

**La Barbera Family Chiropractic, LLC**  
**Re-Gen SoftWave Pain Therapy**  
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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)**

**February 3, 2023**

**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! There are 3 LaBarbera Family Chiropractic, LLC facebook pages. Two are not valid.**

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## **Current Information**

Hello Everyone! What more to do on a subzero day than to write another newsletter. 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: Our hours have expanded to every other Friday morning. 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 6:00 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 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.**

**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 \$385.00 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 50 and 70 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** 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 4 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 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 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. If you are interested, please ask me or send me an email.

## A Note About Our Supplements

If you have been a practice member a while, you may have noticed that I am slowly switching over some of the more popular Pure Encapsulation brand supplements to Protocol. Simple answer: Same quality, lower prices. Since COVID, everything has gone up. For some reason, it seems that every time we place an order from Pure Encapsulations, the cost rises at an unprecedented rate. I have complete confidence in Protocol and for whatever reason, they have been able to control costs. I always strive to bring you the best products at the best prices. For those of you who still want Pure Encapsulation products, we are still ordering them, so if you do not see what you want, just ask. We will be glad to order it for you. Remember that we always sell below MSRP. Other brands we deal with include Standard Process, Metagenics, Designs for Health, NOW, Allergy Research Group and a few more.

## 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.

**Low Back and Knee Pain** – A **52year old woman** started care in early January, 2023 with chronic **lower back pain and knee pain**. She had seen another chiropractor in the past who did not do x-rays picked her up and “cracked” her back. She had complete relief of her lower back pain after the first specific pelvic adjustment. She decided to try **SoftWave** for her knee pain and had drastic relief after her first session.

**Sinusitis / Ear Infections** – A **4 year old girl** started care in late December, 2022. She had a history of **reoccurring ear infections** and had a set of tubes put in when younger. On examination, she was noted to have several significant cranial distortions. She was adjusted using both upper cervical and cranial techniques and as of this writing, has not had an issue.

**Headaches** – A **4 year old girl** started care in mid-December, 2022 with a main complaint of **headaches**. Her mother drove over 2 hours to get to our office. Again, upper cervical and cranial care resolved the issue.

**Chronic Pain** – Close to 70 patients have either completed or are currently using the **SoftWave** technology in the office. Almost 100% have had good to excellent results including myself. If you have not been to our website yet, go to the SoftWave section and see the before and after photos of my MRI showing a severely herniated lumbar disc. I had steady pain for 7 months. The next day I had a **SoftWave** treatment and have had absolutely no pain since (left pelvic and sciatic pain down the leg). This IS unusual that the pain stopped and did not return at all. Most people get relief after the 1<sup>st</sup> visit and then have ups and downs the first few weeks. The radiologist that read the first MRI wanted a follow up with contrast due to the severity of the findings. Four weeks later, as you can see in the photo, the fragment of disc material that was extending into the spinal canal was almost gone.

Other cases include chronic neck pain with immobility, numbness down the arm resolved, improvement with Bell's Palsy (facial nerve damage), chronic low back pain after years of various treatments including injections, knee pain, knee pain , knee pain, shoulder pain, hip pain and foot pain just to name a few.

## Healthy Articles

### Cholesterol – The Good, The Bad And The Ugly

When I was in college (early 80s), the key number for borderline cholesterol was 310 mg/dl. Once Big Pharma came up with a drug to lower total cholesterol, the number was magically changed to 200. Could it be to justify putting more patients on medication? Now I hear they want to lower that number even more. First and foremost, cholesterol is a very important substance in our body. "Cholesterol is where MANY hormones come from – it is converted by the body into the "mother hormone" Pregnenolone, which then converts into numerous hormones including DHEA, progesterone, testosterone, the estrogens, and cortisol. Cholesterol is also a precursor to vitamin D. If we don't have enough cholesterol and pregnenolone, it is safe to say that the cascade of steroid hormone production in our bodies would be compromised." (quote from Nicole Jardim)

Recent studies have suggested that taking cholesterol lowering drugs may add 3 to 4 days onto your life expectancy. Trade that for fatigue, joint and muscle aches and the risk of damaging your heart and other organs. Did you know that by taking Ubiquinol (the broken down form of Co-Q10) you can help eliminate the damage caused by statins and decrease the nasty side effects? Why aren't you being told all this? Can these meds prevent a stroke or heart attack? The jury is still out.

The bigger culprit is triglycerides. Trans-Fats coming from processed foods, vegetable oils and an unhealthy lifestyle (stress, no exercise, smoking, eating processed foods) do more to cause cardio-vascular disease than animal fat. That said, if you eat meat and their by-products (eggs, milk) from unhealthy animals, than you are eating unhealthy food. What do I mean? Animals brought up in cages or never allowed out in the sun to pasture, fed grains and other animal by products instead of what Mother Nature intended them to eat makes their meat higher in Omega 6 than 3. Here is the key. The American diet is very high in Omega 6 oils and fat. This imbalance with Omega 3 and 9 fats is what causes inflammation in our body as well as high triglycerides and "cholesterol" problems. Granted, some people have a genetic predisposition to having high cholesterol and other issues. The majority of us are victims of our diets and lifestyle.

Avoid the margarine, vegetable oils from all sources, Crisco and grains (corn, wheat, rice, barley, Etc.) in general. Put down the chips and eat an apple. Try to buy cage free / organic eggs, pastured meat and only use olive, coconut or avocado oils. Eat your fill of vegetables and eat sensibly when it comes to meat. We need animal fat and protein, just not three times a day. If you would like your cholesterol panel check, just ask. I can order blood work without having to go to a medical appointment.

## D-Dimer Test

Several patients have asked me about the clotting issues associated with a COVID infection and the vaccine. There is a simple blood test called a D-Dimer test that can determine if you are forming clots in your body. If so, you should consult with your medical provider. A natural enzyme, lumbrokinase, can help break down blood clots in your system. This is readily available in health food stores and on-line. Blood thinners may also be of help. Two supplements taken *together* (NAC and Bromelain) have been shown to unfold the spike protein and therefore, decrease your chances of forming clots. Follow this link to my web site for articles that give a more in depth discussion of this topic. <https://www.labarberachiro.com/articles---research-studies>

## Unfold (destroy) The COVID Spike Protein

If you had COVID or had the vaccine or both, you will want to read this. Several studies have come out recently explaining ways to help destroy the spike protein associated with COVID naturally. The two best supplements, ***taken together*** (key), are NAC (N-Acetylcysteine) and Bromelain.

**Bromelain** is a protein-digesting enzyme mixture derived from the pineapple plant's stem, fruit, and juice. Studies demonstrate that Bromelain can dissolve fibrin, reduce edema, prevent blood clot formation, and is anti-inflammatory. Bromelain is useful for arthritis, chronic sinusitis, asthma, cardiovascular disease, burns, and cancer.

Avoid using bromelain if you take a blood thinner, such as warfarin, dabigatran, rivaroxaban, apixaban, edoxaban and betrixaban and others. Bromelain, like aspirin, may have an antiplatelet effect on the blood, increasing the potential for excessive bleeding. For this reason, avoid bromelain use before and after surgery.

Bromelain should not be used by people allergic to pineapple or other substances that may elicit an allergic reaction in those allergic to pineapple (cross-reactivity).

**NAC** is a mucolytic (breaks down mucous) like Bromelain and has other uses including treating acetaminophen (Tylenol) overdose and psychiatric disorders. NAC is generally regarded to be safe.

Quercetin is also important as it drives zinc into the cells to kill the virus. It also has anti-clotting properties.

<https://www.labarberachiro.com/storage/app/media/How%20to%20unfold%20the%20spike%20protein%20NAC%20and%20Bromelain.pdf>

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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**In Health From The Inside-Out,**

**Dr. La Barbera**