently – keep shoving meds down your throat... to “cover up” symptoms... things will just keep getting worse & worse. You know this.

TAKE ACTION - NOW THAT YOU KNOW WHAT TO DO!

What separates the people who get free from pain, from those poor unlucky people who spend their whole lives needlessly sick or in pain and on countless doses of different prescription drugs... is: TAKING APPROPRIATE ACTION!

Seriously. Think about it.

If you value your health as much as I KNOW you do (if you didn't, you wouldn't have read this far), then the price of my care is, by comparison of sickness, pain, drug after drug... is peanuts really. **What is your health and happiness worth to you?** The richest man in the world (a few years ago) living in Saudi Arabia – was terminally ill in his early fifties. On his deathbed he said – he would have given away all his fortunes in exchange for health!

DON'T JUMP OVER DOLLAR BILLS TO CHASE PENNIES. You can “pay now” with getting your body properly working through Advanced Chiropractic care, proper diet, proper exercise... or you can “pay later” with your life! True – many people now live to their 70's, 80's, and 90's... but if you are jacked up on drugs and meds, in a zombie-like state at some “assisted living home” for the elderly... I ask you: is the really LIVING?!? No! But with the appropriate actions now – get pain-free today... and healthy for the rest of your life!!

Take a look to see what could change if you stopped experiencing as much pain:

- You can work, play, and live more happily and efficiently
- You can wake up everyday and not have to worry about the pain or it's limitations on you.
- You can start enjoying your hobbies and physical activities again.
- You can feel much better about your life and health.

You get the picture. Just think about it.

You will find three (3) things when you come to my office:

#1: I am a VERY good listener & very thorough... and I won't let you or “be in the dark” about anything.

#2: I explain EVERYTHING in exact detail, so you understand what's going on at all times.

#3: I know what to look for... I know how to correct the root cause of most problems... and I am very good at what I do.

Keep in mind that my approach is 100% “natural”. And that means:

- No drugs with harmful side effects
- No needles
- No surgery

Most everything I do, is to work with the body – *not against it*. I don't force the body, so there's almost nothing I do that causes pain. Remember what Advanced Chiropractic is all about:

Getting rid of the cause of your pain & health problems... Not causing more of them!

I see a surprisingly wide variety of health problems. See if any of the following applies to you:

- \*Headaches
- \*Migraines
- \*FibroMyalgia
- \*Chronic Fatigue
- \*Muscle spasms, and weakness
- \* Numbness
- \* Tingling
- \*Neck Pain or shoulder pain
- \*Extremity pain
- \*Mid Back Pain
- \*Arthritic pain
- \*Low Back Pain
- \*No energy
- \*Sciatica
- \*Degenerative Disc problems
- \*Digestive problems
- \*Insomnia
- \*Asthma
- \*ADD/ADHD
- \*Hip, knee, or foot problems
- \* Chronic pain
- \* Carpal Tunnel Synd.
- \*Just to name a very few.

Do you experience any of these symptoms, even occasionally? If so, you can and should consider coming in for the **free consult**. What have you got to lose?

Even if you suffer only occasionally, if **help** is available, *why not take it?* And even if “suffer” is too strong of a word to describe your situation, even if you aren't experiencing health problems right now... it still makes sense to make sure they are properly “aligned”, with the spine, nerves, muscles, etc. – working well and maintained.

I hope you've learned a lot about how to get yourself healthy - and STAY out of pain. If you or a loved one - are experiencing pain or other health problems right now, you can take the action first step to end it TODAY by picking up the phone right now and calling **(407) 677-8881**, and scheduling an appointment immediately.

Do me a favor. Call us if you have any questions or feel uncertain about anything. My website is also extremely informative! [www.DrRacine.com](http://www.DrRacine.com)

My goal is to make your family's experience with me as healthy & pleasant as possible. I hope I've been persuasive in convincing you to take action now to see if you can finally get out of the “pain cycle” once and for all.

Yours in health,

Dr. Steve Racine DC, BQAO

P.S. Many people have heard about **my success** with pain, and consult with me on a wide range of problems. If you have experienced any discomfort or lingering health problems in the last 12 months, you should seriously consider scheduling a consult & exam. I have been very successful at treating all sorts of health problems by finding the cause of the problem, and then providing a solution for people.

P.P.S. Make sure you call to schedule your appointment. This is a free service and will help save you a lot of money and heartache in the long run. We'll show you how to simplify the complexity of health care, and show you the best programs available

to make health care affordable, safe & practical. Call today, because these appointments fill up fast. (In fact, I've received so many calls about this report already, that I don't know how much longer I will even be keeping this offer open.)

### **FREE CONSULTATION WITH DR. RACINE**

I've included this very valuable Free Consultation Certificate in with your special report to remove any and all objections you may have about coming in. There are no strings attached, no obligations, and no pressure whatsoever.

You see, I see my patients as dear friends. (In fact around my office you are considered "family".) I believe you wouldn't have requested or read my report if you didn't need my help. I've treated babies with colds, children with sports injuries, adults with back pain and headaches. You name it, I have successful testimonials to prove it, and clinical research to back me up.

My focus is on finding and treating the exact cause of all pain or health problems. This approach has helped thousands of people.

Now, I want to help you. I want to be your doctor...who keeps you healthy for life. As a service for new patients like you, I will pay \$35.00 towards your first consult/visit.

All you need to do is call (407) 677-8881, mention this certificate, and your first visit with me will be a major step towards a more: healthy, pain-free body!

Please call now, since my schedule gets filled quite quickly.

**Call Today at (407) 677-8881**