

**If You Want To Avoid Pain Killers,  
Dangerous Injections and Risky Surgery,  
You Need To Read This!**



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The first time I knew I was in serious trouble was the run up to Christmas 1999 when my neck was really starting to ache. Over the Christmas period I was able to rest my neck but it made no difference. In fact it got a lot worse. My neck and shoulder pain was really hard to deal with.

**The best my doctor could offer me was pain killers**, but I refused these on the grounds that by concealing the pain I could possibly make my condition worse and I knew the long term use of pain killers was really bad for my internal organs.

By March of 2000 I was unable to work and was left on incapacity benefit waiting months to see a 'Bone Specialist' (Orthopaedic Consultant). After a long wait, I got to meet one of the Specialist's assistants who sent me for a series of appointments with one of **hospital physiotherapists** to try and alleviate the pain I was in. The physiotherapy had a marginal effect on my condition but didn't seem to be getting to the root cause of my pain.

I was then referred to see a **Pain Management Specialist**. After waiting a whole year before I got to see the Pain Management Specialist, all he could offer was an **injection in my spine** that had 50/50 chance of working. I didn't like these odds. I desperately needed something that was going to work and I could not stand the thought of having a needle inserted into my spinal cord.

My condition slowly deteriorated and after frequent visits to my doctor and Bone Specialist, they arranged for me to go to King College Hospital's Neuroscience Department in London for a consultation with a **Neurosurgeon**.

At my appointment with the Neurosurgeon, he explained the operation he was going to perform and what this entailed - to remove the offending C5 disc, realign C5 vertebra using two pins and put a special Kevlar cage around my spinal cord to alleviate the pressure on it. In order to perform this **risky surgery**, he was going to make an incision in my neck and move my wind-pipe, voice box and organs to one side to access the disc, vertebra and spinal cord. **I didn't care if they wheeled me out in a box. I was in so much pain and was desperate to get help... And I was led to believe that this was my only option.**

In all this, I never really wanted to have the operation. I could never understand why my body wasn't healing and repairing itself which is what it does for other injuries. But at this point in time, I just wanted a better quality of life.

Initially the operation felt like it was successful but within a couple of years my health was starting to deteriorate and the symptoms and body signals were all recurring again.

**Then one day I had the opportunity to find out the cause of my pain.**

To my horror, how I learnt that the operation was unnecessary. That was a pretty depressing moment. **Now for the first time, I knew what was causing my pain and what I needed to do to correct it.**

Since acquiring the information **I have been able to take the right steps and I have not looked back.** I can now turn my head freely for first time in years. **I will never forget that day!**

**I feel like a healthy person again,** I have more mobility and flexibility than I have ever had and I have an increased feeling of wellness and my overall health has improved – A NEW ZEST FOR LIFE!

Don't wait like I did, being sent to all kinds of specialists when all your answers are here for you.