

# Living Pain Free!

## Special Joint Pain Relief Report

*Millions of people every year are affected by chronic joint pain and think that the only way to stop it is with pain creams, prescription medications or as a last resort, surgery! Well, now there is a safe, non-surgical alternative that gets great results FAST!*

*Now You Too Can Learn The Medical Secret On...*

## How To Beat Joint Pain At Any Age!

*Inside this revealing eight-page medical report I will share with you my revolutionary pain relief program that can provide you with long lasting relief of your chronic back, shoulder, hip or knee pain...almost immediately!*

*Read This Special Medical Report Cover To Cover To Learn...*

- ✓ **IS THERE ANYONE LEFT WE CAN TRUST?** *Discover The Eye-Opening Facts On Why Expensive Creams, “Miracle” Pills and Those Gadgets You Buy On The Internet Will Never Eliminate Your Chronic Joint Pain! Learn the Dirty Little Tricks These Companies Use Everyday to Make You Buy Their Expensive Products!*
- ✓ **REVEALED:** *An Amazing Discovery By a British and Canadian Research Team Is Now Helping Joint Pain Sufferers Around the World Enjoy Pain Free Living Without Prescription Drugs...Nearly Any Kind of Joint Pain Responds Equally Well!*
- ✓ **THE SHOCKING NEVER BEFORE TOLD TRUTH:** *Learn How a Simple Dietary Change Can Put Out the Fire In Your Bad Joints and Help You Live Pain Free! Break Your Dependency On Risky Painkillers With This Simple Dietary Change!*
- ✓ **IS YOUR JOINT PAIN...ARTHRITIS?** *Learn The 5 Warning Signs That Even The Smartest Doctor Often Overlooks!*
- ✓ **IT'S NOT TOO LATE FOR YOU:** *Discover the Amazing Benefits of My Comprehensive, Spine and Joint Pain Relief Program That Is Already Helping Area Residents Just Like You Get Lasting Relief of Their Pain Without Resorting To Harmful and Sometimes Addictive Medications!*
- ✓ **NATURAL PAIN RELIEF TIPS:** *Inside You'll Learn 3 Easy Tips You Can Do To Prevent Even The Most Stubborn Joint Pain From Recurring!*
- ✓ *And More...*

**So Continue Reading Now To Discover How To “Close the Gates” On Pain and Once Again Enjoy Pain Free Living!**

Dear Friend,

Before you do anything, please take this report to a quiet room where you won't be distracted, close the door and sit down in a nice comfortable chair, and give me your *total* 100% undivided attention!

No matter how old or young you are, if you wish to end your life sentence of chronic joint pain and the misery that goes with it, please be sure to read this entire medical report, as it may very well be one of the most important things you've read in years!

Why?

Because, what I am about to share with you in the pages that follow may very well be exactly what you've been looking for and will forever change your life!

**That's Right, Your Desire To Once Again Enjoy the Freedom To Do the Things You Enjoy Most In Life Without Chronic Pain May Now Finally Come True!**

...And it all starts with reading what you are now holding in your hands!

**But Before We Go Any Further, Allow Me To Introduce Myself and Congratulate You For Taking the First Step To Living Pain Free!**

Hi, my name is Dr. Demitri Adarmes and what I am about to tell you is what I believe to be a most amazing program in non-surgical pain relief that is already helping local residents just like you once again enjoy *pain free living!*

But why am I offering this free report and information to you?

Well, the answer is quite simple! I know just how difficult living with chronic joint pain, such as the pain of osteoarthritis, can be. I know that besides the physical pain, there is also an emotional component that goes along with it that is also very real!

How do I know this?

Well, *every day* in my office I help people just like you who suffer with chronic joint pain. You see, a large part of my practice is devoted just to providing pain relief for my patients. With this job I hear the very real stories of how frustrating and even depressing it is to not be able to enjoy activities like gardening, sewing or playing golf.

I've seen the despair in my patients' eyes when they see me for the first time and explain how they've tried over-the-counter medications, prescription drugs, some have even tried surgery, but still their pain persists!

**And One Thing Is For Certain:  
Once You Have Joint Pain It Seems To Just Get Worse Over Time!**

This is why I've set up the pain relief information line you called and have spent countless hours investigating the very best and most up to date advances in non-surgical pain relief

treatments. I guess you can say it has become my mission to help patients just like you stomp out joint pain and once again *live pain free*.

As a result of these efforts, I've developed the amazing pain relief program I am about to share with you!

**“Finally, There Is Now a Scientifically Proven Way To Stop Pain Dead In Its Tracks! No, It’s Not a Pill, Cream or Gadget You Buy on the Internet. It’s a Medical Program and Lifestyle Plan That Can Help You Live a Healthier, Happier Pain Free Life...For the Rest of Your Life!”**

Yes, it's really true! My amazing *Spine and Joint Pain Relief* program is already helping people just like you all over the country return to their normal activities without having to contend with their debilitating pain!

Just think about what the possibility of long-term pain reduction and improved mobility could mean to YOU! Think how great it would be to just wake up in the morning and go on with your day minus that annoying back, shoulder, hip, knee or hand pain!

Well, now it's possible!

**That’s Right! You May Now Be Able To Put An End To Your Frustrations and Stop Letting Your Life Be Ruined By Chronic Joint Pain!**

So don't waste another minute trying those often ineffective over the counter medications or home remedies which, within themselves, can only give you short-term relief! Continue reading this special medical report to learn how this amazing pain relief program can help you regain control of your life...even if other treatments have failed!

Now, I know right now you're probably thinking to yourself,

*“This all sounds just too good to be true!”*

And to tell you the truth, if I were in your shoes reading this for the first time, I'd probably be thinking the same thoughts; however, please put aside your skepticism for a moment and continue reading as I explain how my pain relief-program can change your life!

I'll begin by first explaining to you normal joint function. This first requires a little anatomy lesson (don't worry, I'll be quick and I promise there won't be any homework or papers to write).

Okay, so let's begin with...

**The Healthy Joint!**

A joint is the space between two bones. For joint movements to be smooth and flexible there must be a layer of cushioning and lubrication between the bones. This layer is made up of a shock-absorbing tissue, called *cartilage*, and a natural fluid lubricant, called *synovial fluid*.

During movement of a normal healthy knee the cartilage and synovial fluid act as shock-absorbing cushions, thus protecting the knee from breaking down. In other words, healthy cartilage and synovial fluid make it possible for joints to move easily, comfortably and friction-free.

### **Okay, That's The Healthy Joint. Now Let's Talk About The Unhealthy Joint!**

As we get older, synovial fluid becomes less effective as a joint lubricant. This is why, even in your 20's or 30's, activities you were once able to perform without pain suddenly become painful.

In addition, as time progresses the cartilage layer can become thin and frayed, thus decreasing its shock-absorbing properties. When this occurs, your joints (such as the spine, hip or knee joint) may start to feel stiff, and movement may become difficult and uncomfortable.

Over time, this leads to not only the deterioration and loss of that important protective cartilage, which covers the surfaces of the bones, but also joint inflammation.

As this condition progresses, pain and stiffness increase. Eventually, as this breakdown continues, "bone rubs against bone", leading to what is known as *osteoarthritis* of the joint, which causes even more pain and stiffness!

#### **Here are Some Common Warning Signs of Arthritis That Should Be Evaluated By a Doctor:**

- Morning stiffness lasting 30 minutes or longer
- Joint pain or tenderness that is constant or that comes and goes
- Not being able to move a joint in the normal way
- Redness or warmth in a joint
- Weight loss, fever or weakness and joint pain that can't be explained

### **Okay, Now That You Understand The Basic Difference Between Healthy and Unhealthy Joints and How An Unhealthy Joint Can Cause You Debilitating Pain, How Can The Pain Be Stopped?**

Well, for most people, the answer lies in the medicine cabinet or on their doctor's prescription pad. Unfortunately, this approach has potential side effects, such as stomach ulcers, headaches, nausea/vomiting, and blood pressure changes, just to name a few. And with the recent health risks related to medications like *Vioxx*, a safer alternative for pain relief is the answer!

### **So How Can You Ease Chronic Joint Pain Without These Potentially Harmful Side Effects?**

To answer this question, let me start by sharing with you a discovery by the Canadian and British team of Ronald Melzack (psychologist) and Patrick Wall (anatomist), which was first published in a journal called *Science*, back in 1965. In this groundbreaking study, Melzack and Wall gave their explanation for how the body and brain communicates about pain.

In brief, they suggested that there is a chemical “pain gate system” in the spinal cord that opens to let pain messages through to the brain or closes to block them. This theory, which is widely accepted by pain relief specialists throughout the world, is called the “*Gate Theory*”.

## **The Gate Theory**

### *The Body-Brain-Pain Connection*

Here’s a simplified explanation as to how the gate theory works. As you know, your body and brain are in constant communication (unfortunately, pain is one important form that is communicated). So, when part of your body is injured or damaged in some way e.g., banging your knee or stubbing your toe, pain receptors (nerves endings) found in the joint and surrounding skin of the affected area sends a message to your spinal cord which “open the gates”; the signal then passes through. The brain then interprets this message and sends a message of its own back causing you to feel pain (this occurs before you even realize what happened.)!

Now to make matters worse, the damaged tissue also releases chemicals known as *prostaglandins* that make those nerve endings register the pain even stronger -- like turning up the volume on your stereo so you can hear it better.

In addition, these *prostaglandins* not only make you feel the pain of the damaged area, but they also causes *inflammation* resulting in the area or joint to swell up.

In the case of acute (recent) pain, you can temporarily close the “pain gates” with certain treatments while your injury is healing. Once the healing process is complete, the pain should cease.

However, if the source of the pain is not removed, the condition becomes chronic and the “gates of pain” remain *wide open*. This is why millions of Americans suffer from mysterious, unending pain that has their doctors stumped.

## **Therefore, In Order To Reduce or Eliminate Your Daily Pain, You Must Intercept The Pain Signals and Shut The “Gates of Pain”!**

To some of you, this may sound rather simple, but doctors have searched for different ways to accomplish this for decades. We now know that there are certain drugs that can close the “gates of pain” but, as I mentioned above, you’re left with a list of side effects a mile long!

Now, I don’t know about you, but most of my patients would rather *not* take a lifetime regimen of expensive drugs to stay pain free.

Yes, surgery is also an option, but since any surgical procedure is risky and there is no guarantee that it will work, most patients, and doctors too for that matter, prefer to use this choice strictly as a last resort.

So what is left?

As I explained above, the goal is to interrupt the pain signal from your body to your brain – or close the “pain gate” in the brain. Yes, this can be done with certain oral medications, but what I have found over the years is there are a number of other more direct, longer lasting ways to achieve this goal. These are:

- **Diet and Supplementation** – Did you know that changing dietary fat intake and/or eating plant foods containing anti-inflammatory agents can help ease pain by limiting joint inflammation? In fact, excessive consumption of dairy products, meat, & refined starchy carbohydrates like white flour can

actually make inflammation worse by increasing the production of *prostaglandins*! Therefore, switching your diet to whole fruits, vegetables, and lots of cold water oily fish (rich in Omega-3 fatty acids) is one way to naturally “close the gates of pain”.

Additionally, there is solid evidence indicating that glucosamine sulfate and chondroitin sulfate relieve pain due to osteoarthritis, so consider these joint-protecting supplements as well!

- **Exercise** - Although resting for short periods can alleviate pain, too much rest may actually increase pain and put you at greater risk of injury when you attempt movement again! Research has shown that regular exercise and stretching can diminish pain in the long term by improving muscle tone, strength, and flexibility. Exercise may also cause a release of *endorphins*, the body’s natural painkillers. Some exercises are easier for certain chronic pain sufferers to perform than others; try swimming, biking, walking and yoga.
- **Lifestyle modifications** – Without a doubt, if you are overweight, the first step to living pain free is to shed those excess pounds! In fact, studies show that losing as little as 11 pounds can not only decrease pressure on weight bearing joints but also cuts the risk of developing knee arthritis by 50%. Additional pain-relief modifications include reducing stress, increasing daily water consumption to keep muscles hydrated (recommended 8 glasses a day), proper lifting techniques and sleeping at least 8 hours per night (this allows you body to properly heal itself). Remember, an ounce of prevention is worth a pound of cure!
- **“Direct Effect” Medical Treatments** – Seeing a doctor does not necessarily mean taking more pills. In fact, oral medication is an *indirect* treatment approach and rarely provides a longer lasting pain relief than treating the painful inflamed joint with *direct* treatments such as joint injection therapy, trigger point therapy for muscle irritation, and physical therapy.

### **These Changes You Can Start Right Now and Within Days Begin To Notice a Decrease In Pain and Stiffness...Without Drugs or Surgery!**

The reason has to do with what changes they cause inside your body. Fore instance, lifestyle changes such as sleep habits, exercise, and diet not only limit the production of the pain causing *prostaglandins* naturally, but actually stimulates the production of substances that help eliminate pain, such as *endorphins*, the body’s *natural pain-killers*, or the “feel good” chemical *serotonin*, which is produced while we sleep.

Furthermore, by using all of these lifestyle modifications in conjunction with natural remedies and medical treatments directed at the source of the pain (e.g., an anti-inflammatory injection for an inflamed, painful joint) you will experience longer lasting relief!

### **Introducing My... Spine & Joint Pain Relief Program “Closing the Gates of Pain”**

Developed specifically for joint pain sufferers including those with back and neck pain, even arthritis, the success of my program lies in the multi-directional approach to first closing the “gates of pain”, then *keeping it closed* with lifestyle changes, diet and exercise!

You see, in addition to pain control, the goals of this unique pain relief program include using treatment techniques that will help increase your physical activity, eliminate the use of unsafe medications, and teach you dietary and lifestyle behaviors that work towards getting and keeping you *pain free*! Remember, the “pain gates” can be closed and the pain cycle broken! The trick, however, is to keep them closed so that long-term pain relief is achieved!

This is why my diagnostic and treatment program beats popping pills hands down! In fact, in many cases results are obtained *almost immediately!*

## **My Spine & Joint Pain Relief Program Is a Three-Step Program:**

### **Step #1: The Initial Evaluation:**

This first step towards *living pain free* includes a one-on-one pain evaluation to discuss the history of your pain including past treatments and outcomes. I will also perform a lifestyle and diet assessment to help identify contributing factors to your pain such as certain activities, body weight and food allergies!

### **Step #2: The Comprehensive Spine & Joint Examination:**

If after the initial screening I have determined that my program can help your particular pain syndrome, the next step will be to perform a comprehensive physical examination as well muscle and joint analysis to determine the source of your pain and diagnose the problem. If additional testing is required, such as x-ray or MRI, so that an appropriate *Pain Relief Action Plan* can be developed for you, at this time they will be ordered!

As I mentioned earlier, since diet has a strong influence on inflammation and joint pain, depending on your symptoms, a food allergy blood test may be also performed. You see, what I have found over the years is that many chronic pain sufferers unknowingly have allergies to certain foods such as dairy products, wheat, beef, yeast, and soy that can actually increase inflammation and pain! Therefore, this simple blood test could prove instrumental in determining your treatment plan. Remember, even healthy foods, if you are allergic to them, can cause inflammation!

### **Step #3: The Pain Relief Action Plan:**

Once the origin of your pain has been determined through the clinical evaluation and examination, specific joint relief treatments will be prescribed. As mentioned earlier, these “direct effect” treatments can help stop your pain at the source without the side effects of most painkillers!

Some treatments I offer for “closing the gates of pain” are:

- **Trigger Point Therapy** – This procedure is used to treat painful, tight “knots” within a muscle. Trigger points can be treated with a tiny injection (smaller than a paper clip) or through a physical therapy treatment known as *therapeutic ultrasound*, in which sound waves are utilized to help break up the trigger point. This therapy is used to treat muscle and joint pain in the arms, legs, lower back, and neck. In fact, when used to treat chronic low back pain, studies have shown a trigger point injection of corticosteroid plus local anesthetic completely relieves pain after 3 months in 60% to 80% of people! Trigger point therapy has been found to be help carpal tunnel syndrome sufferers as well!
- **Anti-inflammatory Joint Injection Therapy** – With this technique an anti-inflammatory medication is delivered directly into the affected joint to help reduce inflammation and the pain associated with it. These injections are also good in times of acute flare-ups of your joint pain and can give lasting relief for several months.
- **Joint Fluid Supplements** - For patients with chronic joint pain who have not gotten relief from lifestyle changes and pain medications, I often recommend a newer approach known as joint fluid supplementation or *viscosupplementation* therapy. The supplements contain a synthetic form of *hyaluronic acid*, a natural chemical that acts as a lubricant and shock absorber in the joint. This

synthetic lubricant, which is usually used for the knee joint, cushions the joint, decreases pain and replaces lost nutrients in the fluid that fills the joint. Moreover, one series of injections over 2 weeks is often as effective at “closing the pain gates” as 6 month of pills!

During this phase, lifestyle modifications, exercises to help increase joint flexibility and muscle strength as well as our anti-inflammatory diet is also given to help keep the *gates of pain closed* so you can enjoy long lasting pain relief! At the conclusion of care, a home therapy program will be given to help keep you maintain your level of correction.

### **Here's What To Do Now...**

If you're interested in taking me up on my offer and would like to explore your treatment options, pick up the phone now and call my office at **(480) 347 – 0941**. Let them know you received my special report on joint pain relief and would like to schedule your consultation.

That's it. We'll take care of everything from there. But don't procrastinate! If you would like to do something about that annoying joint pain make that call right now!

I look forward to meeting with you in the not so distant future and maybe I can help you like I've helped many other local residents *live pain free!* So why not take the time, to find out if my non-surgical pain relief program is right for you? What have you got to lose? Either way, I wish you good luck and good health!

I hope you've found this report informative and I thank you for your time.

Sincerely,

*Demitri A. Adarmes, M.D.*

Board Certified in Physical Medicine and Rehabilitation  
Board Certified in Internal Medicine

P.S. Picture how your life will be in a few weeks if you decide to do something about your chronic joint pain *right now!* How many days of misery will it save you? Will you do a better job at work? Is there a chance you could be pain-free, and once again be a fun person to be around? Unfortunately we'll never know unless you take the next step...so call today and let's find out!

*The information provided in this report is meant as a general source of information only and should not be substituted for sound medical advice. While every effort has been made to verify the clinical accuracy of the information provided for medical advice concerning your specific pain syndrome, it is advisable to consult with a physician.*