



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine... *continued*

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Miracles of Medicine

Permanently Eliminate Pain in Minutes

Here is a miracle I wouldn't have believed if I weren't there to witness it. At the spring 2006 ICIM meeting in Chicago, a previously unknown chiropractor delivered a talk about his technique for instantly relieving pain. He claimed to immediately restore motion and eliminate pain.

I listened with curiosity and healthy skepticism. Then he performed his technique on at least 10 of my esteemed colleagues including some very famous ones.

Take Ted Roczema, MD, former president of ACAM and ICIM, for instance. Some 20 years ago, he broke four bones in his lower back. The bones healed, but the injury left him with chronic pain that didn't respond to anything. In five minutes, Dr. Kaufman had him 100% free of pain, just by mild targeted manual pressure.

Then there was Bob Battle, MD, of Texas, who suffered from a frozen shoulder. "I've had cervical disc disease for 30 years with restricted range of motion and chronic discomfort when I turn my head. In just a few minutes with Dr. Kaufman, I'm rotating 90 degrees to either side — pain free. I was also unable to raise my arm prior to the treatment. In minutes, I was able to raise my arm to 180 degrees with much less pain."

My friend John Trowbridge, MD of Texas (author of the *Yeast Connection*) said, "For nine months, I've suffered with left sacroiliac/lower lumbar pain. With just one session of less than five minutes of this treatment, my low back pain was 80% better. The next day, it was 90% better. WOW!

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I gotta learn how to do this stuff!"

Dr. Kaufman's technique is not revolutionary. He bases it on the most simple but solid physiologic principles of the musculoskeletal system. What is revolutionary is that he is the first to fully employ the natural reflexes of the body to generate instant healing.

So how does it work? All muscles have opposing muscles (flexion vs. extension). When one muscle contracts, its opposition must relax. Your nervous system automatically relaxes the opposing muscle by reflex. When you're in pain or have trigger points, that muscle is in a state of contraction.

Dr. Kaufman simply goes to opposing muscles and stimulates neurological receptors in their tendons by a stretch, while simultaneously apply a bit of pressure to the painful area. The nervous system thinks the opposing muscle is contracting. It then instantly and reflexively releases the contracted muscle to a new stretch set point. The neurological and muscular memory of the old contracted set point is erased and pain is eliminated. The trick is to know the opposition muscles and precisely apply proper pressure.

Dr. Kaufman has trained many in his techniques and has instructional DVDs available. This does not involve manipulation or penetration. So it's 100% safe. His training DVDs are available to health professionals. Dr. Kaufman's contact number is 800-774-5078.

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Pain Neutralization Technique™ mentioned in
Dr. Rowen's newsletter, call now:
Kaufman Technique LLC
800-774-5078 303-756-9567
2693 S. Niagara St.
Denver, CO. 80224
www.kaufmantechinque.com**

"Dr. Kaufman's Pain Neutralization Technique™ is miraculous. After a 3 minute visit, I was completely relieved of chronic, nagging neck and upper back pain that plagued me for 10 years after a ski injury. A miracle!" **Sharon Meagher, M.D., Vail, CO.**

"In a group of physicians, Dr. Kaufman decreased and eliminated pain that people had for years. My own TMJ was improved in minutes. This non invasive technique...*could revolutionize the way we treat chronic conditions.*" **Caroline D. Van Sant-Crowle, M.D. Palm Harbor, Fl.**

"(Pain Neutralization Technique™) is scary in its effectiveness. I "magically" relieved over 15 headaches. My assistants now joke that I have voodoo powers!" **John Hinz, LAc. Waukesha, WI**

"The mechanism of this treatment (PNT) made sense to me but experiencing the treatment was almost shocking. I had burning C6-7 pain for 3-4 months that resolved *in seconds*. Without pressure or coaxing. It just resolved. And it's still gone the next day, by the way." **Dorothy Pedtke, D.O. Grand Rapids, MI.**

"Dr. Kaufman held a roomful of M.D.s and D.O.s spellbound with his non-invasive techniques to relieve pain instantly. He created a groundswell to invite him back to learn more and more." **Terry Chappell, M.D., D.P.L., President, International College of Integrative Medicine, past president American College for Advancement in Medicine, Bluffton, Ohio**

"After witnessing Dr. Kaufman I treated my wife and her knee pain was markedly improved. This treatment is simple and just plain awesome." **John G. Ghuneim, M.D. Saline, MI.**

"Dr. Kaufman treated my trap and cervical muscles injured 2 weeks ago. His 60 second treatment completely eliminated my pain. His techniques are phenomenal." **Ann Kuenker, D.O. Elk Rapids, MI.**

"The **Pain Neutralization Techniques** (on DVD) are incredible, it's so much fun to see the look on people's faces as you shut down a major pain." **Kerry Randa, D.C. Loveland, CO.**

"My son suffered Osgood -Schlatter's Disease causing chronic bilateral knee pain for over a year. He couldn't run, jump, or play football without using compression bandages. He was living by icing and Advil after every game, but not anymore. After one treatment (using P.N.T. and manual spinal nerve blocks by Dr. Kaufman) he no longer has any pain. *If I hadn't heard him complain everyday for over a year, I wouldn't have believed he ever had it. Truly, it's a miracle.*" **Debbie Lantz, R.N. Nursing Manager, Rheumatology and Neurology, Kaiser.**

Disclaimer: Kaufman Technique LLC and Stephen Kaufman, D.C. make no claims that any of their techniques will work in any individual case, nor do we guarantee that any results that are obtained will be permanent or long-lasting. Multiple treatments may be necessary for results. The statements expressed in the Second Opinion newsletter are those of the author and may not reflect the opinions of Dr. Kaufman. Kaufman Technique LLC and Stephen Kaufman, D.C. are not responsible for any loss or damages resulting from the performance of any of the techniques taught on video or in classes.