

ALAN J. NUNEZ, D.C.  
Nunez Chiropractic, Inc.

WELCOME TO CHIROPRACTIC!

Chiropractic is a branch of the healing arts that focuses on natural methods of healing. It has been a recognized form of therapy since the 19<sup>th</sup> century, although ancient methods of adjusting the spine have been described since the days of Hippocrates. Today Chiropractic is the world's largest drugless healing profession.

Chiropractic uses spinal and extremity manipulation to restore the normal alignment and function of the joints as well as muscle balancing techniques to restore peak performance. Correct function of the spine and joints of the body allows the body to utilize its own restorative powers to bring the body to health and balance. Chiropractic recognizes the effect of stress and poor nutrition on health. Dietary analysis and correction as well as stress management are used as adjunctive therapies to aid in improving health.

Our office treats patients who range in age from 3 weeks to 101 years and who have conditions such as back sprain, headache, neck tension, whiplash, sport injuries, slip and fall, Hiatal Hernia syndrome, and even colic. Chronic or difficult cases are welcome! We have often helped when all else has failed. I use the 3-D Chiropractic Technique™ (3-DCT)™ method of chiropractic to adjust or correct any body misalignments. 3-DCT™ is a gentle powerful chiropractic technique, which treats the body three dimensionally and involves no twisting, popping or cracking. In addition, I developed a muscle balancing technique called Pressure-Plus-Motion (PPM) that is very effective for chronically tense muscles

My Services Include:

- >Complete physical exam
- >Gentle spinal adjustments
- >Physical therapy
- >Muscle balancing-PPM
- >Exercises to prevent re-injury
- >Stress Management
- >X-ray only when necessary
- >Postural Analysis

Benefits to you:

- >Maximum health & vivacity
- >Relief of pain
- >Relief of muscle tension
- >Postural improvement
- >Body balance
- >Increased energy
- >Improved self-awareness

Please call so we may be of service to you!  
818-247-4411

## **3-Dimensional Chiropractic Technique™**

Dr. Al Nuñez, D.C.  
Nuñez Chiropractic, Inc.  
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3-Dimensional Chiropractic Technique™ or 3-DCT™ is based on the observation that **frightening or traumatic events in youth leads to emotional tension that leads to muscular tension that can become chronic**. Once established it can lead to joint irritation, inflammation, decreased flexibility and distortion. Over time multiple degenerative conditions can result depending on where the chronic tension is such as arthritis, chronic indigestion, gastritis, colitis, scoliosis, carpal tunnel syndrome, foot problems and many others. **Imperfect circulation of blood, nerve, lymph and energy flow leads to stagnation and a build-up of waste products in the muscles which leads to rigidity which leads to morbidity, in other words, symptoms.**

3-DCT™ offers a way out of the Chronic Tension Cycle or CTC through our muscle release techniques, our no twisting, popping or cracking spinal adjustments, flexibility exercises, relaxation techniques, and improved choices in regards to diet and stress. Our eventual goal is minimum care for maximum health and youthful vitality.

You and the 3-D practitioner become a team working together to “reverse the effects of time” and injury. Dr. Nunez says, **“I can give you pain relief but together we can get to the resolution of your problem.”**

3-DCT™ is effective and works quickly.

3-DCT™ is effective for a wide variety of conditions ranging from low back or neck pain to migraines, sports injuries, and many digestive complaints. Acute and chronic cases are successfully treated. Often we help when no one else can.

3-DCT™ is non-forceful and so safe that X-rays are usually not necessary.

The non-forceful chiropractic adjusting of 3-DCT™ helps to *eliminate the fear* that some people have of chiropractors.

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WHAT'S NEXT?  
WHAT TO EXPECT AFTER YOUR FIRST VISIT

Congratulations on your commitment to total health! You may have questions after you read the literature you received, please feel free to ask Dr. Nunez at your next visit. Our goal is to answer all of your questions and together, working as a team, meet your health care goals.

Most patients feel better after their first treatment; although some patients may experience soreness or even feel worse temporarily. This soreness may be due to your body not being used to being in alignment. The longer a problem has existed, the more likely this is to occur. You may also feel tired. If so, rest, take a nap, or get to bed early.

You may notice small marks on your ankle and back. These are reference points to assist the Doctor in locating the exact vertebrae in the spine to adjust. They usually wear off quickly, however, if necessary, use alcohol wipes or some cream and tissue to rub them off. For you future visits please avoid the use of colognes or perfumes if possible. Thank you!

Some patients experience feelings of sadness, anger, etc. at some time during their treatment. If this occurs, report these feelings to the Doctor. It is our belief that strong or intense emotional experiences from the past, as far back as childhood, may be retained in the body as muscle tension. Often, as we treat these muscles, stored up feelings are released. Patients who have experienced this say, "I was able to let go of some anger that I was holding on to for years", or "I feel like I've been transformed!" These feelings generally pass through within a day or so leaving patients feeling renewed.

We are striving to give our patients a feeling of total health. Having an experience where our mind, our emotions, and our body are in harmony and balance is true health! Congratulations again on your commitment to total health. We look forward to seeing you at your next visit!

ALAN J. NUNEZ, D.C.

## Suggestions to Follow During the Healing Process

1. Avoid rubbing, probing, or “poking” in the areas your doctor adjusts. Use an ice pack if you are sore, 15-20 minutes every two hours as needed.
2. Avoid sudden twists or turns of movement beyond normal limits of motion. Do not “crack” or “pop” your neck or low back.
3. Avoid extreme bending of your spine in any direction; avoid stretching, reaching, or other overhead work. When getting your hair washed at the hair salon, have your neck well padded with towels.
4. When picking up objects, bend your knees to minimize the strain on your lower back. Ask for help frequently when you are at your worst, don’t try to be a hero.
5. When lifting, keep your back straight; bend your knees and let your legs bear the strain. Hold the object lifted as close to your body as possible. Avoid all heavy lifting in the early treatment stages.
6. Participate in simple exercises, especially walking, to strengthen your body but avoid jarring activities which place stress on your neck and spine. Beginning a walking program is an excellent choice as you begin to feel better. Ask Dr. Nunez for his recommendations.
7. Watch your posture regularly; stand tall, sit tall and THINK tall!
8. Be patient! The more injuries you had in the past the more likely it is that your recovery will be more gradual. Stick with it.
9. Occasionally bruises may appear after treatments. This is a normal effect of deep muscle work. Be sure to tell Dr. Nunez if it happens.
10. Practice the belly breathing as instructed at least 5 minutes a day. Drink plenty of water.

## Rest, Relaxation, and Sleep

1. Set aside a special time each day for complete mental and physical relaxation. This is important in the restoration - as well as maintenance - of total health. Naps are encouraged! Do belly breathing during this time.
2. When sitting, choose a chair that has adequate back support or place a small pillow in the small of your back, and then sit straight. Avoid too soft, overstuffed chairs. Recliner chairs are acceptable but not to sleep in.
3. Be sure to get plenty of sleep to allow your body to recuperate and repair. Sleep on a firm mattress to medium firm – not extra firm.
4. Your pillow should support your head so that your neck vertebrae will be level with the rest of your spine.
5. Sleep on your back or on your side with your legs flexed slightly, not drawn up tightly. Avoid sleeping on your stomach.
6. Rise from bed by turning on your side and swinging your legs off the bed, then push yourself into a sitting position with your arms, thus minimizing the strain on your back.
7. Do not sleep sitting in a chair or in cramped quarters especially while watching TV. Lie down in bed when it is time to sleep.

ASK DR NUNEZ ABOUT ANY PHASE OF YOUR HEALTH CARE AT ANY TIME!

NUNEZ CHIROPRACTIC, INC.

GOOD NEWS!!

DR. NUNEZ TREATS CONDITIONS YOU MAY NOT HAVE REALIZED!

THE FOLLOWING LIST INCLUDES ONLY CONDITIONS THAT DR. NUNEZ  
HAS SUCCESSFULLY TREATED HIMSELF. THIS IS NOT HEARSAY.  
ASK DR. NUNEZ ABOUT ANY OF THESE CONDITIONS.

Migraine / Acne / Coccyx Pain--Tailbone  
Hiatal Hernia Syndrome / Dysphagia  
Frequency / Dysuria / Low Flow / Incontinence  
Difficulty getting pregnant / Infertility  
Amenorrhea / Dysmenorrhea  
Low Energy / Chronic Tension  
Hypertension / Vertigo  
Otitis Media  
Colic  
Asthma / Bronchitis / Costochondritis  
Chronic Indigestion / Hiccups  
Constipation / Non-Organic Diarrhea  
Carpal Tunnel Syndrome  
T.M.J. / Jaw Pain  
Frozen Shoulder / Tennis Elbow / Golfer's Elbow / Athletic Injuries  
Tendonitis / Bursitis / Hip pain  
Irritable Bowel Syndrome / Colitis  
Arms and Hands falling asleep  
Leg Cramps / Foot Cramps / Heel Spurs  
Knee and Foot pain / Plantar Fasciitis / Cold Hands and Feet  
Sciatica / Disc Bulges  
Sway back / Slumped Posture  
Osteoarthritis / Rheumatoid Arthritis

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