



By Brett Gottlieb, D.C.



The Secret Solution To Stopping That Chronic Back Pain


Like most chronic back pain sufferers, you think you have tried everything out there – and received temporary results at best. Something is not right with your back but you just can't find anyone that seems to know what is wrong with you. I was just like you many years ago and you would think I could find a solution to my problem because I am a chiropractor.

In fact, I was being adjusted in my office at the time by my partner about three times per day just to be able to function at work. However, it seemed like his adjustments would give me just temporary relief. As soon as I bent over to treat a patient my back would tighten up again and the pain would return. I thought my career was coming to an end and I was only 28 years old. I gave massage therapy a try too. Having someone massage the tight painful area for an hour would give me only temporary relief. Just as soon as I did anything active I would feel the muscle tighten and the pain begin to return. That's when someone told me about NUCCA.

NUCCA stands for National Upper Cervical Chiropractic Association. This association firmly believed that most back pain is due to the spine having to compensate for improper head and neck alignment. They were telling me that unless my head and neck alignment was corrected, my spine would continue to misalign causing my back pain to keep coming back. However, I thought my partner was taking care of my head and neck alignment with his adjustments to my neck. I found out to my dismay that correcting head and neck misalignment could only be accomplished successfully through the NUCCA procedure. Naturally, I was skeptical but decided to give it a try.

The strange thing about NUCCA is there is no cracking or twisting of the neck. I could barely feel the adjustment. I thought to myself, what a waste of my time. However, I did feel what I can only describe as a shifting feeling of my entire spine. Afterwards, I did feel different but I couldn't figure out just what was happening to me because it was quite subtle. Within weeks following the adjustment, I could feel my body slowly healing from the chronic back pain that I was experiencing for so long. It became quite apparent to me that this was not going to be just temporary relief. As time went on the chronic pain started to go away and was replaced by a feeling of increasing strength and what I can only describe as a feeling of balance and relaxation to the muscles in my back.

I thought to myself, NUCCA actually has cured my back pain. And to this day I have not had that horrible pain return. That was over 18 years ago. I decided to practice NUCCA myself and have been helping people in the Sacramento area put an end to their chronic back pain.

If you would like a free consultation and exam to see if you would be a good candidate for the NUCCA procedure please call Dr. Gottlieb at 916-965-7155. You can also get more information from his website at www.painfreelife.net 

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