



3 Common Problems Chiropractors See and How to Finally Overcome Them

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It can be discouraging to see your patients come in with the same problems over and over again. We get it. At Vitalleo Health, we believe that a healthy practice equals healthy patients. This resource was created to help you navigate the 3 most common problems Chiropractors see and the best ways to treat them. Because treatment plans should actually treat the problem.

1. Chronic Pain



You probably have a constant flow of patients coming in with this issue. And you know the burden it has on your patient's life!

Traditional treatments used to treat chronic pain include pain medication like opioids that are not only costly, but have addictive properties. It can be discouraging repeating the same methods with no improvement, so let's scratch the traditional treatments. Our approach includes natural, innovative ways to benefit your patient's healing in the long run and tackle chronic pain once and for all.

Our first treatment option is Laser Therapy. Laser Therapy uses light radiation to produce a chemical reaction within the body's cells. The cells will absorb the light energy and convert it into cell energy, suppressing pain and reducing the inflammatory pathways. A huge bonus, the entire procedure may only take a few minutes. Laser therapy has **zero** side effects, no recovery time, and long-lasting relief.

Our second treatment option is Nitric Oxide Support. NOS is a supplemental capsule that widens the blood vessels and increases blood flow. NOS reduces stiffness and blood pressure. (It's a key player in tackling conditions like arthritis!)

Both of these treatment plans are a great alternative to tackling chronic pain and it's completely customizable to your patient's needs. Laser therapy and Nitric Oxide Support also benefits your practice as a whole by increasing patient flow, staying competitive in your market, and creating a higher patient satisfaction. *Who doesn't love that?*

2. Inflammation



Our bodies are quick to alert us when something isn't working properly, like the redness around a cut or the look of a swollen ankle. Inflammation is the same. When inflammation becomes chronic, it's important you try to get it under control to reduce your patient's risk of long-term damage.

Performing a simple Vitamin D test can confirm inflammation is what's causing your patient discomfort. Sure, you know common treatment methods for inflammation include pain reliever, steroid hormones, and transplant surgery. But these treatments are costly and have negative side effects on a patient's body. We found that natural methods with natural ingredients could do an even better job at targeting inflammation without the weird side effects or long, random ingredients that we can't pronounce!

Alternative treatments that tackle inflammation:

- 1. E-FlamX** - a supplement that is designed to lower inflammation with clinical doses of natural ingredients. Patients take up to two doses per day depending on severity. Benefits of E-FlamX reduces inflammation and promotes joint and soft tissue recovery.
- 2. E+ (Omega-3)** - an ESSENTIAL supplement for health and wellbeing and required for the proper function of the heart, the brain, and every other cell, tissue, organ, and gland in the body. Inflammation is at the root of virtually all disease processes, and it is the Omega-3s that take the body down a healthier, anti-inflammatory pathway.

Implementing natural medicine alternatives to your patients is the safest way to target inflammation long-term. These options not only expand your practice and its services, but strengthen patient relationships by solving underlying issues and creating a personalized treatment fit just for them.

3. Sleep and Stress



We all know the frustration of not getting a good night's rest. Without enough sleep, the brain cannot function properly. This impairs your ability to concentrate, think clearly, and process memories. A factor that impairs sleep is stress. Stress and sleep have a two-way relationship. Stress can lead to sleep loss and, conversely, loss of sleep can increase stress.

Luckily, an effective treatment plan will stop your patient's restless nights. To get a good read on where your patient currently stands, we suggest running a Sleep, Stress, & Adrenal test. We found that natural sleep aid products help tackle sleep deprivation. A great first step to better sleep is our melatonin sleep supplement. We have the Melatonin Lozenge Plus that is a quick release formula. Our second sleep pack is the Melatonin SR Pro, a slow release melatonin capsule. Melatonin is often called the sleep hormone — and for good reason. It's one of the most popular sleep aids and a common natural remedy to treat issues like insomnia. To target stress, we also offer a "Be Calm Tincture": An anti-inflammatory CBD product of the highest quality and potency that contains lavender for sleep aid, Boswellia to fight inflammation, and L-Theanine for focus and relaxation.

Your patients are your top priority. You want to help them overcome their struggles and feel comfortable in their body. We want to help you do just that. If you're looking to expand your practice and start offering nutrition and diagnostic testing, set up a discovery call and we can talk through the process.