

La Barbera Family Chiropractic, LLC
Re-Gen SoftWave Pain Therapy
Spinal Related Neuropathy Treatment
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"Where Precision Matters"

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"WE TREAT PEOPLE, NOT SYMPTOMS."

Visit Us On The Web At: www.LaBarberaChiro.com

May 7, 2024

Welcome to our office's Chiropractic newsletter. We'd like to educate you, inform you and even inspire you a little. We'd love to hear from you; feel free to write to us with any questions or comments.

Go to <https://www.labarberachiro.com/newsletter> to download a PDF of this newsletter if you want a written copy. <https://LaBarberaChiro.com> > Patient Resources > Newsletter

We are on [Facebook](#) – Go to our website and click on the link at the bottom of the first page then be sure to **LIKE us! There are 3 LaBarbera Family Chiropractic, LLC Facebook pages. Two are not valid.**

!!! Time To Vote !!!

We made the final round in **two categories this year in the Utica OD Best of the Best contest!! Thank you to everyone who voted for us in the preliminary round. Please vote for us DAILY (once a day) between May 7 and May 21, 2024. You can go to UticaOD.com and find the Best of the Best logo or go to my website and click on the logo on the first page (www.LaBarberaChiro.com). Go to **Health and Beauty** and scroll down to **Chiropractor** and choose our office then scroll down to **Physical Therapy** office and vote**

for **Re-GEN SoftWave Therapy**. Remember to vote for all your favorite other local businesses.

Here is a direct link:

<https://uticaod.gannettcontests.com/2024-Best-of-Mohawk-Valley-Communitys-Choice-Awards/gallery?group=485368>

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Current Information

Hello Everyone! For those of you who are new to the practice, I want to welcome you. I always encourage your questions and suggestions to include in these periodic, patient only communications. If you have a particular topic you would like me to discuss or a question you want answered, please let me know.

NOTE: Go to our website to find out which Fridays we are open.

Our current normal hours are as follows:

Monday: 8:00 AM to 11:30 AM 2:00 PM to 5:30 PM
Tuesday: 8:00 AM to 11:00 AM 1:30 PM to 4:30 PM
Wednesday: 10:00 AM to 1:30 PM 3:00 PM to 5:30 PM
Thursday: 8:00 AM to 11:30 PM 2:00 PM to 5:30 PM
Friday: 8:00 AM to 12:00 PM - See website for days we are open.

PLEASE visit our web site for up to date changes to the schedule and special hours. If in doubt, give us a call.

IMPORTANT: We are scheduling new patients many months in the future. We have a daily list of current patients waiting to get in for an appointment. If you have to cancel an appointment, we would appreciate a call as soon as possible but at least 4 hours before your appointment time so we can give the slot to someone else. A 48 hour notice is appreciated. A fee will be charged for anything less than a 4 hour notice as well as “no shows”. Repeated offenders will be put on a call in as needed basis and not allowed to pre-schedule.

IMPORTANT: If your insurance has changed, it is imperative that you bring in your new insurance card so we can update your information. Fees that cannot be processed properly because we do not have the proper information will become your responsibility.

Reminder: If you have had a new injury or change in your health status, we must be notified before a regularly scheduled adjustment visit in order to allow more time to assess your condition. This

is especially important for anyone with **Medicare**, as there is an overwhelming amount of paperwork we must have prepared ahead of time. You may be asked to reschedule with a longer appointment time if I feel I will not have adequate time to properly access and treat you. This includes any auto related injury or any serious fall or other trauma.

Appointment Reminders: If you feel that you are not adequately receiving a reminder (text or phone call), please let the office staff know. **If you do NOT want a reminder, just tell one of the staff members.** We can remove you from the reminder system. NOTE: **Our text reminder system is a one way system. You can NOT respond to it. PLEASE call the office and leave a message if you cannot keep an appointment or need to change it. Do NOT text back.**

Be sure to go to the first page of my web site (www.LaBarberaChiro.com) and scroll down the main page. Click on the Reminder Preferences link to provide your preferred method of reminder and to view our HIPAA agreement.

Food Sensitivity Testing: If you are interested in being tested for food and environmental sensitivities, we have test kits available for you. You can do the test at home and mail it in yourself or I can send you to a lab. I charge you nothing (zero / zilch) for the kit or for my time to review the information. The cost to have the test done by the lab ranges from \$100 to \$395.00 depending on how extensive you want to be assessed. This may unlock the key to chronic health issues. Ask for more details the next time you are in for a visit.

<http://kbmodiagnostics.com/patients/>

Vitamin D Testing: If you have not had your Vitamin D levels tested in a while, please ask me for a script to have it evaluated. Normal levels **must** be between 60 and 80 ng/ml. According to some studies, anything below 40 raises your cancer risk by 80%. Yes, you need it all year long. Sun exposure will help you make your own, but bathing / swimming within 48 hours of exposure will wash it off your body before it has time to absorb through your skin and into your system. NOTE: I cannot order lab tests for anyone with a Medicare program. They will not pay for it. If you take vitamin D (you should), then you also must take vitamin K2MK7 unless you are on a blood thinner like warfarin.

Cash Discount: If you pay for our services and durable items (supplements, supports, etc.) by cash or check, you are receiving a 3% discount automatically. Any payments by credit or debit cards are charged the full fee which reflects a 3% non-cash adjustment. All posted fees in the office are at the cash discounted price.

SoftWave Pain Therapy and Neuropathy Treatment is now available in the office. This is a revolutionary old device that tricks the body into healing itself. Old? Yes. The technology is from the 1970s (Germany) and has been used in Europe for over 20 years. It is the standard of care for the first line of treatment for new and old injuries. Especially before resorting to surgery. It not only is used for joint and muscle problems, but is being used for things like gangrene, prostatitis, erectile dysfunction, head trauma, Alzheimer's (research currently being done), plantar fasciitis and so much more.

It took a while to make it to the USA, but was finally cleared by the FDA about 7 years ago. In the short time I have had it in the office, we have seen chronic conditions like knee pain, shoulder pain and immobility, neuropathy, Bell's palsy, numbness in the arms / legs, neck and low back problems as well as herniated discs, carpal tunnel and pain just about anywhere respond incredibly.

How does it work? It uses a shockwave (no, you do not get a shock) traveling over 3300 mph that can penetrate up to 12 cm (about 4.75 inches) deep into the body. This impulse fools the body into thinking it is being injured .. yet NO damage or injury is being produced. The body shuts down **inflammation**

which usually gives immediate pain relief. Long term (over the next 3 to 4 months), your body will grow new **blood vessels** in the area, activate collagen production and most importantly, bring in **STEM CELLS** which rebuild damaged tissue. Stem cells grow into new cells and become whatever is needed at that location (muscle, disc, cartilage, bone, ligament, etc.).

This procedure is quick, safe and very cost effective compared to Stem Cell treatments costing upwards of \$60,000. No blood is drawn, no anesthesia is necessary and there is no down time afterwards. Visit my website and click on the SoftWave button on the top menu for more information and to watch some amazing videos

Cases of Healing, Health and Miracles

This is a short list of the many cases seen in the office. Please visit my web site <https://www.labarberachiro.com> and click on the **RESULTS** button on the top menu for a list of hundreds of miraculous cases I have seen in my office over the years.

Trigeminal Neuralgia – A **48 year old woman** started care in October, 2023 with numerous complaints including a condition known as **Trigeminal Neuralgia** .. AKA Tic Douloureux. It is also known as the “suicide disease” because of the severe head and facial pain involved with many patients turning to suicide as a last resort. She had just “lived with it” for many years. Within a few weeks of specific chiropractic and cranial care, the attacks became few and far between. As of this writing, she has been pain free.

Shoulder Pain and Immobility – A **69 year old man** started SoftWave care in January, 2024. His main complaint was **Pain and Immobility of his Right Shoulder**. He stated he injured it playing football when he was 15 years old and has had problems ever since. Immediately after his first visit he was able to raise his right arm over his head with no pain or restriction. After his care plan was completed, he was pain free and could move the shoulder with no hesitation.

Left Knee and Hip Pain – A **64 year old man** started SoftWave care in late March, 2024. His main complaint was **Left Sided Hip and Knee** pain that was chronic. He had already gone for stem cell injections in the knee that worked well for him, but the pain came back. His goal is to dance at his son’s wedding later this month. We treated his areas of concern and he had immediate relief of his pain. He continues to do extremely well and I am confident he will be dancing up a storm later this month. By the way, SoftWave works well with Right sided pain also!!

Severe Knee Pain – A **64 year old man** called to come in for **SoftWave TRT therapy** in March, 2024. He had suffered for many years with **Chronic, Severe Bilateral Knee Pain**. He tried a number of therapies, both medical and holistic, with no relief. On his first visit, his left knee pain was a 10/10 and the right was an 8/10. 10 minutes later he left with a 0/10 on the left and a 2/10 on the right and maintained this relief throughout his care. He finished with no pain in either knee and continues to do heavy work in the logging industry with no problems.

Neuropathy with Foot Pain – A **64 year old man** started **SoftWave TRT therapy** in April, 2024 because of **Neuropathy with Foot Pain**. He previously had lower back surgery which more than likely contributed to the situation. He is just about finished with his care plan and stated on his last visit that he was able to stand on a concrete floor for 6 hours without much difficulty. Neuropathy is a permanent condition which basically means “nerve disease” and is has several causes including vertebral subluxations, arthritic compression of the nerves in the spine, poor circulation and chemotherapy. While there is no cure,

SoftWave has been proven to be the most effective treatment in reversing the progression and improving the symptoms.

Foot Drop and Leg Numbness – A **74 year old man** who had been a long time patient started **SoftWave TRT therapy** in April, 2024 to get some relief of **Left Leg Numbness and Foot Drop** (inability to move the foot upward). His symptoms started after a low back surgery 3 years ago when the surgeon “nipped or crushed” a nerve in his lower back. Foot drop occurs because the nerve feeding the Tibialis Anterior muscle (front of the lower leg) does not work and therefore cannot hold up the foot. Hence, the foot is dropped down on that side. IMMEDIATELY after his first treatment, he was able to move his foot almost fully and the feeling came back in his leg. By his third visit, he had full movement for the first time since his surgery. I am still amazed by this device.

Healthy Articles

Vitamin D

I am still asked if we need to take vitamin D3 in the summer. YES. Ask to get your levels checked and I will write you an order. Ideal levels are 60 – 80 ng/ml. Unless on warfarin, you need to also take vitamin K2MK7 to counter the extra calcium we absorb with D3 supplementation. The result? Less chance of dementia, heart attack, high blood pressure and kidney stones.

Interval Training vs. Constant Activity

Studies suggest that interval exercising for 20 minutes or so does the body much more good than endless running, biking, etc. The heart needs alternating beating rates to condition itself. Non-stop cardio exercise can actually damage the right side of the heart and cause a heart attack and other long term cardiovascular disease. One of the best interval activities is to warm up (walk) for 3 minutes .. go all out for 30 seconds .. walk for 90 seconds .. repeat the 30 second and 90 second routine 7 more times and then cool down (walk) for 3 minutes. You can do this on a bike, in the water, doing aerobics or even doing yard work. More is not better.

Six Ways to Decrease The Risk of a Herniated Disc

As written in the Chiropractic Journal, you can help prevent this painful condition by keeping your weight down, strengthening your core muscles and quit smoking. In addition to the article, I will add staying hydrated, when stooping forward, always have 1 leg in front of the other and avoid twisting movements.

<http://www.chirojournal.com/newsletter.php?nl=349665&ar=3212>

Thanks for reading. Feel free to pass this on to friends or relatives, especially those who are walking medicine cabinets. Don't forget to come in for a spinal checkup yourself, especially if we haven't seen you in a while. Let us know if there are any particular topics you'd like us to cover in these newsletters. Would you like copies of this newsletter for your friends? E-mail me with their contact information and I will add them to my e-mail list.

As always, **to be removed** from this newsletter mailing list, respond with **REMOVE** in the subject. Please **include your name** and **all of the e-mail addresses** you would like removed. To add a friend, respond with **ADD** in the subject and include their e-mail address. **If you plan to change your e-mail address, PLEASE let us know so we can update our records. You should also include DrLaBarbera@LaBarberaChiro.com in your address book to avoid these newsletters going into your spam folder.**

PLEASE do not use this address (DrLaBarbera@LaBarberaChiro.com) to send jokes, stories and chain letters or to make, change or cancel an appointment. You may use it to contact me with questions or suggestions and I will reply as soon as I can. Thank you for your cooperation.

In Health From The Inside-Out,

Dr. La Barbera