

# Advanced MEDICAL HEALTH CLINIC

Specialists in highly effective Spinal Rehabilitation related to Disc problems.

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## *YOUR SEARCH IS OVER...*

*Tired of getting ineffective therapy for the same ache? Have you tried many different pain medications, yet your pain still remains? You are not alone. Thousands of people in Tallahassee suffer from neck and back pains on a daily basis. Left with limited options and ineffective solutions, they suffer silently.*



*Advanced Medical Health Clinic offers non-invasive spinal disc rehabilitation services for a variety of conditions. **No needles, no surgery and no pills**, just highly effective computer-controlled rehabilitation. Whether you are suffering from damaged or impinged nerves, herniated discs, chronic degenerative disc conditions of the neck and low back, or general back pains, Advanced Medical will not only relieve your pain with state of the art technology, but also deliver a permanent cure for these conditions.*

## *PROCEDURE*

This procedure involves **spinal distraction** of the damaged discs of your lumbar, thoracic and/or neck. This is a non-chiropractic approach to spinal health. We review your MRI reports to determine if we can accept you as a patient. Generally, we accept about 80% of those who apply and we will recommend places for surgery if required (see our [Links](#) section on our web site). Through a relaxing computer-controlled modality, the system promotes shrinkage of disc herniation, promotes re-hydration of the damaged disc, and relieves pinched nerves thereby reducing general pain symptoms all together. With consistent and timely treatment, the damaged discs are strengthened and ultimately repair themselves. Furthermore, rapid results are common with the Advanced Medical system and patients are left with increased mobility and fewer incidents of pain, if any. Statistics show that 86%-94% of patients who have completed the full nation-wide program are not only pain free but also successfully rehabilitated without surgery. **Here in Tallahassee, at our Clinic, our success rates for our patients are in the 95%-99% range. In fact, we guarantee your success in the program**

or we will refund your co-pay payments. **We take all insurances for the spinal program.**

## ***FEATURE ARTICLE***

by Dr. Gil Case



**REDUCING BACK PAIN IN THE WORKPLACE** Back pain is among the most common reasons for doctor visits. Frequently, back pain can be related to one's work, whether it is from a specific injury or gradual onset. Proper work mechanics can significantly reduce the likelihood of back injuries and pain. Not all back pain is preventable. Sometimes genetics can predispose an individual to back injuries. In the workplace, four factors may increase the likelihood of trauma.

- Force: Exerting too much force on your back through heavy lifting.
- Repetitions: Performing the same motions repeatedly can lead to muscle cramping and injury, and subsequent back problems.
- Posture: Improper positioning of your body, whether sitting or standing, may cause back injury.
- Stress: Increased stress levels lead to muscle tension and tightness.

Some simple changes can help prevent back injuries, both in the workplace and home:

1) Be fit: Regular exercise strengthens the back muscles. 2) Pay attention to posture: Poor posture stresses your back. 3) Lift Properly: Use your legs to do the work. 4) Adjust your workplace: Modify repetitive tasks to reduce physical demands and strains. 5) Adopt healthy work habits: Planning your movements can reduce repetition. 6) Walking regularly helps you maintain balance and coordination. 7) Reduce Stress: Stress levels can cause tense muscles.

## ***WELCOME DR. LEDLOW***



Dr. Roger Ledlow, DC has joined our staff, in addition to Dr. Louis Bolen, MD. You can review both their bios under the **Staff** section under our websites [www.spinesystems.com](http://www.spinesystems.com) or [www.AdvancedMedClinic.com](http://www.AdvancedMedClinic.com). Roger has been serving the Tallahassee community for many years and closed his own very thriving practice about three years ago. We feel very fortunate to have his

talents being utilized within our Clinic. In fact, we think so much of Dr. Ledlow's talents and his "patient's health advocate centered heart" that we have offered him a partnership in Advanced Medical Health Clinic. We think he is the best chiropractic talent in Tallahassee, although in our practice he will be focused on spinal decompression of the lower back, thoracic and cervical areas and helping us out as our rehab and clinical consultant. He will review each of our patient's condition(s) and potentially recommend other forms of related treatment. Our office hours are Mon-Thu from 3pm to 7pm. Once every several weeks, you might see Dr. Ledlow at the clinic during those hours, if he's not riding his motorcycle or teaching high school students or vacationing someplace in the near or distant horizon. At our clinic, we are open on Friday's from 2pm to 5pm and Saturday's, Sunday's and other morning/late times by appointment (which happens frequently).

## ***PROFESSIONAL CARE***

Dr. Napawan Punyaniyama/Case is the Director and Innovative Practitioner at the Advanced Medical Health Clinic located at 3015 Powell Rd., Tallahassee, 32308, just south of Mahan Dr. and east of Capital Circle NE. Due to her expertise, each person who enters the program quickly begins to realize Dr. Case's professional and effective personal health guidance. With her innovative clinic experiences in New York combined with a new spinal technology in Tallahassee, Dr. Case is determined to help as many patients as she can to relieve their pain and become happier and healthier. Believing in the power of education, she has made available a well-informed section, **HealthNews**, on the Advanced Medical website with tips for healthy living. Dr. Case diligently works with her patients to nurse their bodies and minds equally. She assists them to realize the importance of both physical and mental exercises for relaxation and decrease their stress so that they may live life to the fullest. You may contact Dr. Case or make an appointment at (850) 656-6464 and check our website at [www.AdvancedMedClinic.com](http://www.AdvancedMedClinic.com). **The new team of Dr. Case and Dr. Ledlow, with a scientific and medical emphasis on health care, is unbeatable. Check your calendar and make an appointment today.**



## ***PATIENT FEEDBACK***

Mary was very pleased with her remarkable experience at Advanced Medical Health Clinic. For 15 years she suffered with two herniated discs, yet traveled week after week to see her chiropractor to relieve pain. Her conditions were getting worse so her physician suggested surgery to correct her discs. She was told the success rate was predicted to be around 40%.

Mary was terrified and tired of wasting her money on treatments that worked only for a day or so. Mary's sister, a nurse, introduced her to Dr. Case and she decided to try the Advanced Medical Rehabilitation Program.

*"I underwent 21 sessions with Dr. Case and have never felt better in my life. I felt the results of the treatments immediately and I'm thankful to have my life back. I can bend over, rotate my hips and touch my toes with ease and increased mobility. I never was able to do this before without feeling some sort of pain. I would encourage all that have back problems have Advanced Medical to your medical evaluation, find out what sort of problem you are dealing*

*with and engage Advanced Medical Health Clinic to help you. It has totally changed my life.”*

**Mary**

Robert met Dr. Gil Case when he helped landscape Dr. Gil Case's and Dr. Napawan Case's back yard. He was taking up to 20 pain pills daily to combat the shooting pain down his side and leg. Robert was diagnosed as having sciatica. Robert was given a free session and was amazed with the immediate relief of pain. Robert completed 18 sessions. He no longer needs to take any pain pills and he is dancing with joy. Now Robert plays basketball again. By the way, he's really good at it, in addition to his talents as a landscaper.

*“The two Dr. Case's changed my life. I am very grateful to them and the Advanced Medical Health Clinic system. They gave me a free exercise ball to exercise my back muscles and it really works. I recommend the system for anyone with lower back pain. They have the experience to expertly review your radiologist's reports of your X-rays or MRIs and determine if they can effectively help you. Again, thanks a bunch, Gil and Napawan.”*

**Robert**

## ***HAIR LOSS ANALYSIS AND HAIR GROWTH VIA THE COLD LASER***



Advanced Medical Health Clinic is doing its best to provide an opportunity for each person to experience the joy of rehabilitation through affordable costs. We offer an extremely low cost yet highly effective Hair Loss Analysis and Hair Growth program. For \$85 and a free 40x photo of your scalp and hair roots, you can begin the program. After the 90 day natural chemical treatment and shampoo treatment, you will have three options (none of these are covered by insurance):

**Plan A** Naturally grow your hair back with the use of low cost natural chemical treatments. \$85 per month for 6 months.

**Plan B** Stimulate the growth of your hair cells with our Cold Laser and grow your own hair back over a period of 6 to 16 weeks at \$35 per treatment (3x week) or buy our special hair growth Cold Laser for \$975 and use the unit more often at home to obtain faster hair growth results.

**Plan C** Get your own hair transplanted from the lower back of your hair to the areas that presently have dead hair cells. This is the most costly, ranging from a minimum of \$4,500 to \$12,000 depending on the extent of your hair loss and the extent of the “art work” transplantation needed to make your hair look natural and youthful again.

***Advanced Medical Health Clinic Newsletter mailing list***

**IF YOU WOULD LIKE TO RECEIVE A FREE COPY OF THE  
QUARTERLY ADVANCED MEDICAL HEALTH CLINIC**

**NEWSLETTER. SUBMIT YOUR NAME AND EMAIL TO EITHER: 1)  
850 656-6464, 2) FAX 850 558-0224, 3) U.S. MAIL TO  
ADVANCED MEDICAL HEALTH CLINIC, PO Box 21093,  
TALLAHASSEE, FL 32316, OR 4) SEND US EMAIL AT  
[SUPPORT@ADVANCEDMEDCLINIC.COM](mailto:SUPPORT@ADVANCEDMEDCLINIC.COM)**

**ADVANCED MEDICAL HEALTH CLINIC**

**3015 POWELL RD**

Tallahassee, FL 32308

