

Trauma Nurse finds natural back pain solution.


Allied Healthcare Clinics

WHAT: As founder of his private South Atlanta practice, Allied Healthcare Clinics, The Running Doctor, Dr. Thomas has helped thousands of patients get fast and effective relief from sports and personal injuries without the use of drugs or surgery.

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runningpainfree.com
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A black and white photograph of a man with a beard and mustache, wearing a dark jacket over a white t-shirt. He is holding a large, white, segmented model of a human spine. In the background, there are other people and what appears to be a medical or office setting.

This is the tale of two trauma nurses. They both work 12 hour shifts in the ER at Grady Hospital, handling gun shot wounds, heart attacks, stabbings: 350-400 patients a day coming through. Countless times a day they bend and twist, lifting and moving patients.

The first trauma nurse dealt with her severe back pain the medical way. She regularly received epidurals and popped Vicodin. When the pain got to be too much to take, she had surgery to remove her bulging disc and place metal plates in her back.

Our second trauma nurse, Dennis Guice, 51, also damaged his back during the usual wear and tear of trauma nursing. He remembers the moment when one of his discs herniated. "I was lifting a big person from a gurney to a stretcher. He was on one of those plastic back boards," says Dennis. He remembers twisting and feeling something tear. Soon, he had numbness and pain from his right hip down his sciatic nerve, causing him to walk with a limp. He lost the range of motion to be able to bend down and tie his right shoe.

Dennis is a logical thinker. Before becoming a nurse just a few years ago, he had been an electrical engineer. When his job was outsourced to India, he got a Bachelor's in Nursing and his RN. With several other trauma certifications, he began working in the ER.

When he injured his back, he began to check out his options. As a very health conscious person, Dennis shops organic,

free range and natural as much as possible. That's the kind of option he wanted for treating his back pain. When he began to do online searches, IDD popped up as a possible solution.

IDD is a non-invasive medical procedure that has an 86% success rate in treating herniated, bulging, degenerated discs, sciatica, and low back pain. In Dennis' research, only three doctors in the metro Atlanta area had the IDD Therapy available. One was on the Northside, another downtown offered a very medical solution with the shots and pills added. And then there was Allied Healthcare in Fayetteville. At Allied Healthcare, Dr. John Thomas offered a comprehensive solution. His method includes hot packs, ultrasound therapy, electrical stimulus and the Accu-Spina with IDD Therapy.

According to Dr. Thomas, IDD is a proven medically advanced, non-surgical solution for lower back pain. "This is one of the most sophisticated approaches I have found to safely, comfortably and non-surgically treat the cause of back pain due conditions like bulging and herniated discs, sciatica, post-surgical failures and degenerative arthritis," says Dr. Thomas. "The reported results are impressive and show that 86% of this group of people may be given relief of their pain; requiring less medication (and therefore less side effects), and permitting them to enjoy normal life activities again."

"Also, what impressed me most about

this Accu-Spina and IDD Therapy protocols were the MRI images that showed that the treatment may actually re-hydrate the discs. I am not aware of any other therapy – whether physical therapy, chiropractic, invasive injections, or surgery – that provides such a high success rate and at the same time is non-surgical," adds Dr. Thomas.

Dennis Guice has finished about half of his treatment regimen with Dr. Thomas. He's seeing improvement in his range of motion and pain. He can tie his shoes again, and he's able to do all of his normal activities, including working a full schedule and teaching Christian Karate to kids every Thursday.

As a techie, he can see the improvement visible on the computer screen of the IDD reflected in how he feels. Dennis recommends, "Always educate yourself. Do the research. Be your own guinea pig." He adds with a laugh, "I don't use my head for a hat rack."

As a medical professional, Dennis knows which two of his discs have herniated. He points them out on model spine and talks about how the IDD puts negative pressure back in the spine to allow nutrients in that will build the collagen back up.

"Our system of health is not healthcare, it's sick care. We treat symptoms. We're not really addressing the problem," says Dennis. That's why he's glad he found the IDD at Allied Healthcare.

According to Dr. Thomas, eighty percent of Americans will suffer some type of back pain in their lives, and current estimates of medical care for those who have been disabled by severe back pain in the U.S. range from thirty to seventy billion dollars annually. It is the second most frequently reported reason for a doctor's visitation (14.3 million office visits per year); the fifth most frequent cause of hospitalization and the third most frequent reason for surgery.

According to Dennis, his coworker, our first nurse is still in pain, still popping pain pills, even after her surgery. She wears a back brace and carries around an electrical deep muscle stimulation pack. Dr. Thomas comments, "It just blocks her pain. It creates a distraction."

Dennis adds, "She is miserable. She walks like Frankenstein. She had the same problem as I did." But Dennis is getting better.

Besides treating all manner of back pain, Dr. John Thomas specializes in sports and personal injuries without the use of drugs or surgery. He also teaches methods of eliminating harmful toxins from the body for the prevention of disease. In practice for over a decade, The Running Doctor, Dr. Thomas, runs marathons and follows his own good guidelines for health and nutrition.

For more information about the services of Allied Healthcare Clinics and to schedule an appointment with Dr. Thomas, call 770-460-1911 or visit runningpainfree.com.