

# General Ads

## **Medicare Knee Ad:**

Attention Medicare Patients! Is knee pain wrecking your life? Are you worried treatment costs too much? Here at Better Health Alaska we now offer a comprehensive Knee Renewal Program.

Get:

- A **free** modern knee brace to support and retrain your knee.
- A series of **free** minimally-invasive injections of Hyaluronic Acid to lubricate and soothe your knee.
- And so much more!

Contact Better Health Alaska to set up an appointment today!

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## SHORT ADS

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### A - Neck Pain

Got Neck Pain? We can help. Neck pain can be brutal, choking off a person's freedom, keeping them away from working on their computer, watching TV, or even just reading. Sometimes the pain radiates to their arms and shoulders, or even the legs. And that means trouble. Fortunately, we here at Better Health Alaska have a solution. We now offer a comprehensive neck renewal program that includes:

- Advanced Acoustic Wave Therapy
- Spinal Decompression and Traction
- Regular Chiropractic Care
- Staff Administered Stretching Program
- Our Proprietary Regenerative Medicine Protocol
- Electrical Stimulation, Ultrasound, Diathermy and much, much more!

Contact Better Health Alaska and make an appointment today!

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### B - Back Pain

Back Pain Problems? ... A bad case of back pain can dismantle a person's entire active lifestyle. If sitting is painful, or lying on one's side hurts like heck, or just tying shoelaces is an absolute nightmare, it's time to do something about that back pain. First, don't give up. Whether it's caused by an injury, arthritis, or some other condition, there are ways of treating back pain

that are non-invasive, natural, and highly effective. We, here, at Better Health Alaska have a therapy protocol designed just for back pain! It's called: The Alaska Back Pain Protocol. And it includes:

- Regular Chiropractic Care
- Spinal Decompression and Traction
- Staff Administered Stretching Program
- In Office Strengthening and Muscle Building
- Massage and Manual Therapy
- Electrical Stimulation, Ultrasound, Diathermy and much, much more!

... All rolled into one!

Contact Better Health Alaska and make an appointment today!

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### C. - Disc Problems

Got Disc Pain? Not a problem. Disc issues can develop in people of any age. Whether by the wear and tear of time, or as the result of some trauma, a disc can become damaged. If the exterior of a disc cracks, the inner gel-like fluid can leak and touch a nerve. The result is pain: sometimes in the back, and sometimes elsewhere along the path of the nerve - even the arms, legs, or feet! If someone suffers from pain when sitting, bending over, or getting dressed ... it just might be a disc problem.

We at Better Health Alaska have been treating disc issues for years. We offer:

- Regular Chiropractic Care
- Spinal Decompression and Traction
- Staff Administered Stretching Program
- In Office Strengthening and Muscle Building
- Massage and Manual Therapy
- Electrical Stimulation, Ultrasound, Diathermy and much, much more!

So, come on in and schedule an appointment with Better Health Alaska. We get our patients in and seen in only minutes. Our team of chiropractors and physical therapists can set up a treatment plan tailored to the specific needs of any individual.

Call today!

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### LONG ADS

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### D - Sciatica

Sciatica Problems? We can help. Sciatica affects as much as 25% of the population. When untreated, sciatic pain and tightness can come back again and again. Some people will go through a host of at-home remedies to no avail. They'll try things like: over the counter pills;

messy, smelly creams; and even some therapies prescribed by well-meaning general practitioners; but sometimes even those just don't do the job.

Dealing with pain 24/7 can be a nightmare. If someone can't climb stairs, can't work their job or engage in their favorite pastime, or maybe they simply just can't get up out of a chair, they're likely desperate for relief.

Sciatica is caused by irritating the sciatic nerve in some way - usually through a herniated disc or an outgrowth of bone. Most of the time, it causes issues on just one side of the body, issues that include radiating pain from the buttocks down to the knee and beyond. In severe cases, it causes not only pain, but numbness and weakness as well. Sometimes, it can even cause incontinence in the bladder or bowels. No one wants that!

The good news, though, is that sciatica often can be treated and reversed with natural, non-invasive therapies like chiropractic care, physical therapy, and massage therapy. By implementing therapies like these, an individual can stave off or even avoid altogether the need for surgery. Surgery is an option of last resort because it comes with a number of significant risks.

So, how can someone tell if they have sciatica?

Sciatica does share symptoms with a few other diseases and ailments. So, if someone finds themselves suffering from the symptoms listed above, the first thing they should do is seek out a qualified medical professional to get a diagnosis. Then, start a treatment plan focused on curing the condition. We recommend seeing a chiropractor.

Most chiropractic offices, like ours at Better Health Alaska, not only offer chiropractic services but physical therapy, and massage therapy, as well - all under the same roof! At Better Health Alaska, we have 20+ years of experience treating sciatica and other musculoskeletal disorders. Schedule an appointment today! We get patients in and out in no time!

## E - Disc Problems

Disc Pain Problems? If someone has back aches, can't turn well, or simply has problems walking, she may have an issue in one or more of her discs. Some people have gone through a whole slew of braces or have been run ragged by scheduling appointment after appointment with other doctors that just never fixed the problem. Their back is still tight. They still feel weakness or numbness in their legs or arms. And they are left wondering: what to do?

Discs separate the vertebrae in the spine and act as shock-absorbers to keep our backs from injury. A herniated disc has a cracked outer shell allowing its inner gel-like fluid to extrude. If this fluid contacts a nerve, it can irritate it and cause pain, tingling, numbness, and other issues almost anywhere along the length of that nerve. So, a problem originating from a nerve root in the spine can result in pain or other issues in other parts of the body - even the hands and feet.

If someone has problems sitting, sleeping, or just bending over, she might have a herniated disc or other disc problem.

Fortunately, there are many highly effective conservative, non-invasive treatment options like chiropractic care, physical therapy, and massage therapy.

Here at Better Health Alaska, we offer all these treatment options and more. We have access to numerous advanced therapies from the very cutting-edge of science. Give us a call today. We get patients in, and seen in minutes... and then, we tailor every treatment program to address that individual's particular needs.

Call us today!

