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Guard Your Future Health!

Reference: Dr. Yachter

New research just published on several people with Parkinson's disease (PD) who've experienced improved health outcomes through adjusting of their subluxations.

1. Upper Cervical Specific chiropractic care utilized on three patients with a diagnosis of PD, rated using the Unified Parkinson's Disease Rating Scale (UPDRS) test at 2 months, 6 months and 36 months. **Results associated with PD included better overall health, improved ambulation (walking), a reduced UPDRS score and a reduction in upper cervical subluxations were all obtained.** (Journal of Upper Cervical Chiropractic Research ~ May 15, 2014 Pages 23-33).

1.

1. The upper cervical subluxation may be a contributing factor to the symptomatic expression of Parkinson's disease. **Reduction of the subluxation with specific correction may be a plausible, safe, and effective approach for managing PD.** More research is warranted investigating the effects of upper cervical care and Parkinson's Disease (PD). (Journal of Upper Cervical Chiropractic Research ~ March 14, 2011 ~ Pages 18-21)

3. Upper Cervical Specific chiropractic care of a patient diagnosed with Parkinson's disease over the course of three and a half months is presented. **Marked resolution of the patient's neurological signs and symptoms associated with Parkinson's as well as a reduction in the presentation of upper cervical subluxation was obtained.** (Journal of Upper Cervical Chiropractic Research ~ August 1, 2011 ~ Pages 50-56)

1. **Improvement of the Atlas alignment is associated with reduction of most of this patient's Parkinson's symptoms; Including decrease in frequency, and intensity of his middle back pain, improvement in his quality of life and improvement in his motor functions.** (Journal of Upper Cervical Chiropractic Research ~ Issue 3 ~ July 30, 2012 ~ Pages 63-70)

1. Eighty-One Patients with Multiple Sclerosis and Parkinson's Disease Undergoing Upper Cervical Chiropractic Care to Correct Vertebral Subluxation: Conclusion: A causal link between trauma-induced

upper cervical injury and disease onset for both Multiple Sclerosis and PD appears to exist. **Correcting the injury to the upper cervical spine through the use of chiropractic protocols may arrest and reverse the progression of both MS and PD.** (Journal of Vertebral Subluxation Research ~ August 2, 2004 ~ Pages 1-9)

- 2.
3. An estimated 5.4 million Americans have **Alzheimer's disease**, and an estimated 600,000 more may suffer from an often misdiagnosed subtype called "hippocampal sparing" Alzheimer's. **Since there's no conventional cure, the issue of prevention is absolutely critical if you want to avoid becoming an Alzheimer's statistic. Evidence points to lifestyle factors, like maintaining a healthy spine and diet, as the driving forces of dementia.** Fat avoidance and carbohydrate over-consumption are at the heart of the Alzheimer's epidemic. Risk of Alzheimer's is doubled in type 2 diabetics. Alzheimer's has even been dubbed "type 3 diabetes," as the disease involves a lack of brain-produced insulin. Heart disease also increases your risk of dementia, as arterial stiffness is associated with the buildup of beta-amyloid plaque in your brain, a hallmark of Alzheimer's disease.
- 4.
- 5.

6. Workshop Request!

- 7.
8. Over the next few months, Dr. Justine and team will be planning community involvement and charity events. Our doctors will be involved with numerous speaking engagements, health fairs, and spinal screenings at no cost, in an effort to educate our community on different health topics. For example, these topics will include:
 9. Stress & Time Management
 10. General Nutrition & weight loss
 11. Workplace Safety & Energy Enhancement
 12. Children's Wellness/Nutrition Programs
 13. Body Transformation (Specific Nutrition & Exercise Plan)
 14. How To Prevent Dis-Eases Like Heart Disease, Cancer, Diabetes, Thyroid Dysfunction, etc.
 15. The doctors will be speaking at local community groups, churches, child day camps, schools, and different work sites. As patients at the Justine Blainey Wellness Centre, we would like to offer you first choice in suggesting where we will dedicate our time.
 16. If you would like to assist in this endeavor, please complete the form below and turn it into the front desk. Every name submitted will be personally contacted to schedule a free educational talk and/or screening.
 - 17.
 - 18.
 - 19.

20.

1. Patient's
Name _____

2. Name of Group / Organization /
Employer _____

3. Topic of
Interest _____

4. Person to
Contact _____

5. Phone _____

6.

7.

8.

9.

**10. The health and well-being of our community is our
passion!**