

**La Barbera Family Chiropractic, LLC**  
**Re-Gen SoftWave Pain Therapy**  
**Neuropathy Treatment**  
**2719 Genesee Street**  
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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](http://www.LaBarberaChiro.com)**

**January 21, 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.**

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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 24 hour notice is appreciated. A fee may 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 assess 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](http://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.

**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 5 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.

**Daily Migraine Headaches and Neck Pain** – A **53 year old woman** started care in October, 2023 with chronic **daily Migraine Headaches, Neck Pain and decreased Neck Movement**. She had just “lived with them” for many years. Within a few weeks of specific chiropractic and cranial care, they became few and far between. Instead of daily, she can go a few weeks without one which is a drastic improvement from when she started.

**Numbness in Arms** – A **19 year old young man** started care in late November, 2023. His main complaint was **Numbness in his Arms** when he was working out and lifting weights. Specific chiropractic and extremity adjusting was performed as part of his care. As of this newsletter, he is much better, but not completely symptom free yet. I expect in time that his symptoms will completely resolve.

**Plagiocephaly** – A **1 month old infant male** started care in late December, 2023. His parents were concerned about the shape of his skull (**Plagiocephaly**) and his difficulty nursing on one side. He had a head tilt (**Torticollis**) and it was obvious he had trouble turning his head to one side. After just 3 visits, he is near perfect and doing well. I often get asked at what age can a baby start care ... the sooner they get checked after birth, the better. Even the most perfect birth is a difficult journey for a new born. Getting checked does not mean they need care. If I find nothing wrong, than nothing is done.

**Chronic Low Back, Hip, Butt and Thigh Pain** – A **72 year old man** called to come in for **SoftWave TRT therapy** in December, 2023. He had suffered for many years with **Chronic Low Back, Hip, Butt and Thigh Pain** and tried a number of therapies, both medical and holistic, with no relief. As of this writing he is not done with his visits, but he is improving and is hopeful he will have lasting relief.

**Debilitating and Chronic Low Back and Hip Pain** – A **35 year old man** started **SoftWave TRT therapy** in October, 2023 because of a 15 year history of **Lower Back and Hip Pain**. He had repeated injuries working out and doing Martial Arts. He was unable to work and struggled with pain daily. He finished his treatments PAIN FREE and is able to work and exercise again. Go to my website to watch his video testimony. <https://www.labarberachiro.com/re-gen-softwave>

**Neuropathy and Balance Issues** – A **92 year old man** started **SoftWave TRT therapy** in December, 2023 because of **Neuropathy, Low Back Pain and Balance Issues**. Neuropathy is essentially nerve damage that can have several causes. Most times it is from a subluxation (nerve pressure) in the neck or lower back, but it can also be from Diabetes or Chemical Exposure / Chemotherapy. The balance issue are usually because of little to no feeling in the legs and feet, so the patient has a difficult time walking and standing without the communication between here and the brain. IMMEDIATELY after his first visit, he was able to feel the floor and walk without a cane. He continued to improve and as of this newsletter, he is drastically improved. We just

started to implement chiropractic care and this has enhanced his healing. Go to my website to watch his video testimony. <https://www.labarberachiro.com/re-gen-softwave>

**Complete Tear of the Rotator Cuff** – A **36 year old woman** had been a long time chiropractic patient. She tore her **Rotator Cuff** (supraspinatus tendon) 17 months prior completely thru as verified on MRI. She did not want surgery and works as a dental hygienist, so she uses her arms all day long. After long deliberation, she decided to try **SoftWave TRT therapy** in October, 2023. After her very first treatment, she was able to move her shoulder, reach behind herself and had much less pain. She completed her treatment schedule and is near 100 % better. Go to my website to watch her video testimony: <https://www.labarberachiro.com/re-gen-softwave>. This, incidentally, is the second complete rotator cuff tear patient I was able to save from surgery with this amazing technology.

## Healthy Articles

### Supplements

I am frequently asked about supplements, so I want to briefly highlight some of the recommended ones you and your family should be taking.

**Vitamin D3** – Necessary for proper immune and hormone regulation, calcium absorption, bone density and so much more. Take with a meal containing fat.

**Vitamin K2MK7** – Should be taken with Vitamin D3. Directs the calcium out of your soft tissue (brain, heart valves, arteries, kidneys, etc.) and pushes it into your bones and teeth. Osteoporosis, kidney stones, atherosclerosis, dementia – take 300 mcg per day. Everyone else about 160 to 180 mcg per day.

**Vitamin C** – Daily with food. Immune and cell function.

**Multi-Vitamin** – Daily with food. Unless you eat a perfectly balanced, whole food, organic diet

**Magnesium** – Daily on an empty stomach. Citrate if you have constipation issues, Glycinate for most, Threonate for brain and cognition.

**Probiotic** – Daily on an empty stomach. A healthy colon is a healthy immune system.

**Zinc** – Essential for many metabolic processes. Kills viruses. Take with Food. 10 to 50 mg per day.

**Fish Oil or Krill Oil** – Daily with food. Cardiovascular support, Brain, Eyes. Omega 3.

**Co-Q10 / Ubiquinol** – Important for our cells mitochondria to function. They are the “powerhouse” of our cells. More cell energy = better cell function = more energy overall. VITAL if on a statin. Over the age of 40 our bodies have a difficult time breaking down Co-Q10 into

Ubiquinol, so it is advised to take Ubiquinol instead. Over 40 you would need 3 Co-Q10s to = 1 Ubiquinol. Take with food.

**PQQ Energy** - Pyrroloquinoline Quinone Mitochondrial Health & Support - Boosts Energy by Increasing Cell Function. Brain health, sleep, memory.

**Astaxanthin** – Powerful antioxidant. Take with food.

**Lions Mane** - Nerve / Brain / Memory / Neuropathy – A mushroom for your nerves.

**Mycel Immune** - Mushrooms Mix for Immune Support.

**Pure Defense** – General Viral / Bacterial Immune support with C, D, Zinc, NAC, Elder Berry and Quercetin.

**Resveratrol** - Free Radical Scavenger – Cardiovascular Support.

**Glutathione** - Free Radical Protection - Brain / Liver Support.

**Nattokinase** - Natural anticoagulant - Blood Clots. COVID complications.

**Quercetin** – Cardiometabolic and Immune Support. Pushes Zinc into the cells to help destroy viruses.

**NAC** - Liver Detox / Tylenol Poisoning. Destroys COVID Spike Protein taken with Bromelain.

**Bromelain** - Destroys COVID Spike Protein taken with NAC. Natural Anti-Inflammatory - Joint Support

**Silymarin Milk Thistle** - Liver Detox & Rebuilder

**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.**

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**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**