

# A Doctor's Confession to the City of Dublin

... and why, despite all, I still do what I do

Dear friend,

Confessions are tough. Real tough. But sometimes a confession can set the record straight, and I want to give credit where credit is due. Before I talk about my confession, though, let me say a few other things first.

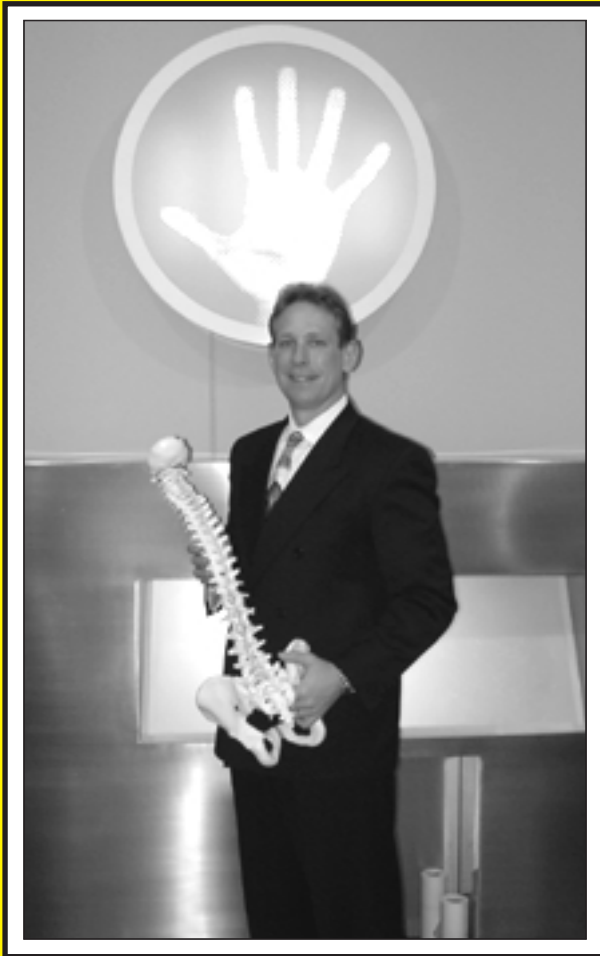
Twenty-four years ago something happened to me that changed my life forever. It was twenty-four years ago when my mother brought my family to the chiropractor for the first time. My younger, nine year-old, brother had developed trouble with his hip. His leg started turning inward and it was affecting the way he walked. My mother took my brother to a few different doctors. None were able to help. A nurse suggested that my brother try a chiropractor. My mother then made an appointment for my brother. After chiropractic care, my little brother was as good as new. What took place after that is what profoundly affected my life. The chiropractor took the time to teach my mother all about the health benefits of regular chiropractic care. He gave my mother literature to read. He even had her go to a special health class that he taught at his office. Once my mother had studied and learned all about chiropractic, she made the decision to bring my entire family into the chiropractor's office for regular care. It was around that time that I became inspired to become a chiropractor. I saw first-hand the years of good health that my family enjoyed. If one of my family members didn't feel good, we went and got a spinal adjustment from the chiropractor. We always felt better. If we didn't, we went to

the medical doctor.

But I have to tell you, that was a rarity. Even now, I haven't missed a day of work due to illness since I started practising 15 years ago.

This chiropractor taught me the difference between sickness and health. I used to think that when you had a symptom your body was sick and when it didn't, you were healthy. Well, the chiropractor explained to me that in the big picture, symptoms were important, but actually didn't mean that much as far as a measure of health goes. We have all heard the stories of seemingly symptom-free people dropping dead of a heart attack. It turns out, 40% of the time, the first symptom of heart disease *is* a heart attack. Not a very good measure of health. What this chiropractor taught me was that it's not how your body feels, but how the body functions. **Function is the true measure of health.**

The best part about what I learned is that there is a way to improve function in the body, **and improve health.** The chiropractor brought out some medical books and showed me the chapters on the brain, spinal cord and spinal nerves...the nervous system. He read to me how the nervous system controls the function of every system, organ, tissue and cell in the body. If the nervous system is not working properly, the rest of the body cannot function to the best of its ability. If the body is not functioning the way it is supposed to, it is not healthy. What the chiropractor said next to me is what changed my life. **He told me that chiropractic spinal adjust-**



**ments correct spinal nerve disruptions, improving the function of the nervous system, thus improving the function of every other system in the body.**

**Improved function equals greater health.** This was the most profound statement I have ever heard. The chiropractor told me that chiropractic was not a treatment for sickness, but a way of improving function in the body. Medicine and medical doctors were for sickness and crisis. Chiropractic adjustments were for increased performance and health. I learned that to be truly healthy, one has to be proactive, not reactive. This means that you take care of yourself before you have symptoms or are actually sick. **We learned that taking care of our spines and our nervous systems was just as important as eating right, taking vitamins, exercising, getting enough rest and managing**

**stress.** Chiropractic care for me, laid a foundation of healthy lifestyle choices that has led to my good health. Chiropractic's greatest virtue, even though it is the most natural and safest form of care for the spinal muscles, is that it is a systematic way of maintaining the human body's health.

It's strange how life is, because now people come to see me to maintain and preserve their health. They also come to my office with *headaches, migraines, chronic pain, neck pain, shoulder/arm pain, digestive problems, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, fibromyalgia, cancer conditions, autism, bed wetting,* just to name a few.

Here's what some of my practice members had to say: *"This doctor really cares."* - (Patricia Torsell) *"My body is working better than it has in a*

*long time!"* - (Marylyn Binetti)

*"I have more energy than ever and have never been healthier. Chiropractic really works."* - (Brett Risley.)

There are millions of people who suffer from health problems, and many do not know where they can turn. **For over one hundred years,** chiropractors have been helping those people and making a difference to them, one by one.

It's funny, the chiropractor that took care of my family left such an impression on me that not only did I become a chiropractor, but he inspired me to teach people about health and healing. I had a very successful television show in the United States called **Health First with Dr. J. Zimmerman.**

Each week, I spent time on TV talking about health and chiropractic. I regularly write newspaper columns, perform spinal screenings at health fairs, and lecture whenever possible. My goal is to teach as many people as possible about health and healing.

Several times a day my practice members thank me for helping them with their health problems. But I can't really take the credit. My confession is that I've never healed anyone of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's a simple as that!

You benefit from an amazing offer - when you bring in this article (by March 25, 2003) you will receive my entire spinal examination for 50 euro. That's with computerized muscle and nerve testing, consultation, physical examination

and spinal adjustment...the whole ball of wax. This exam is normally 125 euro. **Great care at a great fee...**

Please, I hope that there's no misunderstanding about **quality of care** just because I am offering my initial examination at a lower fee. You'll get great care at a great fee. My qualifications...I am a graduate of Life University, School of Chiropractic. I am on the board of the World Chiropractic Alliance. I have authored a book for doctors on how to educate their practice members and I have lectured on healthcare all over the world. The office that I work in is one of the best healthcare offices in all of Europe. I've been entrusted to take care of tiny babies to pro athletes that you might know, and many entertainers and celebrities.

I work everyday with the best doctors around. We see amazing things happen everyday in our office. Our office is both friendly and warm and we try our best to make you feel at home. Being a part of our practice is like visiting friends or family. Our office is called **Advanced Chiropractic** and we are located at **21 Fitzwilliam Place, Dublin 2.** Please call our office at **01-678-7979** today. We can help. Thank you.

**Dr. J. Zimmerman**

**P.S.** When accompanied by the first, I am also offering the second family member this same examination for only 35 euro.

**Check out our website at [www.chiropractorireland.com](http://www.chiropractorireland.com) And for further information check [www.healthfirstdc.com](http://www.healthfirstdc.com)**