

ideal Health & Beauty

Noteworthy:

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Every Wednesday

Need to know information from Chattanooga Health & Beauty professionals.

Drug Free Pain Relief has arrived in Chattanooga

By BRANDI DIXON

Pain. We all have it sometimes. Some of us suffer with it daily. Whether it's the result of a recent injury or chronic pain that has been present for years, pain changes your quality of life. Pain keeps you from doing the things you enjoy and it can make necessary daily tasks agonizing.

Until now, there have been very limited options for people in the Chattanooga area who suffer with chronic pain. Many people take addictive

prescription opioids that come with a long list of harmful side effects. Dr. John Wood is an internist in our community who has been concerned about this trend for years and has searched for effective alternative methods of treating his chronic pain patients. According to

a Centers for Disease Control and Prevention report, between 2013 and 2014, deaths from synthetic opioids skyrocketed by 79%. Here in our own state, the Tennessee Department of Health data shows that 1,451 people died from drug overdoses in the state in 2015. This was the highest annual number of overdose deaths recorded in state history and the numbers have only grown since then. We all see the signs on local interstates announcing annual death tolls on Tennessee roadways. Just to give a little perspective, MORE people die in our state every year from opioid and other drug misuse than the car accident death tallies we see updated on our roadways daily. It's important to understand that a signifi-



Pulse Centers is helping real people reduce their pain and improve their quality of life.

"Relief at last! For 25 years I have tried every treatment and medication available with little or no results for my shoulder pain. Now I have such an improved quality of life. I sleep so much better and I am able to do things I once dreaded because of my chronic pain." -Jill Bryant

cant portion of these deaths are people whose addiction started because of chronic pain. Information like this caused Dr. Wood to take action and bring state of the art technology called Pulsed Electro-Magnetic Fields (PEMF) to Chattanooga.

What is PEMF and how does it work? Again, PEMF stands for Pulsed Electro-Magnetic Fields. PEMF therapy is a standard of care in other parts of the world and has been used in the United States for the last 40 years to help reduce pain. All cells run on energy. When cells are low on energy they are not able to function at their maximum capacity. This lack of function often triggers a pain response. It's important to understand that pain is the body's alert system. Pain is how the body tells us that a specific area isn't functioning properly or that it's in danger. PEMF works by delivering gentle electro-magnetic pulses to the cells that restore optimum function which in turn reduces pain. PEMF

penetrates every cell, tissue, organ and even bones to stimulate the body's natural electrical and chemical processes. PEMF is designed to positively support cellular energy, which results in optimum cellular health and function. When cells are functioning properly, the body does not need to produce pain as an alert.

FAQs

Does PEMF therapy hurt? No, you will feel a gentle tapping but the treatments are not painful. In fact, many people nap during their sessions.

How long are the treatments? Each individual case is different, but most sessions last one hour.

Is PEMF only for adults? No. We treat children, adults, and seniors. PEMF is especially helpful for young athletes to reduce pain and speed healing after injuries.

Is a doctor referral required? No, we are open to the public and no doctor referral is necessary.

Do I have to make an appointment? Yes, because we schedule time to focus specifically on each person we see it's important to make an appointment.

Pulse Centers makes it easy to take advantage of cutting-edge PEMF technology. Why continue to take harmful, addictive opioids when another option is finally available? Your initial consultation and first treatment session are free of charge. You will always be treated by a friendly staff who is trained and certified in administering PEMF. We look forward to meeting you and tailoring a treatment plan specifically designed to relieve your pain!

MORE INFORMATION



Pulse Centers is conveniently located at 5811 Lee Hwy, Suite 408 in Chattanooga, right across from Capital Toyota. Call Today to schedule your initial consultation and first session at no cost. 423.771.7755 For more information visit our website at www.pulsecenters1.com