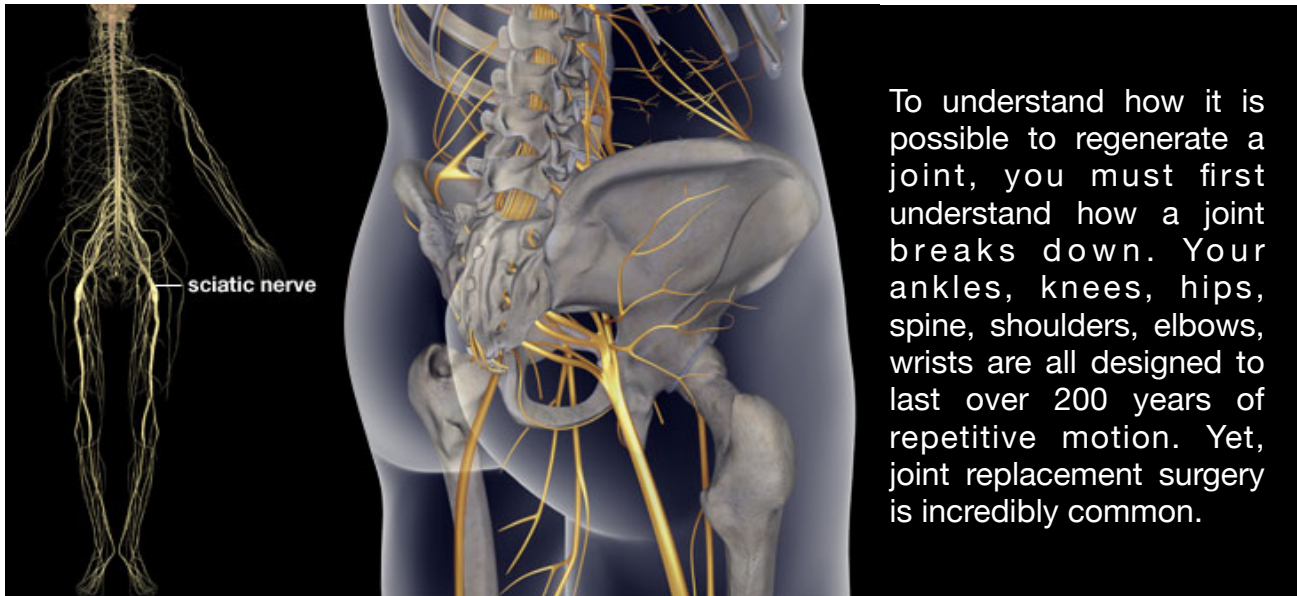


# Damaged Joint(s)? Your Options and The Risks

Most people think that when they have a “joint go bad”, their only option is joint replacement surgery. This is not true. It is possible, in most cases, to non-surgically regenerate normal and healthy cartilage and bone, even from a “bone-on-bone” state of degeneration.

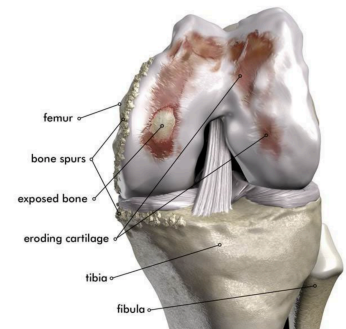


To understand how it is possible to regenerate a joint, you must first understand how a joint breaks down. Your ankles, knees, hips, spine, shoulders, elbows, wrists are all designed to last over 200 years of repetitive motion. Yet, joint replacement surgery is incredibly common.

There are three main factors involved in joint breakdown: **mechanical stress, neurological stress, and chemical stress.**

**Mechanical stress**, this is the easiest to understand. Simply put, a joint with abnormal alignment will break down faster than a joint with normal alignment. Rarely do you see a person where both of their hips or both of their knees “go bad” at the same time...which is odd, because modern medicine often blames aging for “bad joints”...yet in aging you would find both joints breaking down at the same time as both joints would be the same age.

Think about your car...it has four tires. If you mis-align one tire by a few degrees you will see advanced breakdown in that part of the car. Your body works the same way from a mechanical perspective.



**Neurological stress**, your brain is responsible for normal tissue regeneration. *If your brain cannot send signals to the damaged joint, then normal regeneration cannot take place.* This is the most likely cause of why stem cell therapy fails a patient. Stem cells can become almost any other type of tissue. If your body functioned on chemical signaling, injecting stem cells into any area would form new tissues in that area. However, your body functions on neurological signaling, and new tissue regeneration requires accurate communication from your brain to the tissue you are trying to help repair.



**Chemical stress**, this can be summed up with two words: *chronic inflammation*. You get chronic inflammation as a by-product of both of the above stresses, as well as from your environment: a standard American diet, nutritional deficiencies, toxins that do not leave the body, excess body fat (especially visceral fat), dehydration, negative thinking, too little motion through-out the day, etc.

When you understand how joints breakdown, non-surgically repairing them becomes straight forward. First, it is important to evaluate the mechanical, neurological and/or chemical stresses involved in the abnormal breakdown of the joint(s). Secondly, reverse those abnormal stresses so that the body can repair itself.

Finally, some people think that a joint replacement surgery would be faster and easier than putting in the effort towards fixing the underlying cause of why their joints are breaking down. Or perhaps there is financial incentive; their insurance covers a knee replacement, where safe and effective regenerative chiropractic is a service they have to pay cash for. Whatever you choose, it is your health and your life quality, and it is important to know that although joint replacement surgery is faster and potentially easier, it does come with a **risk factor**.

Recently, the Journal of Clinical Orthopedics and Related Research found that a shocking **6% of people who elect to have replacement knee surgery will die within 90 days of the procedure**.

There is not good understanding or evidence as to why 6% are dying within 90 days. To put this into perspective, if 6% of the people who were getting their hair cut were dying within 90 days we would probably have L&I and the Department of Health suspending all hair cutting until further evidence and research could be accomplished to make it safer. Yet, modern surgical medicine is protected from the same accountability by the powers that be. In fact, most patients who have undergone knee replacement surgeries probably were not even told that there was a risk of dying, not only during the procedure, but after it as well.

Bernstein, Joseph MD<sup>1</sup>, a Not the Last Word: Safety Alert: One in 200 Knee Replacement Patients Die Within 90 Days of Surgery, Clinical Orthopaedics and Related Research: February 2017 - Volume 475 - Issue 2 - p 318-323 doi: 10.1007/s11999-016-5197-1



This information is provided by: **Averio Health Institute**  
13103 Sunday Lane,  
Mt. Vernon WA 98273  
360.982.1368  
[www.averiohealth.com](http://www.averiohealth.com)  
[clinical@averiohealth.com](mailto:clinical@averiohealth.com)