



# Back Column

Pinnacle Physical Medicine & Rehab  
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## Natural Alternatives for Arthritis Relief

Due in part to its lack of side effects, **TRAUMEEL**<sup>®</sup> is not a conventional NSAID. However, despite its status as a nonconventional pharmaceutical, the clinical effectiveness of **TRAUMEEL**<sup>®</sup> is supported by scientific research and over 30 years of worldwide usage. For example, a randomized, double-blind, placebo-controlled study of **TRAUMEEL**<sup>®</sup> Ointment for the treatment of ankle sprains by Zell, et al, was published in *Biological Therapy*. The patients treated with **TRAUMEEL**<sup>®</sup> were pain free and had a greater range of motion sooner. More recently, the September issue of *The Lancet* published a meta-analysis of homeopathic studies in which three different controlled studies demonstrated the effectiveness of Traumeel<sup>®</sup> over placebo. **TRAUMEEL**<sup>®</sup> can be used to treat elderly arthritic patients who cannot tolerate the GI side effects associated with the conventional NSAIDs or for patients on anticoagulant medication. **TRAUMEEL**<sup>®</sup> is available as a topical ointment, as oral tablets, and as an injectable (prescription only).

Zeel ointment is used for local pain relief from stiffness, inflammation, and arthritis joint pain. It is particularly effective in relieving pain symptoms associated with degenerative arthritis, and should be used mornings and evenings, applied locally to affected areas. In

cases of osteoarthritis, Zeel ointment offers a safe and effective homeopathic alternative to controversial Vioxx and Celebrex. Zeel provides temporary relief from mild to moderate arthritis pain, inflammation and articular stiffness. Zeel is used to temporarily relieve joint pain, improve joint function, and stimulate normal cartilage performance. Virtually side-effect free, Zeel is non-habit forming, effective and safe for long-term treatment. It is very well tolerated and has no known interaction with other medications. In a recent clinical study, Zeel was found to be as effective as Celebrex<sup>®</sup> and Vioxx<sup>®</sup> in relieving pain associated with osteoarthritis of the knee. With the absolute removal of Vioxx from the marketplace and the warnings against the use of Celebrex, Bextra and Naproxen-type products, a huge void has opened in the pharmaceutical world's treatment of inflammatory and arthritic conditions.

Just last year, several studies were published in independent medical journals proving that Zeel, a preparation of combined homeopathic remedies called homotoxicology, was therapeutically equivalent to both Vioxx and Celebrex and in fact had physiological effects equivalent to cortisone. Patients have not only seen their arthritis go into healing modes, but even note that asthma

improves, because the LOX-5 pathway is affected along with the COX-1 and COX-2 pathways (which is something that Vioxx and Celebrex do not affect (LOX) at all). The purpose of pharmaceutical therapy for osteoarthritis is to relieve pain, improve mobility, and prevent progression of inflammation. To achieve these results, analgesic and anti-inflammatory medications such as NSAIDs (Non-Steroidal Anti-Inflammatory Drugs), non-selective COX 1 inhibitors and selective COX 2 inhibitors are commonly prescribed. Patients taking COX 2 inhibitors have been reported to experience undesirable effects including edema, diarrhea, vomiting, dizziness, and gastric complaints. Zeel is used worldwide and remains at the forefront of homeopathic medicine. It is made up of a combination of 15 all natural active ingredients intended to provide relief of arthritic symptoms and support healthy connective tissues function.

Due to its lower cost and the fact that it virtually eliminates the need for secondary medication to control adverse effects, it can also reduce the cost of long-term arthritis management. Merck & Co. announced on September 30th that their arthritis drug, Vioxx, used by two million people around the world, is being pulled off the market after a study confirmed long-standing concerns that it raises the risk

of heart attack and stroke. Merck has urged patients who are currently taking Vioxx to contact their health care providers to discuss discontinuing use of Vioxx and seek possible alternative treatments. The U.S. Food and Drug Administration said it would closely watch drugs in the same class as Vioxx, which would include Pfizer Inc.'s Celebrex, for signs of risk.

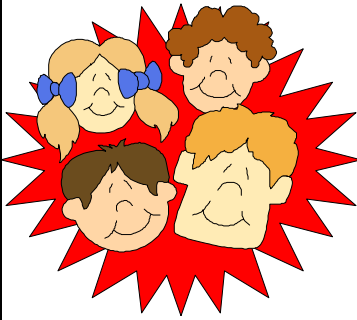
Zeel is manufactured and distributed by Heel Inc., one of the largest homeopathic pharmaceutical manufacturers in the world with distribution in over 60 countries. Zeel is used to temporarily relieve joint pain, improve joint function, and stimulate normal cartilage performance. It is particularly effective in relieving symptoms associated with degenerative arthritis, such as osteoarthritis. Virtually side-effect free, Zeel is non-habit forming, safe and effective for long-term treatment, very well tolerated and has no known interaction with other medications.

Our office has **TRAUMEEL** in injectable form as prescribed by Dr. Barton, and we also carry the Zeel in pill form for patients interested in a safe alternative to Vioxx, Celebrex, and Bextra. Ask Dr. Showalter about these options for safe relief of pain and arthritis today!

Sources: [www.nutritiondynamics.com](http://www.nutritiondynamics.com)  
and [www.heelusa.com/news\\_vioxx.html](http://www.heelusa.com/news_vioxx.html)



## Welcome New Patients!



**Dianne Hudson** (referred by Dr. Orquia...thanks!)

**Philip Diamantis** (referred by George Diamantis... thanks!)

**Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!**

**Paul Holden** (referred by Dr. Showalter...thanks!)

**Angela Turner**

**Michaele Swiderski** (referred by William Swiderski...thanks!)

**Curtis Roth** (referred by Donna Roth...thanks!)

**Jimmy Hydas**

**Mary Pate** (referred by Diane Zemsta...thanks!)

**Jeff Jones**

**Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.**

## Nerve Conduction Studies Now Offered at Pinnacle Physical Medicine and Rehab

### What are NCV and EMG?

These tests are often used in combination to detect neuromuscular disorders (or nerve and muscle problems). EMG measures the electrical activity of the muscles. NCV measures the speed and intensity of electrical signals traveling along the nerves and the time it takes to respond to these signals.

### What do these tests show?

NCV and EMG are important diagnostic tools that help determine the cause of muscle weakness, spasms, paralysis, or pain in the arms, hands, legs, or face. They also help determine if the disease involves the spinal cord, nerves, muscles, or nerve muscle junctions.

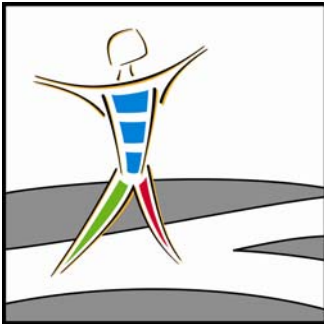
Similar to testing current flow in a wire, nerve conduction velocity test (NCV) is an electrical test, ordered by your doctor, used to detect abnormal nerve conditions. It is usually ordered to diagnose or evaluate a nerve injury in a person who has weakness or numbness in the arms or legs. It also helps to discover how severe the condition is and how a nerve is responding to injury or to treatment. In this test, electrical signals are sent down specific nerves of the arms or legs, where an electrode placed on the skin detects the electrical impulse 'down stream' from the first. The nerve is stimulated with a tiny electrical current at one point. A nerve stimulator placed over the nerve supplies the nerve with a very mild electrical impulse. This electrical activity is recorded by the recording skin electrode. When this happens, you will feel a tingling sensation that may or may not be uncomfortable. Between the brief shocks you will not feel discomfort. The distance between the skin electrodes and the time it takes for electrical impulses to travel between electrodes is used to calculate the speed of the nerve signal. A decreased speed suggests nerve disease. A healthy nerve will transmit the signal faster and stronger than a sick nerve.

An EMG (electromyogram) may be ordered to see if you have a pinched nerve in the back or the neck. If you have tingling or numbness in your arms or legs, an EMG may also show if you have nerve pressure there. The EMG measures the electrical activity in muscles. Muscles normally receive constant electrical signals from healthy nerves. During this test, the doctor uses acupuncture-like needles to record electrical sounds from the various muscles in the arm or leg. If a muscle does not receive normal signals from a sick nerve, it broadcasts abnormal noise signals through the needle to a sound amplifier to help the doctor identify if a muscle is not correctly working with the nerve attached to it.

We are pleased to now be able to offer these services here at Pinnacle Physical Medicine and Rehab for our patients who need them.

Sources: [www.smsgsi.com](http://www.smsgsi.com) and [www.totalspine.com](http://www.totalspine.com)





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**We're on the web!**

**www.mddcpt.com or e-mail us at**  
**chirodcs@yahoo.com**

**Contact us today to subscribe to our free monthly**  
**newsletter!**

\*The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.

*Mark your calendars...*

## **Patient Appreciation Day is May 18th**

On Wednesday, May 18th, all of our existing patients will receive a **FREE** adjustment in honor of our 5th year anniversary.

If you know a family member, friend or co-worker who would like to try chiropractic care, new patients will be seen on Thursday May 19th or Friday May 20th for **FREE.\***

\*Consultation with Dr. Showalter and exam

**It's only a couple of weeks away, so call for your time now!!**

(Worker's comp and P.I. cases excluded)

