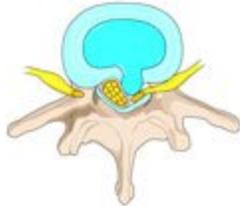


Intervertebral discs

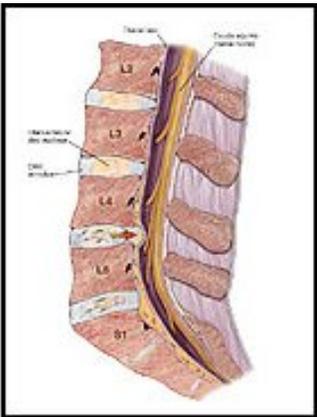
The intervertebral discs are composed of a fiber-like outer lining (annulus fibrosus, often just called the annulus) which is made of ligament material and a gelatin-like inner core (nucleus pulposus, often just called the nucleus).



These discs, along with the curves of the spine, function as shock absorbers for the spinal bones. They also prevent the vertebrae from rubbing against each other, and provide much of the flexibility found in the spine. The space between the atlas (C1, the top vertebra in the neck or cervical spine) and axis (C2) does not contain a disc, so ligaments connect them together. Because the vertebrae that make up the sacrum and coccyx have all fused, the lowest disc within the spine lies between the L5 (5th Lumbar or lower back) and S1 (sacrum) vertebral bodies. When the disc bulges or

herniates backwards, it usually compresses on the nerve root coming off the spinal cord and exiting through the opening in the spine called the intervertebral foramen or IVF. This can

cause symptoms in whatever region that spinal nerve runs to. For example, pain or numbness down the leg from herniated disc in the lumbar spine.



Dr. William Lyden is a holistic Chiropractic Physician in private practice emphasizing integrated healthcare since 1985. He has two postgraduate diplomates or specialty degrees: D.A.C.B.N. (Diplomate of the American Chiropractic Board of Nutrition) in Clinical Nutrition and a D.A.B.C.I. (Diplomate of the American Chiropractic Board of Internists) in Internal Disorders and Diagnosis. He is a member of the American Association of Chiropractic Physicians (A.A.C.P.) and the American Association of Anti-Aging Physicians (A4P). Dr. Lyden is the only Certified NeuroEmotional Technique (N.E.T.) practitioner in the Michiana area. As past president of the Midwest Chiropractic Internist Association, he teaches and consults, and has developed laboratory blood profiles utilized by chiropractic physicians in the upper Midwest. As a participating physician in Health Coach Systems International, he is dedicated to changing health care paradigms in North America.

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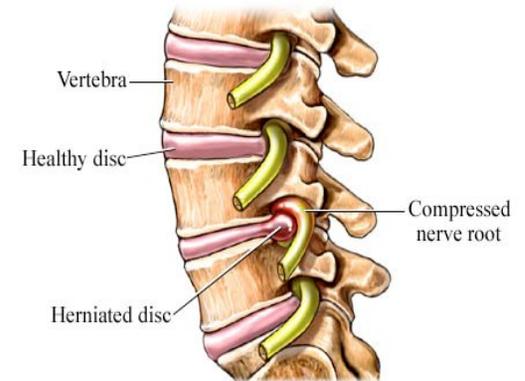
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Schultz-Hagan-Lyden disc technique

This technique was originally developed by Ms. Schultz, a lay "bonesetter", in rural Minnesota in the 1950's and taught to the local chiropractor, Dr. Tom Hagan. I apprenticed with Dr. Hagan to learn this technique over several years. Now I have attempted over the years to refine this technique to correct spinal disc herniations without the use of surgery.



Stage 1 - Disc Ligament Tear, called an Annular Tear

In theory, the condition begins with a spinal subluxation ("pinched nerve") that left uncorrected over time, will cause the nucleus pulposus (gelatin-like substance in the center of the disc) to start to herniate or tear through the ligament layers of the outer disc (See figure Stage 1). Over time this will progress (Stage 2) to the point that it ruptures through all the layers of the disc and squeezes out into the spinal canal, called a herniation or ruptured disc (see Stage 3). This material can float around in the canal (Stage 4)



Stage 2 - Bulging Disc which can cause pressure and painful symptoms

At this point you have few other options except surgery. Unfortunately, surgery for disc bulging or herniation has only a 20% success rate and costs tens of thousands of dollars.

The best option is disc correction and non-surgical repair during the bulging disc stages 1 & 2, and early stage 3. It is very possible that you can avoid surgery and resolve your disc



Stage 3 - Herniated Disc - Nucleus ruptures through disc ligaments

problems using the Schultz-Lyden technique. In this gentle lifting technique, there is no high speed, dynamic thrust like in a chiropractic adjustment, so it can be performed on an acute inflamed disc, as well as on chronic degenerative disc problems. The spinal disc can be evaluated during the office examination. Additional follow-up procedures may include x-rays, CT scan or MRI (magnetic resonance imaging).

In this technique, the spine is gently lifted off the bulging disc, repositioned and the disc is gently



Stage 4 - Prolapsed or Ruptured Disc - a fragment separates into the spinal canal

positioned and the disc is gently pulled back into a normal, non-bulging position. Afterwards, electro-therapy modalities, such as Interferential or Low Volt Galvanic, are applied to reduce the swelling of the disc and specific nutrients are taken to help speed the healing process of the disc. This procedure takes only minutes to be performed and usually needs to be repeated over several weeks to correct and stabilize your disc. It also costs several thousands of dollars less than any surgery and can be performed in an office setting.

Please CALL TODAY to schedule your consultation or examination appointment and see if this procedure is the answer for your problems.



HERNIATED DISC (slipped disc)

Bulging Disc

Sagittal View

Normal, everyday pressure on the disc forces its outer surface to bulge slightly.

Herniated Disc

As a disc degenerates due to injury, disease or wear, the inner core extrudes back into the spinal canal, which is known as a disc herniation (or a herniated disc).

Spinal Cord
Disc
Vertebrae
Disc
Vertebrae

Pressure on Spinal Nerves

A herniated disc in the lower back can cause lower back pain and/or leg pain (sciatica) by putting pressure on the nerve root.

Discs are soft, rubbery pads between the vertebrae of the spinal column. They act as shock absorbers and allow the spine to flex. Discs are composed of a thick, outer ring of cartilage and an inner, gel-like substance.

CALL (574) 258-4444 TODAY

To schedule your
appointment

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