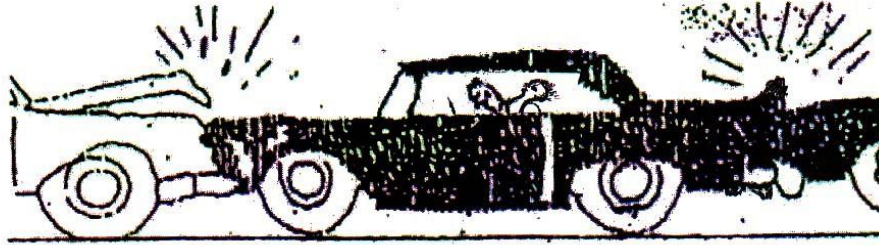


IS THIS WHAT HAPPENED TO YOU?



IS THIS HOW YOU FEEL?



Special Report on: 25 answers to most FAQ

What you should know if you have been involved in an auto accident!

From: **Alaska Healing Touch.**

Dear **Accident Victim**, Thank you for taking the time to order this report. It was one of several very important decisions that you may be facing if you have been in a car crash. The purpose of this report is to inform the injured so they can make better decisions.

A huge public perception is that if there is no blood from a car crash, then there is nothing to worry about; so people are not aware that some injuries are **hidden** and are seldom detected for months or even years.



As a result, a lot of crash victims settle their case with the insurance companies before getting your injury evaluated and documented by a doctor trained in soft tissue injuries.

THIS COULD BE A BIG MISTAKE.

Why? Because once you settle your case you lose the right to get your testing and care paid for if you are in need of it.

A good rule of thumb is to get educated on your rights, understand your injury, then make a decision, there is no reason to rush; it can only hurt you. In the state of Alaska there is a two year time period to allow the injured victim time to resolve the case.

It is our position that if you were injured, you should get the testing and the care you need to get you back to the way you felt and functioned before you were injured.

Now it is not the responsibility of an insurance company to pay for anything more than that. Insurance companies are not responsible for pre-existing injuries; only the injuries sustained as a result of a crash. Although a few preexisting factors that can make someone more at risk to injury are age, gender and size.

Even if you are just a little sore, you should get checked out.

You may develop pain, numbness, headaches, muscle stiffness, fatigue, and other problems including arthritis many months down the road as a result of previous spinal injuries like whiplash.

Remember nothing is more important than your health when you start to lose it.

Here's where the problem begins... Most people who suffer from a car crash have one thing on their mind: **Their automobile!**

Common questions include:

- "Who is going to fix my car?"
- "What will I drive in the mean time?"
- "Will my insurance rates go up?"
- "Who is going to pay for it?"

The last thing on their mind is:

"AM I Really O.K.?"

Not only are the crashes an inconvenience and a hassle, a common general complaint of crash victims is that they don't feel their normal self.

One might now be experiencing obvious soft tissue injuries symptoms like pain from muscle stiffness or spasm, headaches, numbness and tingling, back pain, and even difficulty sleeping, irritability, memory loss, fatigue, difficulty concentrating and many other difficulties or worse than that, one may be injured and have no symptoms at all.

BUT ARE YOU O.K.?

Most victims will assume that their condition has healed when their symptoms subside which is understandable. But as stated earlier if they heal improperly it could lead to complications at a later date.

It should be well understood that **delay in onset of symptoms is extremely common and is well documented in the literature.**

Crash victims should be advised to seek follow-up care with a practitioner skilled and knowledgeable in the detection and management of these types of injuries.

As a matter of fact...

Most Medical Doctors are not trained in the detection of these hidden injuries. In the 2003 annual meeting of the American Medical Association's House of Delegates (HOD) a new resolution was passed, resolution 310, which reads:

*Resolution 310, Musculoskeletal Care in Graduate Medical Education, introduced by the American Orthopedic Foot and Ankle Academy of Orthopedic Surgeons, asked the AMA to 1, strongly urge medical schools to formally re-evaluate the musculoskeletal curriculum; 2. strongly urge medical schools to ensure that the medical students have the appropriate education and training in musculoskeletal care, **making this competence a requirement for graduation.** 3. Encourage it's representatives to the liaison Committee on Medical Education, the Accreditation Council for graduate Medical Education and the Residency Review Committees to promote higher standards in basic competence in musculoskeletal care in accreditation standards.*

This is a statement by medical profession formally admitting that they just don't have the necessary training to care for most spinal soft tissue injuries.

HOW ARE THESE INJURIES DETECTED?

First of all there are 3 types of Motor vehicle injuries 1. crush injuries and 2. acceleration injuries(**Whiplash injuries**), and 3. chemical exposure injuries.

1. Crush injuries are detected by means of the human eye for obvious cuts and bruises, and by looking at X-rays for fractures and gross dislocations. MRI, and CT Scans can detect spinal lesions but are mostly used for detecting internal injuries such as brain trauma and organ damage.

Car accident victims experiencing crush injuries usually get accelerated before the crush. Sense medical professionals, focusing on the crush, usually because of emergency purposes, often overlook the less obvious but extremely significant acceleration injuries that cause musculoskeletal damage, (damage to muscles and ligaments).

2. Acceleration injuries **Whiplash Injuries** are another type of injury also detected by the human eye by means of X-Ray views of the spine to access the integrity of the **ligaments** that connect the vertebra together. If you went to the E.R then you may have had these views take already and told you were fine with nothing to worry about.

They may have sent you home with muscle relaxers and pain medication. Because they were looking for fractures and gross dislocations but aren't trained in locating misaligned vertebra. There is always some level of whiplash in every car accident. Although there are usually no cuts or fractures from an acceleration injury, acceleration injuries are just as devastating because of the energy transfer from collision energy to acceleration energy absorbed by the occupants of the vehicle. That is one little known (secret) proven fact that the insurance companies don't want you to know.

By looking at an accident victim with an acceleration injury one cannot visualize a ligament or muscle problem because it is under the skin so the victim's condition is often dismissed as a minor soft tissue injury when in fact it is a **major** soft tissue injury. That is another reason acceleration injuries go undetected. To add insult to injury most people don't know that 60% of the rear end acceleration injuries resulting in whiplash occur at speeds between 6 and 12 MPH. Now you know another (secret) fact that the insurance companies don't want you to know.

3. A third type of injury that is way over looked is the chemical injury from exposure to the toxic chemicals of the air bags and or the gasoline fumes or fumes from the toxic materials that are destroyed in the crash and sometimes from the melted plastics if there is fire involved... These are very toxic to the body and sometimes lead to a lifetime of toxic illness.

My name is Dr. Thomas R. Taylor I am a Chiropractor. Here at "Alaska Healing touch" we treat acceleration type of injuries and screen for chemical exposure injuries. I have been treating whiplash injuries for over 15 years. I evaluate car crash victims, document the information, explain the information, give my recommendations, give you the care you deserve, listen and answer any questions you may have and/or make any appropriate referrals.

If you had a torn ligament in your knee wouldn't that impair the way you walk?



Well what if you had damaged ligaments in your neck or back that could be causing your neck or back pain. Those ligaments and muscles need to be treated by a professional trained to treat those types of injuries.

For the most part people want to know what is wrong with them.

Our Primary Purpose Is Giving You The Care That You Need, and Submitting The Required Medical Documents so Your Rights are Protected and your health restored

There are also people who aren't getting the care they need. If you are injured call us, we can help, We want you to get good results as soon as possible. And if you don't then together we will find out why.

I have many years of treating **whiplash** victims just like you.

Q: Should I See An Attorney Before I See Dr. Taylor?

A. It is important to get checked out by the doctor first. That way the findings that I find from your exam will allow you the information you need in order to decide if an attorney is necessary. If you have an attorney, it is wise to listen to his/her recommendations and also let him/her read this report. The more objective information that your attorney has the better you can be represented. If you don't have an attorney and it becomes necessary to obtain legal counseling, I work closely with an attorney who spent many years working for an auto insurance company and realized he was on the wrong side. Now he works for the people.

Q, What if I had an MRI and it turned out normal?

A. First of all "Normal for what"? Most MRI exams turn out normal, most MRI studies are for the detection of disc and spinal cord lesions and internal injuries.

The patient is put into a tube for over 30 minutes or more in a position that doesn't stress the tissue that is possibly causing your pain so therefore it appears normal with that type of test. MRI 's are **not** the test of choice for acceleration injuries such as over stretched ligaments.

The MRI may have detected a bulged disc, But one study of over 300 MRI'S taken, 50% showed a bulged disc at some level but only symptomatic 25% of the time.

Q. What If My Car Only Sustained Minor Damage?

A. Documented studies done by Dr. Charles Carol, MD, Dr. Paul McAtee, MD and Dr. Lee Riley MD revealed that:

"The amount of damage to the automobile bears little relation to the force applied to the cervical spine (neck) of the occupants."

According to Dr. Arthor C. Croft of the Spine Research Institute of San Diego California, *"Based on all of the research compiled it should be clear that one cannot reliably calculate (g) forces sustained by an occupant of a vehicle, nor can one predict the likelihood of, or severity of, human injuries from the extent of vehicle damage."*

In other words, the injury to a passenger is not directly related to the damage to the vehicle. But if you aren't experiencing any of the before mentioned symptoms then you may be O.K. and very lucky!

But it is probably wise to wait at minimum of three symptom-free months after the incident before you settle your case. If by that time you are feeling fine then proceed from there.

Q. If I Need Treatment For This Injury, Do I have To Pay For It Myself?

A. Not usually, Only if there was no insurance coverage for the accident. And only in very rare circumstances does the injured patient pay for their care as they go. Some people don't understand their right to have treatment after a car accident, so that is why Alaska law mandates all licensed vehicles to have a \$50,000 per person medical liability policy. We can assist you in obtaining this information.

Q. The Insurance Company Has Been Calling Me And Wants To Settle. What Should I Do?

A. Do not sign or settle until you have had your injuries evaluated and documented. In the state of Alaska you have 2 years to settle your personal injury case. If you settle before your injury is fully resolved, you will be completely on your own and you may have to pay out of pocket for your care.

Q. I've Been To The Hospital And My Medical Doctor, Do I Really Need To See anyone else?

A. Again you should see a doctor who clearly understands musculoskeletal injuries (ligament / muscle injuries) and focuses on the diagnosis and treatment of these soft tissue injuries by motor vehicle collisions. Usually hospitals will check vital signs and possibly take x-rays or do an MRI to look for crush injuries. If there are no fractures then they will say that the x-rays are negative. If there is no spinal disc damage or other internal injuries then they will call the MRI negative also and release the victim with a prescription for pain relief and or anti- inflammatory pills and usually a neck brace, which are not always indicated. By doing so they did not rule out underlying musculoskeletal, muscle ligament (soft tissue)problem that could be the source of the symptoms that you are experiencing at the time or start to experience in the days to weeks to months following the collision.

If the medical doctor or has given you pills, you must understand that pills **do not** correct structural or soft tissue damage. Remember the damaged ligaments in the knee? They can be repaired. Most of the ligaments in the spine when damaged are not repairable so you will need therapy but you first must have the evidence of damage documented.

Q. What type of treatment is best for Whiplash.?

A. Spinal manipulation and therapeutic massage.

Q. Does treatment hurt?

A. Usually not. Only if there is pain already present from the injury. Therapeutic massage is just that, therapeutic and is extremely beneficial as with light force chiropractic adjustments.

Q. Is your care safe?

A. Yes, extremely. Particularly when compared to the side effects from medications.

Q. If I need spinal manipulation will you turn my neck and try popping the joints?

A. No. There is a lot of misconceptions out there because of people trying to perform a chiropractic adjustment without the proper training. Most of the adjustments that our practice members receive here require no rotation of the head and no sounds of the joints popping. The special adjusting techniques that are performed here is very effective for relieving the symptoms of not only neck pain but other whiplash associated symptoms.

Listen to some of our patients speak...

When I was a child I suffered from headaches and lower back and hip problems. I attributed my headaches to my mother smoking cigarettes around me and my back aches and hip was from doing stupid things like sledding down a hill on a spare tire that

at the bottom of the hill hit me when I wrecked. It didn't help that I was a head banger as a child too. I complained to my mother about my problems so she made an appointment for me with a Medical doctor who told me that the head aches that I was experiencing were from the beginning stages of glaucoma, and my hip and back problems were from a pulled groin muscle. These problems continued through out high school and I was constantly in pain. I would try to twist pop my back any chance I could to relieve the pain to no avail I thought the pain was going to be a part of me for that rest of my life. As an adult it was suggested for me to see a chiropractor. I saw the chiropractor for the first time and the experience was awesome. I found out I did not have to live in pain for the rest of my life. When I met Dr. Taylor he was starting his practice and I have been going to him ever since. Thanks so much, Dr. Taylor!

Bridgett, Petersen

For the past 6 years my lower back and right shoulder have had a constant pain and I'd get bad head aches 3-4 times a week. I blamed it on just getting older. Sometimes the pain was so bad I'd skip work for 2-3 days straight. I tried stretching in the morning followed by lots of Advil or Tylenol to go to work. My regular doctor couldn't find anything wrong. So I figured what the heck I'll try a chiropractor. After 6 years of constant pain I'd try anything. After meeting Dr. Taylor and going through the exam he explained how he might be able to help me. After just 12 weeks I've had no pain and no headaches and can now move my body in ways I haven't been able to in years. Thank You Dr. Taylor

Scott Trombley,

I had back pains along with headaches & pains in my legs. I used prescription pain relievers, and heat pads and just dealt with it. I have had relief of no pain in my legs and back & as far as my headaches, haven't had a one since going to a chiropractor. It's been a tremendous help!

Dwayne Coate,
2/4/08

Chiropractic care has been extremely helpful to me. Once Dr. Taylor adjusted my neck and brought it into proper alignment without twisting and popping me, the headaches and the dizziness were gone. And the awful inability to focus and concentrate have disappeared! I have discovered that when my neck is in proper alignment, I have wonderful range of motion and smooth as butter and my head is pain-free,—a marvelous feeling! I wish I had known about this years ago.

Thank You Dr. Taylor!

Shelly Ann Redden,



Take a few minutes to review this list of symptoms:

Headaches	Numbness/Pain in legs/feet L/R
Nausea	Neck Pain or Stiffness
Fatigue	Body aches
Double Vision	Dizziness
Rapid Heart Beat	Mental Dullness
Hearing Loss	Muscle Swelling
Back Pain	Diarrhea
Blackouts	Light blindness
Numbness/Pain in arms/hands L/R	Eye Strain
Constipation	

You may have one or more of these symptoms now or they may have come and gone. Think about the way you felt before the crash and the way you feel now. It is not your fault and it is NOT "**all in your head.**"

If you have any of these symptoms they are **red flags** that something is wrong.

By reading this special report you have taken a huge step in the right direction which is learning what the insurance companies and their attorneys don't want you to know and for the most part what the medical doctors don't want to get involved in. You can learn more about your injury right here. For a limited time you are entitled to a Free no obligation spinal injury evaluation worth over \$210.00

That's right - No Charge

The exam will take just a few minutes of your time.

After the exam I explain the results of the test for future references in case your condition doesn't get better. .

Just call **(631 3673)** during our business hours **M – F 10 to 6** for us to set a time aside for you. Let's discuss it!

Thank You for your time!

Thomas R. Taylor DC

We are located in Wasilla in the Delwood Plaza
Give us a call

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Wasilla, AK 99654
631 3673**