



Alpha Spine Center
gentle proven care.

Scoliosis:

I am Amazed at My Improvement!

Patients Name: Charles Anton

I have had back and hip pain from lifelong scoliosis of 55 years. Recently it had progressed to my neck at the base of the skull. The pain would radiate down the left arm and reduced the rotation in my neck.

Before I came to see Dr. Salminen, I went to my family MD., who then sent me to an orthopedic surgeon. The surgeon wanted me to get cortisone injections and then recommended surgery. I decided not to do the injections, and to come in and see Dr. Salminen, thank God I did.

The staff at the Alpha Spine Center is very caring and professional. I would highly recommend Dr. Salminen to my friends and family. He solved my neck issues very quickly. But the best thing was the dramatic improvement of my scoliosis. I came in seeking help with my neck only, NEVER expecting to get help with my scoliosis.

Now I am able to walk much further and for longer periods of time with my friends and family. I am able to sleep better and I am much more comfortable. I am able to do just about any and everything physical now.

With much enthusiasm and conviction I am still amazed with the improvement of my quality of life over the past year, thanks to Dr. Salminen.

I give the Alpha Spine Center permission to use this information in informing others.

I Can Stand Up Straight, and it Feels Great!

Patient's Name: Vicki Bott

I had this terrible pain in my back that ran down into my leg. It was to the point where I could not stand up straight without this shooting pain overcoming my body. On top of that I was 8 and a half months pregnant. I rested a lot but rest only helped because I wasn't moving. As soon as I would get up the pain would rush right back. I could not take any pain relievers because I was pregnant. After about two weeks of throbbing pain my husband, a patient of the Alpha Spine Center, convinced me to see Dr. Salminen. I was skeptical but went ahead and scheduled a visit in search of curing my pain.

I was amazed with what I found at the Alpha Spine Center and the staff was very friendly. I wasn't sure it would help, but I walked out of there standing up straight without any pain! I like that my head was set straight. I slept for the first time in two weeks after my visit. I was finally relaxed and so the baby was too. I can now stand up straight, move my head from side to side, and walk without a limp. I am now doing much better, I only come in on the rare occasion that I do something to cause my back to go out. Today is the first time in a year and a half that I have needed an adjustment! I recommend Dr. Salminen to anyone having back or neck problems. I have referred him to many of my friends who are now patients!

I give the Alpha Spine Center permission to use this information in informing others.

Signed _____ Date _____

July 29th, 2010

HOPE RESTORED



I Finally Found the Correct Diagnosis

By Sally Prince

It is amazing how a single bone in your neck can make you feel really good or cause you to feel really bad. I had five misdiagnosis's over a period of two months, hearing from you have a brain bleed to all you have is high blood pressure. I thought I was going to die before anyone ever figured out what was wrong with me. After I fell off a ladder, I began to grow weaker and sicker and for a month a new symptom would appear each day. Luckily for me, my husband found the

Alpha Spine Center. First let me say there is no better care you can receive, Dr. Salminen and the Alpha Spine Center staff truly care for their patients. I have been receiving care at the Alpha Spine Center for over a month and words cannot express how much better I feel. I can finally function and have my life back. Today it has been a week since I held my adjustment, my posture is impeccably better, my headaches are history, and my blood pressure has returned to normal.

The NUCCA is painless, no snapping or cracking. I have referred several friends of mine to NUCCA doctors in other cities so they can join me on the road to recovery. Thank-you Dr. Salminen and Alpha Spine Center for literally saving my life! It truly is Gentle Proven Care.

Sally Prince

I give the Alpha Spine Center permission to use this information in informing others.

Success!

Patient's Name: Natalie Bradley
August 2001

I have suffered from chronic sinusitis, TMJ symptoms, upper shoulder and low back pain, irritable nature (moody), anxiety, stress, and digestion problems for 5 years. I've been to other chiropractors, an oral surgeon, and taken lots of pain medication (over-the-counter). I drove to and from Athens 2 times per month for previous, traditional chiropractic care for 2 years, which cost approximately \$1500.

At the Alpha Spine Center, Dr. Salminen was honest about my condition from the very beginning of my care. He was concerned that I understood what was going on with my health.

I have not been sick since my first adjustment—my positive attitude has returned, no jaw problems, and my anxiety and stress has reduced significantly. I sometimes work for 12 hours straight on my feet and now I can do this without extreme discomfort. And, I sleep like a kid again! All of the changes were unexpected—I did not think that so many things could be related to my neck!!

I feel fabulous!! Like a 22 year old should!
Thank you for helping me!

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Signed _____ Signature on file _____ Date ____8/2001____

I Kept My Scholarship!

Patient's Name: Holly Holcombe

I have suffered from really bad headaches, upper, lower back and neck pain for about 7 years. I had trouble sleeping at night. It really prevented me from exercising and doing what I need to do to play soccer. I had been to other chiropractors who popped and cracked me regularly about three times a week, that would only work for a day or so and the pain would come back. One doctor gave me a one inch lift to put in one shoe. I felt like I was running with one high-heeled shoe on!

The NUCCA treatment is so gentle you barely feel the Doctor touching you! I didn't hurt when I left the office, and would stay feeling better. The staff was extremely nice and explained things so I could understand them. Now I am finally sleeping through the night and am able to keep my soccer scholarship so I can stay in school. I feel better all round and I have SO much more energy!

Just try it! You have nothing to lose and everything to gain. The people at Alpha Spine Center are so very nice, they like helping people!

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in

It's Never Too Late.... I'm 94!!!

Patient's Name: Ralph Franzese

I am a 94 year old gentleman who was very unsteady on my feet and was unable to balance on my own. I needed a walker to help me get around and help me to be balance. I suffered for about 30 years with tremendous neck, leg, mid and low back pain. It had gotten so bad that I could not even turn my head without causing severe pain. The pain in my lower back was so terrible that I could hardly sleep. After years of pain and frustration, I came to Alpha Spine Center to see Dr. Salminen.

The benefits of coming to Alpha Spine Center were not only the relief I am experiencing from being adjusted, but the staff was very professional, kind and very interested in how I was doing. Overall, I am getting around the way I used to, INDEPENDENTLY.

I no longer need the walker all the time. I use my cane most of the time and I am beginning to walk on my own again. My neck does not bother me at all anymore, and my back pain is also gone. Unexpectedly, I am sleeping better, have more energy, and feel like exercising on my stationary bike. Now that the pain is gone, I can do things for myself again. I make my own meals, heat up my own coffee.

I truly believe that if a person has any problems at all that could be related to the function of the spine, the only answer is a visit to the Alpha Spine Center.

Ralph Franzese
NAME

8-13-09
DATE

Personal Attention!

Patient's Name: Kathy McMillan

I have suffered from pain in my neck, shoulders, upper and lower back on and off for 8 years. Some activities, like gardening and vacuuming, would leave me "racked up" for a few days. I just couldn't do much. I briefly saw an osteopath, but was unable to find another one when we moved to our new home.

In the beginning of my care with Dr. Salminen, it didn't seem like anything was happening. It took some time, but my body began adjusting with the treatments and the changes followed. I can do some activities, like gardening, vacuuming, and dancing without extra muscle pain. Now, I have normal muscle fatigue from exertion, but it goes away quickly. Unexpectedly, my neck and shoulder areas are much more relaxed. I used to have tense spots which just aren't there now.

My body just recovers from stressful activities a lot better!!

I really appreciate the personal attention I receive at the Alpha Spine Center. I don't get the feeling that I'm being hurried along. Also, I appreciate the upper cervical technique instead of the "back cracking" approach!

Balanced since October 2003

Acid reflux a thing of the past!

Patient's Name: Carole O'Connell

I originally came to the Alpha Spine Center because I had been suffering from sinus congestion for about a year. I had been taking over the counter medications, as well as antibiotics.

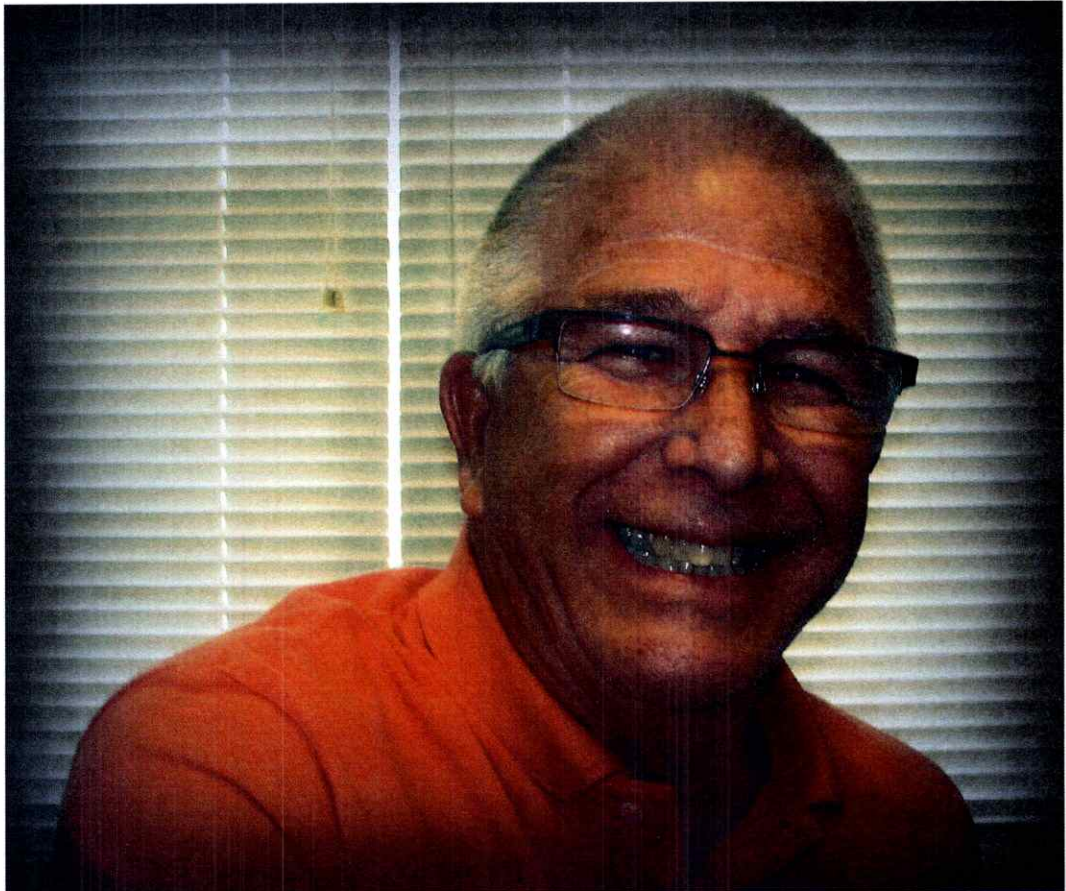
After being under NUCCA care, I experienced unexpected healing! Much to my surprise, the metatarsal (foot) arch problem I had suffered from since my teen years has cleared up completely. I can now wear high heels and play tennis without pain. Also, acid reflux is a thing of the past since my adjustments.

Dr. Salminen is a very gentle soul that cares for his patients with an ease of professionalism and integrity. The staff at the Alpha Spine Center are excellent and show genuine care.

I give the Alpha Spine Center permission to use this information in informing others.

NO SNAP, CRACKLE, POP!

December 2nd, 2011



...It just makes sense...

By Alan Crider

Hello my name is Alan Crider. I am so thankful for all that Doctor Salminen and the Alpha Spine Center has done for me. Around April of 2010, I had suffered from two brain hemorrhages and had almost died both times. The prognosis the doctor gave me was that I would be nothing more than a vegetable and would need home bound nursing the rest of my life. We spent \$550 K on the stroke alone and then an additional \$6,600 on continued rehab/treatments.

When I first came into the office I was hopeless. At that time, I was currently on 10 BP medications a day, but just after two visits with

Doctor Salminen I went down to 6 BP medications a day. After three months, I dropped more medications and have been continuously dropping them ever since I started the treatment. The staff welcomed us with friendly smiles that gave us an overall wonderful experience. The most amazing part of the treatment was the fact that there wasn't the usual "snap, crackle, pop!"

After being treated by Doctor Salminen I proved my original prognosis wrong! I was anything but a vegetable. I am now able to get through almost all of my daily activities without any trouble or pain, including; getting dressed, walking, daily

movements, and even regain my speech!

I have and will continue to recommend Doctor Salminen and the NUCCA treatment for everyone's well-being. It just makes sense!

I give the Alpha Spine Center permission to use this information in informing others.

Oh Chute!

Patient's Name: Allen Swanson

Hi, my name is Allen Swanson, I came to see Dr. Bryan with many injuries to my spine from a serious, almost fatal parachuting accident years ago. I came to Dr Bryan with a compressed spinal condition, extreme sciatica in my right and left legs. I was unable to walk for 3 weeks. I had weakness along my left side. I walked with a limp and needed a cane for 3 years.

I've seen and done just about everything for my pain management. I've gone to orthopedic doctors, physical therapists (20 visits!), and have endured neck injections, traction units, tens, and taken strong pain killing narcotics. The whole experience ended my military career and cost an estimated \$750,000 for treatment. **NONE OF IT WORKED!**

Thankfully, Dr Bryan came into my life. His NUCCA technique is the most effective form of Chiropractic I have come across. My life has changed **DRAMATICALLY!** I can do everything now! Things as simple as picking up my son were impossible for me before treatment. Now, I've returned to normal physical activities. I don't take any pain medications and my concentration level has increased. I'm also able to begin my life-long dream of making aviation a career.

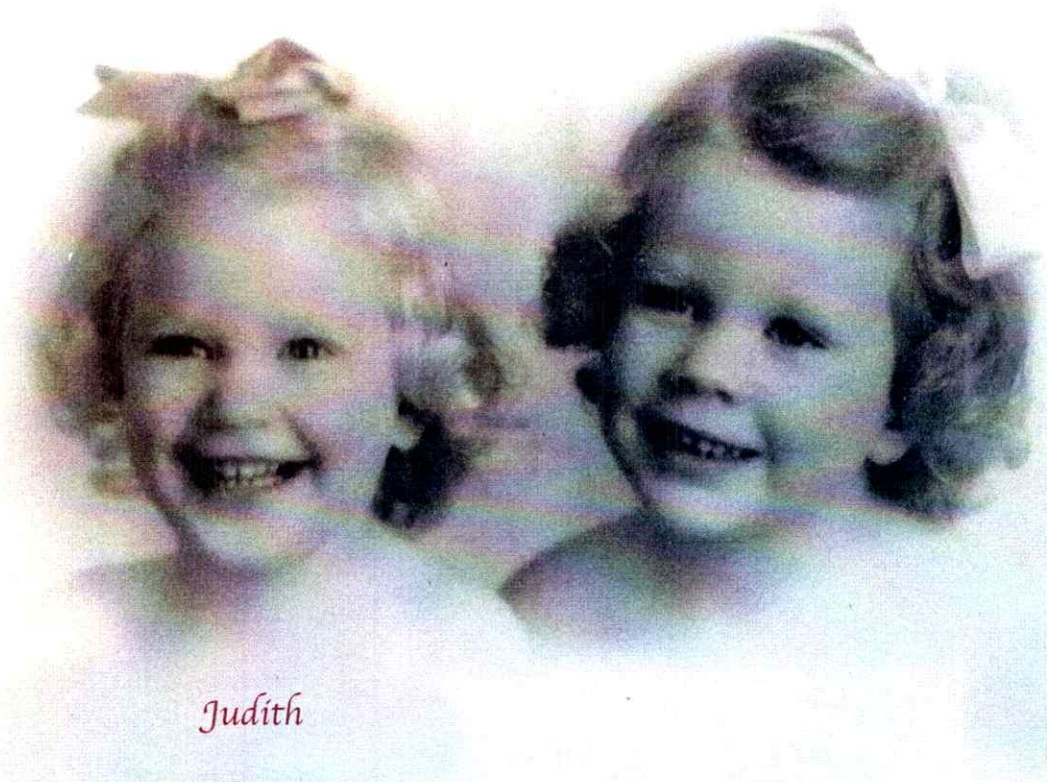
Things I would have never expected to get better through care actually are! I'm more relaxed, better able to control my moods, and have higher self-esteem and better digestion. My daily routine now includes exercise.

Dr. Bryan is a true healer of both mind and body. I really can't say enough about him.
HE SAVED MY LIFE!!!

I give the Alpha Spine Center and permission to use this information in informing others.

September 16th, 2010

MORE ENDURANCE



Judith

I was able to be there for my Sister

I was officially fed up of being incapable of doing simple tasks like working at the computer because of pain and numbness in my upper body. I began to have pain in my neck at age thirty and it progressively became more frequent and intense. I was dealing with pain in my neck, right shoulder, and in my arms I dealt with pain and numbness. Before I found the Alpha Spine Center I had seen an orthopedist, neurologist, and physiatrist and went to physical therapy and spine therapy. I was going to spinal therapy every two weeks for five to six years. Not only was it an inconvenience, but I was paying 90 dollars for every visit

without insurance coverage to only get a small amount of relief.

Thanks to my daughter's (Laurie Cole) insistence and commitment to my health, she scheduled an appointment with Dr. Salminen. As soon as I came to the Alpha Spine Center I knew I was in the right place, the staff was so professional, caring and very understanding. I was not looking forward to appointments with such a long distance from my house but I soon realized I finally found care that truly helps and relieves my pain. I believe the Alpha Spine Center is well worth the time and investment. I feel I can do everything better now, care for the yard and home, and play with my grandchildren. The

past nine months I have been traveling eight hours back and forth to my sister's house. I was helping care for her as she fought and lost a battle with breast cancer, this includes helping her husband run their bed and breakfast, which is a lot of physical labor. Before seeing Dr. Salminen I would have never been able to make it through the long car rides and physical labor to help out my sister. I even feel like I have more endurance and am sleeping better because I am less tired during the day. Alpha Spine Center truly changed my life.

Judith Wickham

I give the Alpha Spine Center permission to use this information in informing others.

Enjoying Optimum Health!

Patient's Name: Darlene Gonzalez

I would just like to take a minute to express my appreciation for the chiropractic care I have received from Dr. Salminen and his staff. Not only has my physical condition improved immensely but I have received helpful information regarding good self-care and how to improve my natural ability to hold my adjustments. It is my pleasure to work with Dr. Salminen in order to maintain the best health possible, and my only regret is that I live 500 miles away (Daytona Beach, Florida)! I see Dr. Salminen every few months and plan to continue this practice in the future. I would recommend Dr. Salminen's services to anyone interested in enjoying optimum health.

I give the Alpha Spine Center permission to use this information in informing others.

Cancelled Surgery!

Patient's Name: Dianne Haygood

I have suffered from years of back and groin pain, carpal tunnel syndrome in my hand and arm, and sciatica. I have spent thousands of dollars on MRI's, doctor's visits, and prescription medications. I saw six different doctors for help and the only thing I got was an ulcer from the medications! I was eventually scheduled for surgical spinal fusion.

After coming to the Alpha Spine Center I feel so much better! I hardly ever have sciatica, have no more numbness and **I no longer need spinal fusion surgery.** The staff is not only professional, but friendly, respectful, and helpful as well...and Helen gets the award for hospitality.

Even though I had to pay for services until my insurance picked up, I now know how worth it that was. I can sit, bend, and dance freely, carry a grandchild, and even wear cute shoes again! I can clean my house, garden, or pick up and decide to drive six hours to the beach and not worry about pain! WONDERFUL! I sleep better and enjoy the things I used to.
I feel like myself again!

Dr. Salminen has helped me enormously. My surgery was originally scheduled for mid-April, 2004. I began treatment in January 2004 and felt secure about cancelling the surgery by the end of March 2004. If it were not for Alpha Spine Center, I would have had to use a walker and a brace and would not even have been able to bathe myself for three months. I am extremely grateful to be well and active. I even feel vibrant!

I give the Alpha Spine Center permission to use this information in informing others.

I CAN THINK!

Patient's Name: Joe Sheriff

I have suffered from several conditions including neck, elbow and low back pain, numbness in my arm, sinusitis and sleep loss for about 10 years. I spent thousands of dollars on massages, antibiotics, and Advil. These "treatments" were only short term though; none of them worked over time!

Now, after being treated by Dr. Salminen, I am sleeping more comfortably, can move my neck, have no elbow pain. I CAN THINK! My mental attitude has changed for the better—I am more calm and less anxious.

I love the relaxed atmosphere of the office and the feeling of stress going away. The staff is great and they really care about the patients.

Please give NUCCA a try—you won't regret consulting with Dr. Salminen.
IT WORKS!

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Finally Relief!

Patient's Name: Cynthia Smith

Hello, my name is Cynthia Smith. Due to a parasailing accident in 1976 I had constant pain in my ankle, lower back and neck. I had three corrective surgeries, 3 years of physical therapy, and spent 3 years in casts and braces. I spent over \$75,000.00 in medical expenses. Since moving to Atlanta, I have also suffered from sinus problems and had surgery for a deviated septum to help relieve this.

After only the first adjustment from Dr. Salminen, the numbness in my hands and feet subsided. The constant pressure and pain in my face and head were not nearly as great. By following his recommendations and adjusting my personal behavior, I now can focus and can pay more attention to work and to my family. I can enjoy physical activities more. The staff are great and explained everything carefully to me.

Based on my long term search for relief, I can highly recommend Dr. Salminen's approach to overall health and recovery. I have already recommended the Alpha Spine Center to many co-workers and family members.

Balanced since March 2003

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Better quality of life!

Patient's Name: Mary Reynolds-Smith

I have been a patient of the Alpha Spine Center for 8 months. Being somewhat skeptical of Chiropractic Care, I was hesitant to go the Alpha Spine Center for diagnostic evaluation and treatment. What I did understand was that I was in a lot of pain in my lower back, upper shoulder area, having headaches and experiencing dizziness. I was also having, what I would refer to as "flipping" when I would fly on an airplane, especially when the plane would "bank" left or right, usually upon take-off and landing patterns. This was extremely uncomfortable and stressful, since my travel schedule was four to five roundtrip flights per month.

After my first diagnostic visit from the Alpha Spine Center, we discovered that I had a scoliosis, or an "S" shape of my spine, and my head was tilted at an extreme off center. I was under treatment and therapy for the next three months. My results drastically changed my quality of life.

First, I was relieved of my headaches and lower back pain. Secondly, I began to feel less stress in my shoulder area. The most significant recovery was in the correction of "balance" for me. I began to have "normal" flight experiences. Also, I really enjoyed skiing, and I noticed that I had more balance and stamina then ever before. Largely due to my balance and that my shoulders and lower back were not in pain.

My treatment now only consists of seasonal check-ups. The level of service, attention to detail and excellent medical care are core values of the Alpha Spine Center.

Balanced since January 2004

I give the Alpharetta Spine Center permission to use this information in informing others.

Canceled back surgery!

Patient's Name: Hal Coleman

Hello my name is Hal Coleman. I have suffered from pain in my left hip and left leg for 9 months. I have been to a Physical Therapist, had 2 epidurals, and taken many pain medications before being under NUCCA care. Before coming to Dr. Salminen, I had spent several thousands of dollars on other treatments that didn't fix the problem.

Since being treated by Dr. Salminen, I can sit for long periods of time in the car and sleep without waking up from pain. I can workout, sit, sleep, and work better than I did before. I no longer have the stress and anxiety associated with living in constant pain. Dr. Salminen treated the tendonitis in my elbow, which is now 95% healed.

I even cancelled by back surgery just 5 days in advance. Instead, I followed Dr. Salminen's treatment plan, instructions and exercise program—my pain disappeared 100%! He was also very thorough in the explanation of the NUCCA treatment. I want to thank Dr. Salminen and his staff for treating me very well, and for helping me.
Thank You!

Balanced since August 2003

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Free at last!

Patient's Name: Jenny Lee Batla

I began to suffer from severe problems with my right foot and leg approximately 13 years ago. I used a walker and was in a great deal of pain. Nothing helped until my chiropractor Dr. Salminen began adjusting me with the NUCCA method. Since I have been coming here, the pain is gone, I no longer use a walker and I do not limp. I walk like everybody else.

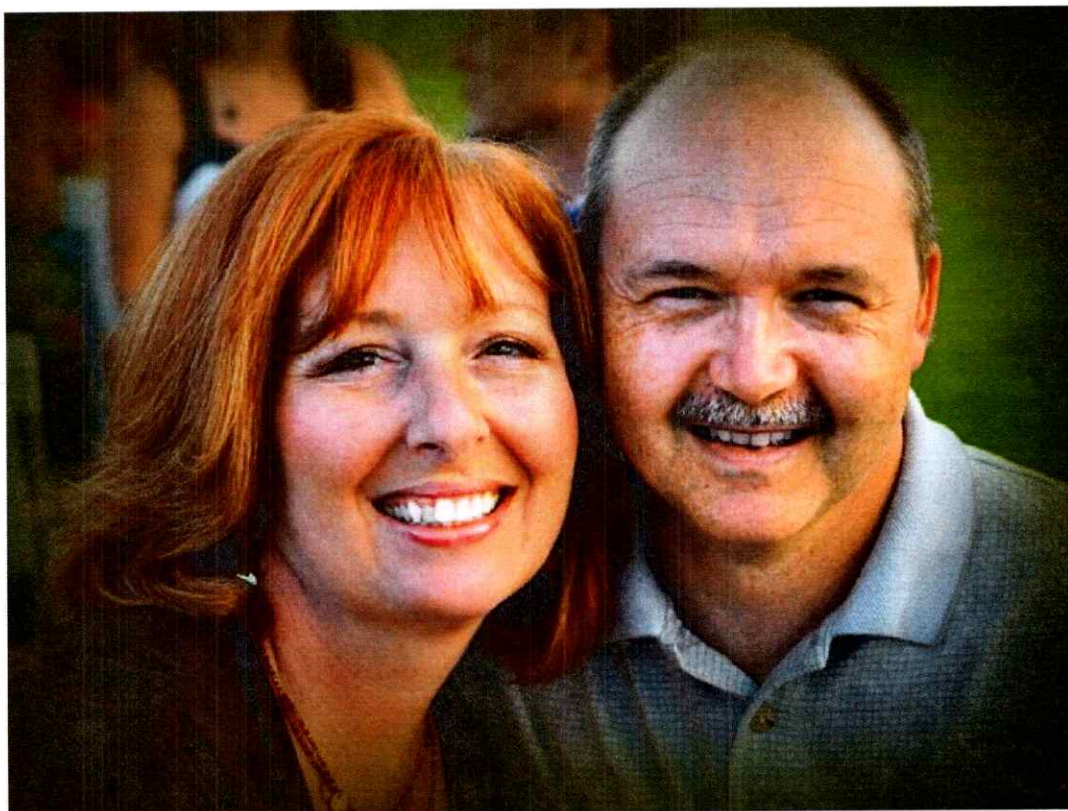
Upon coming to Alpha Spine Center I was greeted by the warm and friendly staff. They do all they can to help you. What is most wonderful about the care is that I am free at last! I can walk again, pain free. I don't have any "least cares".

Before my care my Mom had to push me around in a wheelchair just to get around the mall. Not anymore! We walk around the whole mall together. With this has come a confidence when I stand and walk. Not to mention I believe I am more relaxed, calm and better equipped to plunge on for the day. I would highly recommend Dr. Salminen. Just look at how well I walk and how straight I am. Nothing about the NUCCA method is painful. Try it!

I give the Alpha Spine Center permission to use this information in informing others.

I CAN GO, GO, GO

November 22nd, 2011



I have my life back!

By Lisa Blakesley

My name is Lisa Blakesley. I have continually lived with severe neck and lower back pain for more than ten years. I was consistently taking a lot of pain medication. I spent tens of thousands of dollars on pain treatments and drug therapies that all were no help. My other doctors were considering back surgery. I was not only physically a mess, but I was also an emotional mess from suffering for so long. I was feeling helpless and did not know what else I could do to help manage my pain.

When I initially came to the Alpha Spine Center I was

greeted with helpful and extremely understanding staff. Dr. Salminen and the whole staff really showed that they cared about me. My needs were listened to and they helped in every way they could. The staff worked around my difficult schedule and treated me with care every time I came into the office.

Before treatment at the Alpha Spine Center I was barely able to make it through one day and now I am back to work full time. After continuing with my treatment plan I am able to live my life better. I have energy again!

I am able to go, go, go and feel great! I am even able to go on a mission trip to Africa! I am so thankful for Dr. Salminen and the ASC.

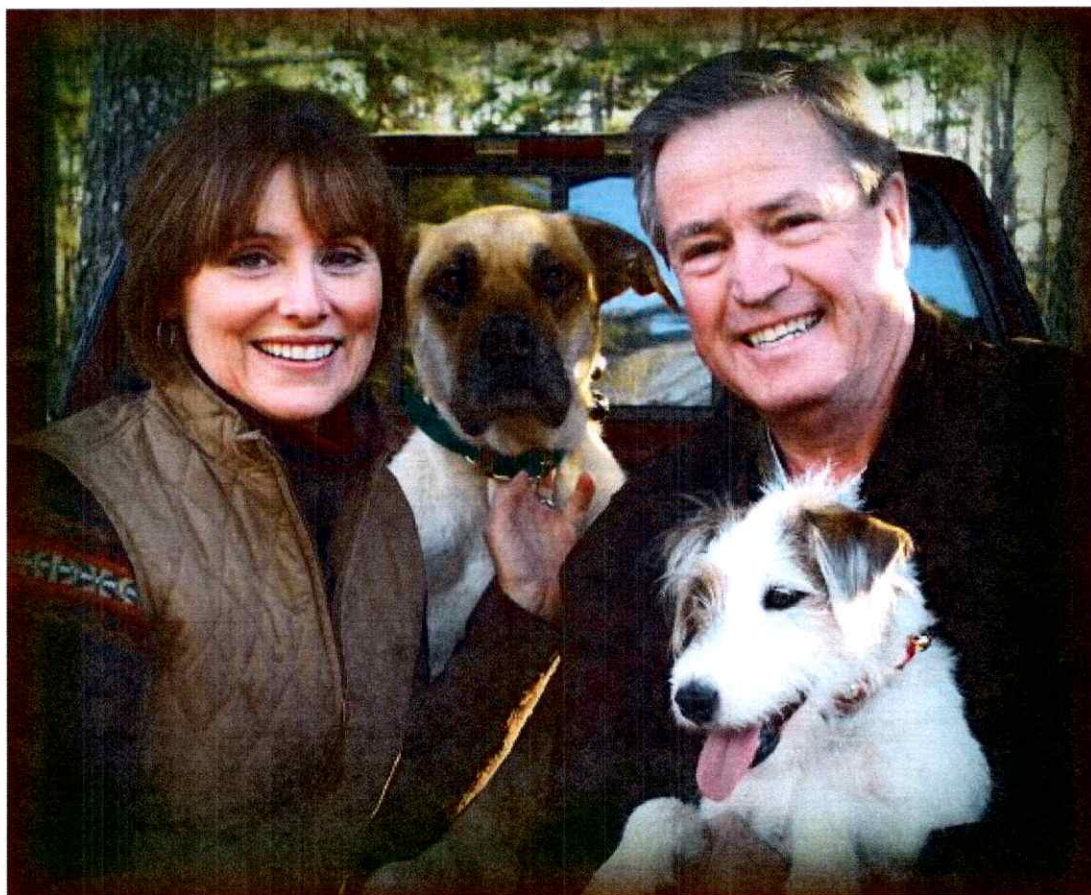
I highly recommend Dr. Salminen. Every time people start to notice my improvement I immediately tell them about the ASC. Dr. Salminen and the ASC have truly saved my life. I thank God for the Alpha Spine Center and Dr. Salminen. I finally have my life back and I owe a lot of that to them!

Lisa Blakesley

I give the Alpha Spine Center permission to use this information in informing others.

December 2nd, 2011

IT WORKS!



Swing a golf club with ease

By Richard Rhone

Hello, my name is Richard Rhone. I have been coming to Dr. Salminen for quite some time now. Prior to my care with Dr. Salminen I had stiffness and aching in my upper back. I suffered with it for about 10 years just accepting that with age comes discomfort.

Dr. Salminen and staff treated me like family. Probably because he is! Even though he is my son-in-law I still was a skeptic. His special technique NUCCA, training, experience and care really WORKS! I am thrilled. I experience no pain and am more relaxed in my upper

back. I can now swing a golf club with ease. Let me just say it again IT WORKS!!

Pain free!

Patient's Name: Cary Jones

Upon coming to the Alpha Spine Center I had been experiencing constant low back pain and weakness for 25 years. I saw a medical doctor who referred me to a physical therapist who was good at relieving my acute pain for the first 20 years. But then his adjustments became less effective and finally were not effective at all. During this 25 year period I took a lot of Advil and muscle relaxers. Total cost was approximately \$5000 + over the course of 25 years. Since coming to see Dr. Salminen I have been pain free! I can do physical chores which require bending and lifting and I can ride horses again. Without the constant back pain, my entire attitude is more positive. My confidence level is better which makes for a more relaxed feeling.

The staff at Alpha Spine Center are personable and efficient. The care was explained in detail and it gave me back my life! I would strongly recommend them as very professional and efficient.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

July 10, 2012

To: Dr. Bryan Salminen and Staff

From: Lorey Gilmer

Re: Recovery

Although this letter is a long time in coming, I must let you all know how much I appreciate and continue to be unbelievably grateful for Dr. Salminen and the staff at Alpha Spine Center. Through Dr. Salminen's care, I was basically given back my life - as I had known it. Although I had been repeatedly advised by family members how helpful the care for my back issues would be at Alpha Spine Center, I chose it only as my last resort before scheduling back surgery. Wish I had listened sooner, but grateful I ultimately went to see Dr. Salminen, resulting in no need for back surgery.

I had been out of work for 3 weeks, unable to walk or tend to many of my daily activities, bedridden, and in extreme pain. Treatment with my regular physician consisted of many shots and medications to address muscles and pain. While this did help to some degree, my rate of recovery was very slow, with my only remaining option being surgery for my lower back issues. It was at this point I came to see Dr. Salminen. After graciously working me in as an emergency and Dr. Salminen's initial diagnosis, it took only one visit to relieve my extreme pain and then a second for me to stand, walk more normally and start my journey back to full recovery. I was then able to return to work within 2-3 days.

I am still amazed at how gentle, yet effective the care proved to be in relieving and healing my back issues. The care I received at Alpha Spine Center also became an impetus for another journey I chose. One that led me to make further healthy lifestyle changes, which I continue to this day.

Thank you will never be enough to say for Dr. Salminen's care, and to the staff for their care and genuine concern. I will never forget all that was done for me, which also helped my family as well. I try to tell anyone I know having back issues about Alpha Spine Center's care, in hopes they will hear and understand early on - before issues become unbearable and unmanageable for them.

God bless you all.

Lorey Gilmer

Experienced drastic improvement!

Patient's Name: Brian Mims

I had suffered for 10 years from lower back pain and dizziness. I was sluggish, completely off balance, and in constant pain. I had been to back specialists and tried a variety of pain medications. I also tried physical therapy, but nothing seemed to help. I've always been a very active person who thrives on exercising. I wasn't able to exercise at all, even walking was sometimes painful.

Now, after being under upper cervical care I can walk, run, play basketball and even lift weights. Since I've been exercising, I'm sleeping better and my blood pressure is also lower. I have experienced a drastic improvement in my overall health. Also the adjustments are quick, painless, and very effective.

I have been treated wonderfully by the staff at the Alpha Spine Center. I really like the family-like atmosphere. They are good Christian people who truly care about your well being. Dr. Salminen is a class act, along with his kind and courteous staff. I would recommend him highly to anyone because he has certainly helped me.

Balanced since January 2004

I give the Alpha Spine Center permission to use this information in informing others.

November 21nd, 2011

GOAL ACHIEVED



It really works!

By Anna Leigh Walters

My name is Anna Leigh and I had back issues for over fifteen years. Soccer was my life; I played for nine years all year round. One day I had a major injury on the field. I was told that I had two herniated disks in my lower back at age fifteen and would never be able to play soccer again. The pain was unbearable from the injury. I had an immense amount of pain going down my entire back all the way to my toes. There were days I struggled to get out of bed due to pain.

At age seventeen I ended up having two back surgeries in attempt to fix the two herniated disk. I was on 800mg of

ibuprofen throughout the day to help manage the pains of surgery. I missed my entire senior year and had to complete high school at home. After the surgery I was still not able to do the things that I enjoyed. I was not able to play soccer or even sit without the constant pain. The two surgeries cost over \$100,000.

With no relief years after the surgeries I was determined to find something to help my back pain. I came across Alpha Spine Center and immediately knew this office was different. All the staff was friendly and truly cared. They were all very knowledgeable and walked me through all the steps of the entire NUCCA process.

The NUCCA procedure is very gentle and it WORKS! After the first adjustment I immediately had no more back pain. I wish I had known about Alpha Spine Center prior to my surgeries! Thanks to Dr. Salminen and the Alpha Spine, I can now play soccer again. I am able to play with my two boys and be pain free! I am so grateful I am able to teach my two boys how to ride their bikes! Thanks to the Alpha Spine Center I am able to participate in activities that I never thought I would be able to do! I no longer have to rely on pain medicine! I will continue to send people to the Alpha Spine Center. It's a life changing office!

I give the Alpha Spine Center permission to use this information in informing others.

Back pain 100% gone!

Patient's Name: Andy Christiansen

I wanted to write and express my thankfulness for your practice, your care and your ability to correct a twelve year old back problem developed by playing football and rugby in high school and college. I was treated by a Chiropractic in St. Louis, MO years ago and felt worse after I left than before I arrived. This left me with a bad taste in my mouth toward Chiropractic care. For ten years I visited a number of doctors and specialists in the area of orthopedic care with varying results.

It wasn't until I met Dr. Salminen and received the NUCCA technique of Chiropractic that my back problem was on it's way to being solved (I felt better after my first visit). Now, Over one year from my first visit I can go months without needing an adjustment (depending on proper rest, life-work balance and exercise) and the back pain is 100% gone!

Thank you for offering your life and your hands as instruments of God's grace (1 Timothy 2:8).

Balanced since August 2002

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in

NOW I'm a Workin' Machine!

Patient's Name: Winston Van Rensburg

Since 2004 I have been suffering from pain in my lower back. I was in so much pain I could not lift the heavy machinery I had to in order to do my job. I had seen other Chiropractors hoping to help me cure the pain. Some helped and some did not but I did not find one who kept the pain from returning until I saw Dr. Salminen. Before visiting with the Alpha Spine Center, I spent around one thousand dollars trying to find a way to ease my pain.

Within the first couple of treatments I was feeling a lot better. The treatments worked wonders without any major adjustments.

I am extremely happy with the friendly and helpful Alpha Spine Staff, and Bryan is the Doctor I have been in search of! I am completely back to my normal lifestyle with no pain! I can lift heavy machinery with no problem. It is completely worth the time and money and I would highly recommend the Alpha Spine Center to anyone.

I give the Alpha Spine Center permission to use this information in informing others.

Moving Towards Longevity!

Patient's Name: Cheryl Kittinger

Hello, My name is Cheryl Kittinger. I have suffered for the last two years from lower back, right buttock, and right leg pain. I had been under the care of another chiropractor for a year and only received temporary relief.

I was very shocked about treatment at first. I was surprised to learn about NUCCA adjustments (very little pressure = lots of change) Now, after being under the care of Dr. Salminen, I am back to my regular daily activities. I go to the gym, play racquetball and tennis. I continue to adjust to my new pillow and sleeping on my back, so changes are still "in the works". I've already made recommendations to two of my neighbors.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since March 2003

Success!

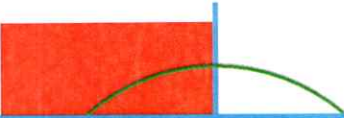
Patient's Name: Dave Lucas

I have suffered from lower back pain on and off for 15 years—so bad that I could not bend over.

After my first adjustment by Dr. Salminen, I could see the difference in my posture and the adjustment was pain free. I am able to pick up my girls again and I can touch my toes! Unexpectedly, I have more energy and feel more relaxed.

I would highly recommend Dr. Salminen and the NUCCA technique.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.



Success!

Patient's Name: Winnie Johnson

I have suffered from low back pain that radiated down my legs for 3 years. I have seen numerous doctors including an orthopedic, a neurologist, and a physical therapist. I've spent over \$10,000 on these treatments.

Now that I am under Dr. Salminen's care, I am able to do my morning stretches when I get out of bed. I am also able to stand up straight without it hurting and walk pain free! Unexpectedly, I am more relaxed than I've been in years. The pain has gone away and I hope it stays where ever it is.

The care, concern and treatment at the Alpha Spine Center is superb. I couldn't ask for anything or anyone better—it's GREAT!

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.



Joined the NUCCA fan club!

Patient's Name: Zohra Gutierrez

I have suffered from lower back pain and hip rotation since the birth of my first child 6 years ago. I couldn't sit for any length of time, like through movies, church services, or long road trips; I actually avoided sitting at all when I was at home. I've been to several doctors including a family practitioner and orthopedist, as well as a physical therapist. I spent lots of time in physical therapy...2-3 times per week for 2-3 months at a time. I've taken muscle relaxants and anti-inflammatory drugs.

Now that I am under care at the Alpha Spine Center, I have regained hours in my week because I'm not in physical therapy. I'm in much less pain in all my daily activities. I can sit for extended periods of time. I'm now able to walk, swim and do light weight training with less pain when I ice down and stretch.

I am really impressed with how gentle and effective the NUCCA technique and adjustments are, as well as the use of science (math and physics) to diagnose and treat. I would whole-heartedly recommend Dr. Salminen to anyone who is suffering from back pain. I was unsure of chiropractic care in the beginning, but now I'm a fan of NUCCA!

One other note: I wish I'd known about NUCCA care while I was pregnant and breastfeeding. I suffered a lot of pain during this time because I was not able to take my normal pain medications.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in

Playing without pain!

Patient's Name: John Carbone

My name is John Carbone. For the last four years, I have suffered from severe sciatic nerve pain that radiated into my right leg and foot. This condition was causing numbness in my legs make it very difficult to walk. My family practitioner prescribed pain medications and muscle relaxers which only covered up the pain. I was also treated by a traditional chiropractor who provided little relief—usually more pain. All this at a cost of about \$4,000.

Dr. Salminen was able to find the true problem that was causing my pain. After being treated only a few times with the NUCCA technique, I received great relief. Now I can do just about everything, including exercising and playing with my kids without pain. Unexpectedly, I am getting proper sleep and just feeling better.

Dr. Salminen is a very caring doctor and explains everything thoroughly. He is a must see— I have told many people about my situation and how the NUCCA treatment has helped me. I would recommend anyone to see him before they see a surgeon.

Balanced since November 2003

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Condition Improved!

Patient's Name: Ray Ferreira

Hello, my name is Ray and I have suffered from low back pain for over a year now. I spent a lot of money going to orthopedic surgeons, physical therapists, and traditional chiropractors. I have also been on anti-inflammatory and muscle relaxing drugs. All of this provided only temporary relief.

After being treated by Dr. Salminen, I can sit pain free at my desk. My condition has improved, and I can do many activities now that were limited before. Bending and twisting are much easier, too. Over all, I feel better!

I would recommend Dr. Salminen, in fact, I already have—to my mother!

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since July 2003

Saved From The Knife!

Patient's Name: Winn Brannon

Hi, my name is Winn Brannon. I came to Dr. Salminen with lower back pain and sciatic nerve inflammation. When I came in, I was to the point of hardly being able to walk. I had been having these problem for twenty years. I had been to a dozen different chiropractors with no relief and to five medical doctors who told me the only way to fix my problem was surgery. I spent \$15,000-\$20,000 trying to relieve my pain. One year the pain got so bad, I was out of work and not able to walk at all for two weeks!

Since coming to Alpha Spine Center I am much more flexible. I can sleep better at night and I think better. I have almost NO BACK PAIN!

Dr. Salminen's integrity was evident from day one. The staff is the best I have seen. I feel like everyone in the office truly cares about my health. I would highly recommend Dr. Salminen to anyone. He has already helped my Dad who was almost as bad off as me. I am forever grateful to Dr. Salminen for what he has done for me.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since March 2003

Worth the commute!

Patient's Name: Ann Vance

Hello, my name is Ann Vance. I suffered pain in my upper back, shoulders, neck and down my left arm. I also had limited mobility in turning my head. I would wake up in pain and would remain in pain for most of the day. This had been going on for 4-6 weeks. I relied on Ibuprofen at night, but it helped only temporarily. Since Dr. Salminen already treated my infant son, he was the first person I thought of going to.

The improvement in my sleep, mobility and pain was immediate. Dr. Salminen takes the time to provide the best care. He's well worth the long commute from East Cobb. I can now turn my head to look behind me while I'm driving. I'm also much more relaxed because I'm sleeping so much better. I would absolutely recommend Dr. Salminen! His NUCCA treatment is non-invasive, drug free and preventive.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since April 4, 2003

Standing up straighter!

Patient's Name: Anita Pirkle

When I came to see Dr. Salminen, my upper and lower back muscles were so tight that I couldn't lay flat on the floor—my shoulders were beginning to hunch over. I was also having much pain in my left shoulder. I had suffered from this condition for 20 years and it was progressively getting more painful. I didn't consider seeing a doctor for it because I didn't think they could help.

After being under NUCCA care, I am much more flexible in my shoulders and back, and I can stand up straighter. I now have more of a spring in my step!. Unexpectedly, I am more relaxed. I have this sense of well-being...as I get older, I have more hope that my body is not going to deteriorate.

I really like the NUCCA approach—the gentleness of the technique and the x-rays to diagnose and correct the problem. Dr. Salminen is very caring and listened to my concerns. The Alpha Spine Center staff are very friendly, helpful and concerned.

Balanced since January 2004

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Tension free!

Patient's Name: Nicole Ruiter

When I first saw Dr. Salminen I had quite a bit of strain in my upper back and shoulders as well as my mid back. I felt as though my whole back was full of tension. I just lived with this tension year after year and didn't give it much thought. I didn't bother with getting any help even though the tension was a daily occurrence. I'd even have days when I could not move my neck.

My best friend recommended I get checked. The staff is excellent and very kind and considerate. The doctor was informative and made me feel at ease. He clearly explained what my condition was and how he could treat it with NUCCA. I feel a lot more comfortable now and do not have that strain in my neck and shoulders. My posture has improved when standing and sitting. In addition I am sleeping better and I notice that I don't have pain in any of those places that plagued me before. My workday is more comfortable as I sit behind the computer and I have found that the exercises the doctor gave me have helped tremendously.

I would certainly recommend NUCCA to everyone. I was not aware that I was living with such pain until I didn't have any anymore. Life is more comfortable all around now.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in

Not just a number!

Patient's Name: P. Joy Hill

I have suffered from neck, lower back and sciatic nerve pain for almost 30 years. I had very little mobility, lots of fatigue and I always felt very tight and wound up—like a spring that was going to spring! The symptoms started after a serious auto accident about 30 years ago, and I've been rear-ended twice since then. I've been adjusted by other chiropractors but only felt good for awhile. My family doctor prescribed Motrin to relieve the discomfort, but with only one kidney that is not an option—besides it only masks the pain, it doesn't cure the problem. Between my out of pocket and insurance over the years, I am sure I've spent at least \$20,000.

With the NUCCA procedure that Dr. Salminen does, I saw and felt results right away. I have less discomfort and more mobility in everything that I do. I don't feel so tight and wound up—it's easier for me to deal with everyday occurrences since I don't feel on edge as much. Unexpectedly, I am sleeping better!

I really appreciate the time Dr. Salminen takes every step of the way for explanations. I would recommend him to anyone who asked. NUCCA has helped me and my husband a lot; we have experienced much improvement! I've never felt like just a number at the Alpha Spine Center, but like a real person.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since March 2004

No more pain!

Patient's Name: Jason Malec

I came to Alpha Spine Center with chronic lower back pain which began about six months ago. Due to back issues I had experienced two episodes of immobility. I went to other doctors and they prescribed pain killers, anti-inflammatory medication, and muscle relaxers. Sure, they numbed the pain, but didn't solve it or get at the cause.

Since being adjusted I can exercise regularly, backpack and get out of bed without any pain. The staff are excellent and they are thorough with the introduction to NUCCA. I would recommend Dr. Salminen.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

It works!

Patient's Name: Anna-Lorey Batla

I have been seeing Dr. Salminen on a regular basis for several years. He has made it possible for me to get in and out of my car, walk and continue life without pain. Most recently I had a severe problem with my jaw which seemed to feel "out" and very painful. After I was adjusted for my back, I noticed my jaw was no longer painful—completely normal. I have my life back. Daily chores like vacuuming and scouring the bathroom are no longer chores. Some other benefits include the ability to carry fairly heavy items, sleep better and most recently, chew again.

I can say that no other chiropractor has ever helped my back. I can now resume life in a positive, no pain way. At 73, I cannot add up in a monetary figure the years of disappointment, pain and cost.

I absolutely love the staff! And as far as the care, it works! It is gentle and painless and the doctor actually LISTENS to you. There's not a negative thing to say about Alpha Spine Center. The best part is I have a great peace knowing that this is a caring place where kind and sensitive people minister to you and the procedure works. Please try this procedure as it is so gentle and painless you can't believe it really is adjusting you. A miracle!

I give the Alpha Spine Center permission to use this information in informing others.

Immediate Results!

Patient's Name: Ginger Bennett

I have suffered from migraine headaches for more than 20 years (since I was 5 years old). I have been to neurologists, allergists, and a family medical doctor and had numerous tests—MRI, CAT Scans, medicines and trials. I missed at least 3 days of work a month and many social events. All at a cost of \$300+ a *month*.

I received immediate results after being treated by Dr. Salminen. I'm no longer on any medications—not even allergy medicines. I never have to cancel plans with friends and I just function better on a daily basis. I have more energy and am pain free! I even walked the Avon 3-Day walk which is 67 miles!

Dr. Salminen completely explains the body and how it works all together. One section does effect another! I've seen this method work for several different problems—not just headaches. I would recommend Dr. Salminen and his staff; they treat you like a valued individual.

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since November 2003

200% Improved!

Patient's Name: Jim Stringer

I have suffered from extreme neck and shoulder pain with migraine-like headaches as a result of a car accident I had at the age of 18 . The problem has escalated over 20 years to the point of dysfunction in my daily life. I went to a number of physical therapists, chiropractors, and traditional doctors for various forms of pain relief or some type of 'cure' and found the results to be poor and sporadic—\$5000 later. I occasionally felt better but mostly just felt like the pain medication would numb me to the point of not "knowing or caring."

The Alpha Spine Center staff are superb! I really feel like they care and the doctors want to understand and help my problem. They are unequalled in their service and attentiveness. This is the finest treatment I have received in any form of healthcare, medical or alternative.

After visiting the Alpha Spine Center I have less pain, greater movement and flexibility, as well as fewer headaches. I am able to focus more and return to the active lifestyle I once had—I even have pain free workouts now! My work has improved and I feel that I am a better partner for my wife and family! I am even able to sleep better and longer because I don't hurt and I can actually relax at bedtime. The improvement in my life has been 200%!!

I highly recommend the Alpha Spine Center. It is the best care one can provide for themselves.

I give the Alpha Spine Center permission to use this information in informing others.

Signed _____ Signature on file _____ Date _____

Life is good again!

Patient's Name: Jim Garner

I have suffered from headaches, neck pain and low back pain for approximately 20 years. I have been to another chiropractor and spent hundreds of dollars, but wasn't getting the relief that I wanted.

When I first came to the Alpha Spine Center, I was hoping to get 50% relief, though my expectation was exceeded because I feel 100% better. Now, I live a normal life free of pain. I can play golf, do yard work, anything really. I have more energy...everything is easy. Unexpectedly, I sleep much better, my outlook on life is better, and I am able to relax and enjoy the moment. Life is good again!

The care I received at the Alpha Spine Center was very professional. I was treated well by every member of the staff, and I would highly recommend this clinic to anyone.

I give the Alpha Spine Center permission to use this information in informing others.

Whole life improved!

Patient's Name: Judy Martin

Hello, my name is Judy and I have been having migraines for about five years. My condition had deteriorated and I was having headaches almost every day. I had gone to neurologists that prescribed medications which helped for a while and then stopped working. I spent thousands of dollars trying to handle the headaches.

After my first treatment with Dr. Salminen, I actually had several days go by with no headaches. With the coordination of my care between Dr. Salminen and my current neurologist, my headaches only appear several times a month. My whole life has improved. I am no longer in constant pain and I can do EVERYTHING better.

I have already recommended Dr. Salminen to my husband, and he is now a patient also.

Balanced since April 2004

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

No pain!

Patient's Name: Hilary Greene

When I first saw the doctor I had headaches at least twice a week and pain in my knees. I had suffered from these things since I can remember. I went to see a different doctor about my problems. He adjusted me one time and only told me that I had scoliosis. This all cost me close to \$500.

Since being adjusted with the NUCCA method I can play basketball better without any pain in my knees. I also rarely have a headache not to mention I have been sleeping much better.

The first thing I liked about Alpha Spine Center is the friendly staff. I was treated like a friend and have been given wonderful service and attention. Dr. Salminen is very kind and explains the NUCCA procedure thoroughly.

I give the Alpha Spine Center permission to use this information in informing others.

Road to Wellness!

Patient's Name: Anna L. Haurylak

Hi my name is Anna Haurylak. I have always been plagued with headaches, but for the past 6 months I have also had migraines. I have visited several different doctors, neurologists, other chiropractors and nutritionists. I have tried prescription medications, over the counter medicines and even vitamin support/ herbs. I hated taking the drugs because I knew they weren't solving the problem. I got temporary relief from some of these, but nothing long lasting.

I am embarrassed to say how much I spent on these treatments; probably thousands! I missed a lot of school, work and other events because of my headaches.

After seeing Dr. Salminen I can hold my head up straight, move my head left and right without pain. Full range of motion has been restored! My posture is better, I can work on the computer much longer without my neck and back aching. I learned how important it is to ice my back. I've been going to chiropractors all my life and none of them ever told me that!

I would definitely recommend Dr. Salminen to others and already have. Your health is the best investment you can make and Dr. Salminen helps get you on the road to wellness.

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen per mission to use this information in informing others.

Balanced since March 2003

----- Original Message -----

Subject:My testimonial i could not figure how to get it on your webpage.

Date:Thu, 29 Jul 2010 16:54:18 -0400

From:Sally Prince <Sally.Prince@LightningFX.net>

To:call1@alphaspinecenter.com

First let me say there is no better care you can receive than from Alpha Spine Center.

Dr . Salminen and all of his staff really do care.

I thought I was going to die before any one ever figured out what was wrong with me.

After falling off a ladder, for a month each day a new symptom appeared each day I grew weaker and sicker.

I had 5 misdiagnosis over a period of 2 months.

From you have a brain bleed to all you have is high Blood pressure.

Luckily my husband found Alpha Spine Center.

It has been over a month and I can not express in words how much better I feel.

I finally have my life back and can function.

Today its been a week I held my adjustment.

My posture is better my headaches are gone.

My blood pressure has returned to normal.

It is amazing how one bone in your neck can make you feel really good or really bad.

the " NUCCA " is painless no snapping or cracking.

I have referred several friends to other "NUCCA" Dr.'s in other cities .

They are all on the road to recovery as well.

Thank you Alpha Spine Center Dr. Salminen for literally saving my life!

It is truly "Gentle Proven Care"

--

Many Thanks,

Sally Prince

Lightning FX Signs & Graphics

7734 W. Carroll Rd

Carrollton, GA 30116

404-216-7928 (phone)

770-214-8741 (fax)

<http://www.LightningFX.net>

This e-mail, including any attachments, is a confidential communication, and may contain information that is confidential, proprietary and/or privileged. This e-mail is intended only for the individual(s) to whom it is addressed, and may not be saved, copied, printed, disclosed or used by anyone else. If you are not the(an) intended recipient, please immediately delete this e-mail from your computer system and notify the sender.

Fwd: Recovery

Lyndsey Gray <ca1@alphaspinecenter.com>
To: Bryan Salminen <dbb@alphaspinecenter.com>

Mon, Jun 18, 2012 at 8:58 AM

----- Forwarded message -----

From: **Sally Prince** <Sally@lightningfx.com>
Date: Wed, Jun 13, 2012 at 2:40 PM
Subject: Recovery
To: Ca1@alphaspinecenter.com

Alpha team,

I just had to share with you another break through in my recovery.
Today for the first time since the accident .
I was able to cut materials and decals by hand with complete accuracy.
my hands are no longer shaking.
I have had to rely on Marty since the accident.
My independence is restored and I'm so thankful.
I love you guys and I mean that with all my heart!
See you Tuesday .

—
Many Thanks,

Sally Prince

Lightning FX Signs & Graphics

404-216-7928

7734 W. Carroll Rd.

Carrollton, GA 30116

www.lightningfx.com

—
Have a great day!

Lyndsey

12220 Birmingham Hwy.

Suite 40

Lights, Camera, I'm Back in Action!

Patient's Name: Judy Bien

For about five years I suffered from painful ocular migraines with stroke symptoms and extreme sensitivity to light. I was in such severe pain that I was hospitalized when it first occurred.

After my episode at the hospital I sought help from a Neurologist. The first doctor I tried said he could not help. The second Neurologist I saw prescribed Verapamil, a calcium blocker, which aided the pain but did not solve my condition.

After \$4,000 and still no cure I came to the Alpha Spine Center. I immediately felt I was in good hands after meeting the concerned, very kind, and caring staff. I felt this was the place I could trust to improve my body for a healthier life.

Now I am free of migraines and the painful symptoms. I no longer fear going out and not being able to participate because of lights, cameras, and even flashing service vehicles. I used to have extreme symptoms at weddings, tennis, and work events. I can do almost everything better like driving and in all my social activities. I feel so much better and so much more relaxed. I have and will continue to recommend Dr. Salminen after my life-changing experience at the Alpha Spine Center.

I give the Alpha Spine Center permission to use this information in informing others.

Success!

Patient's Name: Martin Vojtas

I have suffered from constant neck pain and headaches for 10+ years. I tried other chiropractors and spent over \$5,000, and ibuprofen provided only temporary relief.

After being treated by Dr. Salminen, I go all day—even weeks—without pain or neck discomfort. Unexpectedly, I am sleeping deeper and wake more rested.

Dr. Salminen is very professional and wants to see his patients reach optimal health. After 10+ years of chiropractic care elsewhere, he is the only one that has given me help that has lasted for more than a couple of hours.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

No more pain!

Patient's Name: Jacquelyn Jacobs

Hello, my name is Jacquelyn. I have been having severe migraines for 10 years. In addition, my neck and back muscles were constantly sore and painful. I saw a chiropractor who worked on my spine, a neuro-optomologist, a neurologist, but none of the medications or treatments eliminated the headaches. I spent about \$30,000 on this care without any results.

After being treated by Dr. Salminen, I can turn my head left and right without pain, my posture is now straight, and my neck pain has reduced. Also, I've had relief from the headaches. I can now sit and stand without pain!

I was also provided good education about my spine and received personal attention throughout my care. I would definitely recommend Dr. Salminen and the Alpha Spine Center.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Pain is gone!

Patient's Name: Grace Shickler

I lived with migraine headaches, neck stiffness and lower back pain for 7 years. I spent approximately \$300 on over-the-counter medication and massage therapy.

After being treated by Dr. Salminen, all of my neck and lower back pain is gone, as well as the headaches. Unexpectedly, I am sleeping more soundly and I have more endurance physically. I have become much more in tune with my posture and knowing the signs of when I am falling out of alignment.

Dr. Salminen is extremely knowledgeable and innovative in his approach. I would highly recommend him.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since May 2002

100% Satisfied!

Patient's Name: Amy Krakowski

I have suffered from migraines for about 7 years. They would usually occur every month and a half and last for about 7-9 hours. I have seen a doctor of orthopedic medicine that did a CAT scan, and also a neurologist that prescribed several different medications that did not work.

After being under Dr. Salminen's care, I have gone 9 months without a migraine. In the past, just the hint of paint fumes used to mean a guaranteed migraine—but I just spent the last two weekends painting for hours, with no problem at all! Also, my knees used to hurt with any exercise or climbing steps. They stopped hurting after the very first adjustment. I thought that was something I'd just have to live with, because I'm knock-kneed.

I am 100% satisfied with my care here at Alpha Spine Center. I would recommend Dr. Salminen to anyone and everyone.

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

I'm Back!

Patient's Name: Jason Nitzsche

Hello, my name is Jason Nitzsche, I came to see Dr. Salminen primary for headaches but also for lower back pain. I had both of these problems for about 9 years. The headaches were becoming a daily event for me. I was taking 4-8 aspirin / ibuprofen a day to help with the pain. I was seeing a different chiropractor at least once a week and was getting temporary relief from the combination of the two. I basically used up all my insurance benefits and went through quite a lot of money on over-the-counter medications in the nine years of suffering before I came to Dr. Salminen.

Dr. Salminen's treatment allowed my spine to strengthen and hold the adjustment to prevent my pain; rather than just coming in every time to alleviate the pain. His staff is wonderful! Always offering big smiles. I now find that I can sit all the way through a movie without my back hurting. I can perform normal daily activities without having to take aspirin. I also find that I'm sleeping better.

I would highly recommend Dr. Salminen over any other chiropractor or doctor.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

SUCCESS!!

Print Name Barbarah Stanley

Treatment Completed 1/31/01

I had been suffering with Chronic Migraine Headaches and Irritable Bowel Syndrome for 20 years. I never went a day without pain. I had been on so many different medications; anti-depressants, pain killers, blood thinners, and so many others that I've lost track. They made me feel like a zombie. Doctors ran CAT scans, MRI's, and a number of other tests. Nothing completely rid me of the migraines or irritable bowel syndrome. The medications and procedures cost tens of thousands of dollars.

After Dr. Salminen gently corrected my spine with the NUCCA method the migraine headaches went away! After about a month of care the irritable bowel symptoms went away! I can't believe that I am a normal person again!

I had given up hope and now I have my life back. I can work and play without pain. Now I can be with my family and friends and actually be there in body and mind. Unexpectedly, I have been able to focus better at work, sleep better, eat better and my body functions better.

I would recommend that anyone who has migraines or other physical problems see Dr. Salminen. He's so caring and he really can make a difference in your life and those you love.

I hereby give my permission to publish my success story in whole or to summarize its contents in any of the publications of Dr. Bryan J. Salminen.

Pain is gone!

Patient's Name: Grace Shickler

I lived with migraine headaches, neck stiffness and lower back pain for 7 years. I spent approximately \$300 on over-the-counter medication and massage therapy.

After being treated by Dr. Salminen, all of my neck and lower back pain is gone, as well as the headaches. Unexpectedly, I am sleeping more soundly and I have more endurance physically. I have become much more in tune with my posture and knowing the signs of when I am falling out of alignment.

Dr. Salminen is extremely knowledgeable and innovative in his approach. I would highly recommend him.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since May 2002

I can't remember my last headache!

Patient's Name: Keith Cox

I have suffered from debilitating headaches for over four years. Every 3 to 4 weeks my neck and shoulders would tense up and I would get a headache that lasted for 2 to 3 days. I saw several doctors concerning these episodes but none of them were able to help. As a student, I missed many nights of studying because my headaches were so bad that I would have to go to bed.

Since coming to the Alpha Spine Center, the frequency and intensity of the episodes have decreased. I recently realized that I couldn't remember when the last episode had occurred.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since November 2001

Success!

Patient's Name: Abron Brinson

I experienced two migraines headaches during December 1999. After examination, Dr. Salminen told me my head was screwed on wrong. After my first adjustment I have not had any kind of headache for 1^{1/2} years. My adjustment exams are every three months. Dr. Salminen has my head screwed on correctly and I appreciate his success.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

No fear of injury!

Patient's Name: Susan Brister

I have suffered from headaches and tension in my neck and shoulder for several years. I also had a sore back after almost each time I exercised. The final straw came when I bent over to put dirty clothes in the washing machine and then felt such a sharp, intense pain in my lower back that I couldn't stand up. I was taking Tylenol almost every day.

After being under NUCCA care, I can go about my daily routine without a fear of injury or pain, and without feeling soreness in my lower back while making beds or doing laundry. I am now able to turn my neck better to glance back at the kids in the car. I have really enjoyed getting back into a moderate exercise routine. Unexpectedly, I feel like my immune system is functioning better. I seem to be fighting off little viruses and colds from my children much better now.

I really like the fact that the doctors at the Alpha Spine Center take the time to explain what they are doing, what the problem is, etc. They are very knowledgeable and kind, and make eye contact. They are good teachers and good listeners. I am grateful to have much less pain and a smaller likelihood of injury now.

I give the Alpha Spine Center permission to use this information in informing others.

I FEEL 10 YEARS YOUNGER

November 20th. 2011



Enjoying Life Again

By Kristi Gardner

Before receiving treatment at Alpha Spine Center, I suffered from frequent headaches for almost 20 years. I also had problems with my right shoulder. I had very limited range of motion and it would seize up at times making me unable to put shirts on over my head. It was quite painful and restricted me from normal activity. Not long before finding Alpha Spine Center, I had started having pain in my right heel and also couldn't straighten my right leg when

lying down. I had tried physical therapy which never relieved my headaches. I was given anti-inflammatory medications and pain relievers. I saw a traditional chiropractor which only provided very temporary relief. I probably spent thousands of dollars by the time I gave up on finding a solution and resorted to just taking pain relievers on a regular basis.

Receiving NUCCA care through Dr. Salminen has been life

changing. I feel 10 years younger. Being pain free has enabled me to enjoy life more. My mood is better, I have more patience with my children, I sleep better. I have better circulation. My hand and feet used to be cold. NUCCA is amazing! It's a very gentle procedure that is a solution not a way to mask symptoms. I highly recommend the Alpha Spine Center.

Kristi Gardner

I give the Alpha Spine Center permission to use this information in informing others.

Pain free!

Patient's Name: Wanda Pohl

For almost two years I tried various treatments for the pain in my left shoulder and arm. Sometimes it just ached and other times I would feel sharp pains. After cortizone injections and physical therapy were not successful I was facing surgery.

I decided to try chiropractic care and heard about Dr. Bryan Salminen from a friend. His evaluations did indicate there was misalignment on my left side. After the first adjustment I got in my car and reached for the seatbelt with no pain in my shoulder and arm. That night I slept "pain free" for the first time in months.

Thank you, Dr. Salminen, for gentle adjustments and relief from pain.

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Signed _____ Signature on file _____ Date ____August 2000____

SUCCESS!!

Print Name Carolyn Teeter Treatment Completed _____

For over 15 years, with increasing discomfort, I have suffered from severe disabling pain in my right shoulder and neck. The problem became so bad I felt numbness and tingling down my right arm and right leg. The pain didn't allow me to move my neck to the right and left as much as I used to. Exercise is a big part of my life. The pain was so intense that I would literally cry on my runs and I couldn't even do aerobics.

I have tried it all: several orthopedic doctors, pain killers, and traditional chiropractic and nothing helped. I have spent about \$10,000 on trying to figure out the problem.

I had given up hope for feeling normal again until Dr. Bird and the Bane family told me about Dr. Salminen and the NUCCA procedure. Dr. Salminen was very thorough, he gave me a complete plan with what to expect during the care, time commitment, healing expectations, and financial commitment.

I can now run without pain (A MIRACLE!). I never thought that would be the case again. I am now doing aerobics again and will be completing an Aerobics Instructor Training Course in two weeks. I do not have any numbness in my arm, hand, leg or foot anymore (Another MIRACLE!) Now I can lift my arms in the shower, pick up my children, and do my daily activities with NO PAIN! Unexpectedly, I am more relaxed, I can sleep better, and I feel that my internal organs are working better because my weight is distributed equally.

Now my whole family has been checked for a spinal misalignment by Dr. Salminen. Thank you Dr. Salminen.

I hereby give my permission to publish my success story in whole or to summarize its contents in any of the publications of Dr. Bryan J. Salminen.

Signature _____ SIGNATURE ON FILE _____ Date _____

It's Worth It!

Patient's Name: James Hopkins

I had sharp pain and stiffness near my shoulder blade on and off for about a year. I saw a conventional chiropractor twice. Those visits did provide temporary relief but the symptoms returned a few months later. After spending about \$200 on the treatments and missing a least 3 days of work this last year I decided I needed a change.

Upon entering Alpha Spine Center I was treated by the staff in a friendly, courteous and professional manner. I enjoyed the fact that when the adjustment was necessary it wasn't painful or uncomfortable. The initial cost is a little high, but will hopefully be offset by the low cost follow up visits and lower frequency of treatment. Prior to being treated here it was painful to sit up for long periods of time and at times even to breath. Exercising was impossible without a great deal of pain. Now, I can do all of those things without much pain at all. One thing I can do better is exercise much more easily and unexpectedly I have been sleeping better. I would definitely recommend at least coming in for a consultation. If

Dr. Salminen can help you it's worth it!

I give the Alpha Spine Center permission to use this information in informing others.

I'm Not Getting Old!!

Patient's Name: Dan McMillan

I have suffered with numbness in my right arm and leg and have had digestive problems for 10-12 years. The doctors I saw only gave me prescription drugs for my stomach and said the numbness was due to "getting old" and there was not much they could do for me. After 1 1/2 years of treatment, I gave up on the numbness and spent lots of money on drugs for reflux.

Since seeing Dr. Salminen, I can eat certain foods with better results. I can type without as much numbness!! I have more flexibility and can drive longer without numbness in my leg. I also have better digestion and feeling in the right side of the body.

The staff was very professional. They were concerned to help and had the willingness to go the extra "mile". I would recommend Dr. Salminen and feel that if he sees the need, he can help!

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Success!

Patient's Name: Trena Hargreaves

I have suffered from shoulder pain and loss of sleep for the past 8 years. I tried taking medication to aid me in sleeping thinking that the problem was anxiety related.

After being treated by Dr. Salminen, I'm just sleeping so much better and I'm not stiff when I wake up! I have no pain in my shoulders and I can move my neck further to the both sides.

I would definitely recommend Dr. Salminen—I trust him enough to bring my children in to get care. The staff at the Alpha Spine Center are very gracious and professional.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

November 28nd, 2011

THE "POINTE" OF NO PAIN



It seems like magic...

By Lyndsey Gray

Hello, my name is Lyndsey. I have been a dancer my entire life and have dealt with on-going injuries throughout my dance career. Two years ago I injured my neck which caused excruciating lower back pain.

After I got injured, I thought I would never be able to dance again or live the active lifestyle that I have been so passionate about my whole life.

I spent wasted time going to numerous doctors who put me on expensive muscle relaxers and pain medications. Each doctor told me there was nothing they could do to help and that I would have to use pain management for the rest of my life. Dance of course, was out of the question they said. They started me on epidural shots and trigger shots, which would only relieve pain for at most a day. I was in so much pain that

everyday life was hard to get through and manage.

When I first came to Alpha Spine Center I didn't have any expectations since everything else I tried was a dead-end. The moment I walked in the door I was welcomed with a staff that was friendly, warm, and caring. They made sure that all of my questions were answered every step of the way.

After starting my treatment with Dr. Salminen I was amazed about how something so gentle could make such a difference for my life. The gentlest touch made the pain go away, while the most invasive procedures did nothing for me. It seemed like magic....

While receiving the treatment from Alpha Spine Center I have been able to live a pain free life and slowly re-gain my passion of an active lifestyle.

Dr. Salminen and the staff were not only helpful, but also encouraging and motivational. All of them together truly got me to see the light at the end of the dark tunnel of my pain. All aspects of life seemed more manageable and I got my positive and optimistic view of life back. I am so grateful for all they have done for me and the difference they have made for so many in pain.

Recently, I was able to take my first dance class since the initial injury and left with a smile.

I give the Alpha Spine Center permission to use this information in informing others.

BREATH OF FRESH AIR

November 22nd, 2011



Exercising Again Pain Free

By Charisse Hayes

My name is Charisse Hayes and I have been living in pain for nine years until I sought help from Dr. Salminen and the Alpha Spine Center. The pain consisted of dizziness, constant neck pain, ringing in the ears, fatigue, and nausea. I have spent thousands of dollars on medications and have seen an infinite number of doctors who couldn't give me any answers. It was such a problem that I had to go on disability.

The moment I walked into the Alpha Spine Center it was like a breath of fresh air. The

Doctor and staff were all so caring and helpful, which gave me hope. From the very first treatment I began feeling better. Dr. Salminen and the staff made sure I was fully educated on why I was suffering so I could truly understand what was going on with my body.

After being treated for quite some time, I now wake up every morning feeling good. I can do all my house work without any pain. Most importantly I can drive without fear of the terrible dizziness that I felt constantly before. I can finally say that my life has returned to a normal state. I was truly given a gift from Dr.

Salminen and the Alpha Spine Center. I was given the gift of being able to feel better all over and to regain a normal lifestyle. I can confidently say that I feel no dizziness, depression, and pain anymore. Doctor Salminen gave me my life back and I can't thank him enough.

Charisse Hayes

No Bone Crunching!

Patient's Name: Cumby Hammock-Cobb

For 4 years I have suffered from left sided shoulder and neck pain ever since my car accident. The problem has progressed to where pain radiates down my arm into my fingers. There is numbness there as well. My low back hurts with pain in my tailbone.

During the 4 years I had gone to a traditional chiropractic where they pop your neck, but that did not help. I hated the crunching of my bones! I also went to a massage therapist, but the problem still persisted. My problem has cost over \$5,000 before seeing Dr. Salminen.

Dr. Salminen has an honest approach, which I like. The NUCCA procedure is gentle and there is NO BONE CRUNCHING like traditional chiropractors.

After Dr. Salminen did the first correction my shoulder and neck pain instantly started going away. Now I don't have the pain there anymore. My outlook on my daily life and activities has much improved! I sleep better. I'm more relaxed, happier, and I'm not struggling with pain—as a result I smile more.

I am a testimony as to the change and difference the NUCCA procedure can make in someone's whole life. I have shared my experience here with several people and encourage them to at least get their spines checked for a misalignment. It is my pleasure to recommend Dr. Salminen and the Alpha Spine Center for your healthcare needs.

I give the Alpha Spine Center permission to use this information in informing others.

Balanced since August 2001

Unexpected Changes!

Patient's Name: Tracey Alderman

I have suffered from neck pain and an irregular/absent menstrual period for 12 years. In the last year, I started getting headaches and having low back pain. I have seen other chiropractors for my neck and low back pain, as well as my headaches. It helped temporarily, but sometimes felt even worse. I saw a gynecologist for my irregular cycle and was put on birth control pills (to produce a regular cycle) 8 years ago. Over the last 8 years, I have spent approximately \$6,000—without positive results.

After being treated by Dr. Salminen, I am able to stretch, work without low back pain, and look over my shoulder without neck pain. I can EXERCISE!!! I am sitting with better posture and can stand for long periods of time. Unexpectedly, I had my first regular menstrual period without pills last month, and 28 days later I had my second period in a row—this has never happened!!!

Dr. Salminen is a very gifted chiropractor and is successful at getting results. From the very beginning of my care, I felt that I would be taken care of with completeness and integrity. Dr. Salminen cares about the results of each individual patient that he treats.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

I CAN WORK AGAIN!

Patient's Name: Stephen Patterson

Hello, my name is Stephen Patterson. When I came to Dr. Salminen I was suffering with recurring pains in my neck, middle back and lower back, with numbness down my left leg almost every time I exerted myself. As a contractor, I would exert myself and then be out of commission for the rest of the day and most of the next day. I had been suffering like this for approximately 15 years.

Now I can exert myself and not worry about being in pain for days afterward. I also experienced an unexpected result, I'm more regular. As a person who has always avoided almost any type of health care, I was skeptical and unsure of Dr. Salminen's non-traditional approach to chiropractic care, through a most polite staff, and a very effective and might I add short-term schedule of adjustments, it was clear to me that NUCCA care provided me exactly what my body needed for the "expression of optimal health"

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Care and correction!

Patient's Name: Stephanie Phillips

I have suffered from pain in my joints, especially my right side, since the Fall of 2001 and it became severe in January 2002. I experienced flu-like symptoms and a pinched nerve in my neck that caused my arm to go numb; fatigue made it difficult for me to walk and more around for very long during the day.

I sought help through the medical field and was put on prescription ibuprofen, arthritis medication and the doctors ran blood tests. I was told I probably had a "virus" but they were not sure. Five hundred dollars later, they still weren't able to pinpoint my problem and told me they could only treat my symptoms— but their treatment didn't help. I also missed 2 weeks of work.

After being treated by Dr. Salminen, I have more energy and I don't experience the pain I used to. I am now able to run! I have also been able to start a Yoga program. Unexpectedly, I'm not as clumsy as I used to be. I literally used to feel like I was constantly tripping or bumping into things—not any more!

With Dr. Salminen, I wasn't promised a "cure" but promised to be evaluated for care and correction of spinal imbalance—which I felt was honest. Dr. Salminen and staff are careful to explain the treatment to help the patient heal themselves. I would recommend him to anyone who is willing to open themselves to the possibilities of helping the body heal itself.

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Success!

Patient's Name: Kalee Simmons

I have suffered from neck, shoulder, and low back pain since I was a kid and have been under the care of a full spine chiropractor since I was 4 years old. My parents spent hundreds of dollars for that care, and I never really improved. When I first came to see Dr. Salminen, I couldn't turn my head to the right and I had a lot of stiffness in my hips and low back.

From the very first day, Dr. Salminen showed genuine concern for my health and really wanted to help me.

After being under Dr. Salminen's care and following his recommendations (like not sleeping on my stomach) I can now turn my head both ways and my low back feels great. Unexpectedly, I don't have headaches anymore, which used to be almost a daily occurrence!

I highly recommend Dr. Salminen and NUCCA care to all my friends and family.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Life Changing!

Patient's Name: Martha Jeane Giglio

I have suffered for most of my adult life with tremendous neck and back pain. It had gotten so bad that I could not even turn my head without causing severe pain. After years pain and frustration, I came to Alpha Spine Center to see Dr. Salminen.

He has helped me by not only adjusting my spine, but has also given me life-changing ways to treat different physical aspects of my body. The benefits of coming to Alpha Spine Center were not only the relief I am experiencing from having my neck 'fixed', but the caring attitude I received from all the Doctors and staff, they treated me like a million bucks.

It is no longer painful to turn my head from side to side and I can even stand and sit longer and straighter than I have been able to in a long time. I am sleeping better using the pillow recommended and have an overall feeling of less stress and frustration because I have so much less neck and back pain.

I truly believe that if a person has any problems at all that could be related to the function of the spine, the only answer is a visit to the Alpha Spine Center.

I give the Alpha Spine Center permission to use this information in informing others.

Found the source of the problem!

Patient's Name: Lynn Coleman

I have suffered from tightness in my neck and shoulders that periodically led to migraines for about 10 years. I also had Plantar fascitis (pain in the arch and heel of the foot) for about 6 months. I saw an internist for my neck and migraines, however I couldn't take medications because of my high blood pressure. I also sought help through routine massages, but they only gave temporary relief. An orthopedic doctor gave me a night splint for my foot, as well as nightly exercises; they helped very little. I spent about \$600 yearly in massage and missed work because of migraines. My foot care cost me about \$250 and it limited my daily activities significantly.

After being under NUCCA care, I am able to work daily without having to collapse into bed at the end of the day. I've only had 2 migraines, and they've been less severe and shorter in duration. I'm able to enjoy everything more due to less heel pain. I am also more relaxed and have better posture.

Dr. Salminen gave me excellent care. I liked that NUCCA deals with the source of the problem, rather than being focused on symptoms. I appreciated his detailed explanation throughout my treatment. All of the staff at the Alpha Spine Center are interested in your progress, kind, and professional.

I give the Alpha Spine Center permission to use this information in informing others.

Success!

Patient's Name: Angela Marnette Maginas (Pg 1 of 2)

This is the last time I'll bother you, I just have something on my heart to share. Around age 5 I was under a trampoline in the back yard of my old home in Booth Crossing, Kennesaw, GA when my big brother (whom now is 6'4", almost 300 lbs.) jumped really high and I'll never forget the sound when he landed. Crick-Click-crick. I thought I had died, I was shocked at the disappointment in not being able to move my neck at all. I walked up stairs as carefully as I could and burst in tears at the first sight of my mother. She rushed me to some doctor and every event after that is blurry. As I grew older I became hard core into sports and although at times I had excruciating neck and back pains, I only thought it was normal. I never even knew the word chiropractor until my middle school years because my mom was afraid to take me. As I looked in the mirror, each day my shoulders got more uneven and my pain got worse as each day progressed. I knew something was wrong. Within about 4 years, going to about 5 different chiropractors, the words "What you have is not normal" discouraged me from hope. Sophomore year I found that my neck, back, and health were the center of my prayer request. I would cry at night because the excruciating pain interfered with my happiness. Sometimes, I would wish that I didn't have to live anymore if this is going to be "normal." I am a walking health bill. I have been to the doctor's for Gastroenteritis, Hypoglycemia, A.D.D. and the list goes on. The first time I stepped in Dr. Salminen's office I was so miserable, and it showed. Not only did I cry but I couldn't even smile at the start of my care. My first adjustment I thought was a joke and was ready to give it up then and there. But something kept me going. Every now and then I would get a mysterious pain but as the weeks progressed, I realized that I was getting there. I was getting better! As of October 28th, I have had the most energy and excitement I have had in literally four weeks. I couldn't stop laughing. It was just as Dr. Salminen had said, I had a burst of energy but I would still have to refrain from exercise. I hated that rule so

Success!

Patient's Name: Angela Marnette Maginas (Pg 2 of 2)

Even if you have had a bad day, going to the spinal care office is uplifting and peaceful because of the Christian music and the soothing sounds constantly playing. I know for a fact that Dr. Salminen isn't doing this for the recognition or the money. It is evident that he is doing this practice because he cares about every patient he has, as if they were his own family. Now I realize that we are.
We are all brothers and sisters in Christ.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Care and correction!

Patient's Name: Stephanie Phillips

I have suffered from pain in my joints, especially my right side, since the Fall of 2001 and it became severe in January 2002. I experienced flu-like symptoms and a pinched nerve in my neck that caused my arm to go numb; fatigue made it difficult for me to walk and more around for very long during the day.

I sought help through the medical field and was put on prescription ibuprofen, arthritis medication and the doctors ran blood tests. I was told I probably had a "virus" but they were not sure. Five hundred dollars later, they still weren't able to pinpoint my problem and told me they could only treat my symptoms— but their treatment didn't help. I also missed 2 weeks of work.

After being treated by Dr. Salminen, I have more energy and I don't experience the pain I used to. I am now able to run! I have also been able to start a Yoga program. Unexpectedly, I'm not as clumsy as I used to be. I literally used to feel like I was constantly tripping or bumping into things—not any more!

With Dr. Salminen, I wasn't promised a "cure" but promised to be evaluated for care and correction of spinal imbalance—which I felt was honest. Dr. Salminen and staff are careful to explain the treatment to help the patient heal themselves. I would recommend him to anyone who is willing to open themselves to the possibilities of helping the body heal itself.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Worth the Drive!!!

Patient's Name: Sam Moss

Hello my name is Sam Moss. I came to Dr. Salminen with chronic neck and back pain. My joints and muscles were also stiff. I had suffered with this for 4 years. I constantly took Aleve and OTC drugs. They only helped temporarily if at all.

The staff always greeted me with a smile and they are always pleasant. I would say the only thing that has been difficult for me is the long drive from Cartersville. But it was definitely worth the drive.

I am so happy now and feel 50 times better! I wake up now without the overwhelming urge to pop my neck and back. I sit and stand up straight now and my energy level has increased dramatically. I can pretty much do everything better than I did before. There are also a couple things that I did not expect to benefit through care and that is my increased immune function and my anxiety level has decreased a good bit.

Dr. Salminen is not a conventional chiropractor. You can't feel a thing when he adjusts. Best of all no pain. The best thing about his practice is the fact that the treatment teaches your body to hold the adjustment. This beats going to appointments every two weeks forever.

Instead of masking or temporarily correcting problem, Dr. Salminen fixes the root of the problem and then helps maintain the results.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since April 2003

Feeling 15 years younger!

Patient's Name: Marsha Williams

I have suffered with neck and low back pain and also numbness in arms and legs for 5 years. It had been getting worse as time went on. The general practitioner said it was due to age and stress.

Since seeing Dr. Salminen, I can keep up with family and friends. I am sleeping better. I am able to complete a task in a shorter period of time, which gives me time to rest. I feel 15 years younger! I am able to move around better than I have in years. Now I can walk and do activities that I was limited in doing before. I can breath better and go upstairs. Unexpectedly, I am sleeping better, have more patience and am not as stressed.

The staff is wonderful. I feel comfortable with everyone. Everyone is concerned and caring. NUCCA adjustments are very gentle—not pulling and tugging or popping.

I give the Alpha Spine Center permission to use this information in informing others.

Signed _____ Signature on file _____ Date _____

Turn my head without pain!

Patient's Name: Susan Deriso

I have suffered from severe neck stiffness with a great deal of pain including headaches for about 2 years. I haven't been treated for my neck specifically, however I am under the care of a Rheumatologist for arthritis—but anti-inflammatory drugs do not help.

After being treated by Dr. Salminen, I now sleep much better. I can perform daily activities, such as housework and social activities without constant neck pain and terrific headaches. I can do everything better, specifically driving! I can actually turn my head without pain. I am a much more patient person due to less stress caused by constant pain. I am much more active and have more energy.

I would definitely recommend Dr. Salminen; he has genuine concern for his patients and has certainly added quality to my daily life. The staff at the Alpha Spine Center are always courteous and pleasant.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

100% Better!

Patient's Name: Kelly Winn

My first experience with chiropractic was not such a good one. I started out as a patient for students which fortunately ended just about as fast as it began. Seven years ago, I experienced severe trauma to my head, neck, and body in a very serious car accident. I lived day to day with pain in my neck and back and I just assumed that I would just have to live and deal with it.

I was referred to Dr. Salminen by his sister-in-law who seemed to swear he was the best. I thought I would give it a shot and here I am. The first visit proved to myself that I was severely "crooked", and Dr. Salminen said he could fix me. After I had my first adjustment I was a little sore for the following days, but after the soreness went away I was beginning to notice an evenness throughout my body. After only a couple of adjustments I was starting to hold and by this time my body was feeling 100% better. I am a very active person doing horseback riding and mountain biking on a daily basis. I am now down to coming every three weeks and I feel much relief while in my daily activities. I am as big of a skeptic as they come but I will swear by the NUCCA method and Dr. Salminen's talent that there is relief and correction.

I give the Alpha Spine Center permission to use this information in informing others.

Back to normal!

Patient's Name: Doris Peters

Dear Dr. Salminen,

I just have to write and tell you how well I'm doing. As you know I had a neck injury from a car accident many years ago and was not able to live without pain. Various types of treatments had not helped much.

Your treatment has made a turn around in my life as I am happy to say my situation has improved considerably. In fact, turning my head while driving my car is back to normal.

Thank you for you help. It amazes me how many people I talk to who have back and neck problems. I'm glad I picked up some of your business cards as I'm able to pass them on.

Thank you again.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

No more spasms!

Patient's Name: Chelle Whitney

I have lived with neck and shoulder tightness/tension for 20 years. I also have a cheerleading injury to my right hamstring that has started causing problems in the last 2 years. I have tried traditional chiropractic (18 years) and massage therapy (4 years) with little or no relief of pain.

After being treated by Dr. Salminen, I am able to drive without spasms in my hamstring and I am able to get a full night's rest. In addition, I have found that I am able to manage the stress in my everyday life without feeling overwhelmed.

I have appreciated the extra attention that Dr. Salminen and his staff have taught me about caring for myself.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since April 2003

SUCCESS!!

Print Name Carol Lopez

For over 20+ years, I have suffered from severe exhaustion, muscle spasms in my neck, headaches, confusion, hopelessness, and just wanting to die. I was in so much pain that I was nearly bedridden.

I've been to Orthopedic medical doctors which made the problem worse. I can't even tell you how much time and money I spent on this problem, not to mention not being able to work.

The thing I like about NUCCA care is that it is painless, non-invasive, and no drugs!

After Dr. Salminen adjusted me, I can now function, live life, move around, sleep and I have a wonderful hope for the future! Unexpectedly I can move my head and neck much better.

I recommend that you let go of all known medical knowledge and listen about the function of the neck that regulates your whole body. This treatment gave me instant results; and it could do it for you too, no matter what shape your in.

I hereby give my permission to publish my success story in whole or to summarize its contents in any of the publications of Dr. Bryan J. Salminen.

Balanced since December 17, 2001

Life Changing Experience!

Patient's Name: Bryan Hawn

Hi, my name is Bryan Hawn and I came to see Dr. Salminen because my posture was awful! My neck did not turn properly and my breathing was cut short. It seems I've always had poor posture. I had been to 3 chiropractors in the past, in fact ever since I was little. It was only temporary relief. It only treated the symptom, and didn't solve the problem.

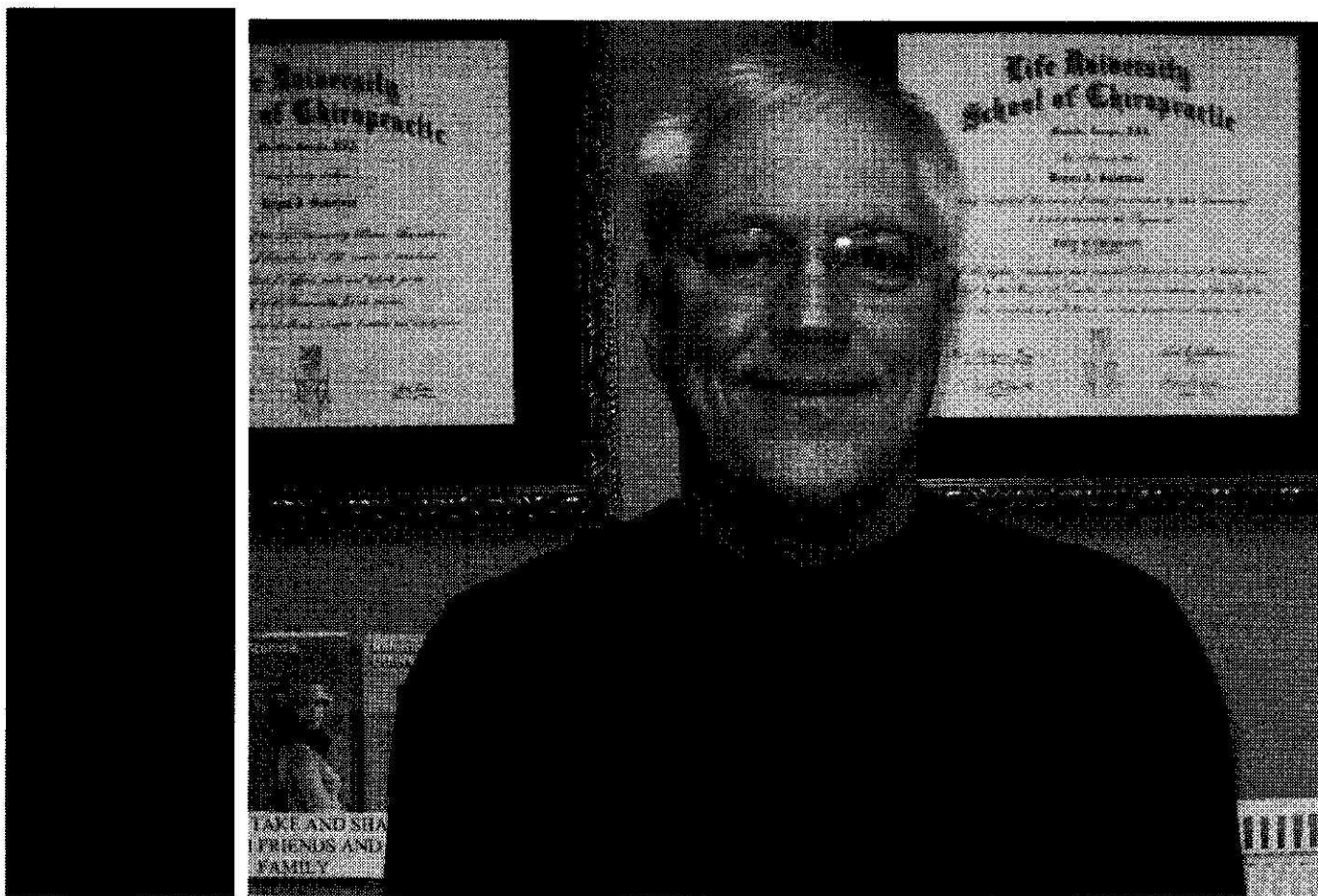
Since Dr. Salminen has been treating me, I find that I'm actually getting compliments on my posture AND I'm breathing better. The staff truly care about their patients, and find joy in seeing their patients heal. I haven't talked to anybody who is a patient at Alpha Spine Center that hasn't had incredible results. Nobody cares about you more than Dr. Salminen. Going through his chiropractic treatment is a life changing experience on many different levels.

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

Balanced since March 2003

FINALLY RELIEF

September 17th, 2010



Exercising Again Pain Free

By Mike Behm

After six years of back pain and six months of frustrating neck problems I was eagerly seeking relief. Before I found Dr. Salminen, I was taking a lot of advil and had many unsuccessful trips to regular chiropractors. My head was drooping and I had lower-back and neck pain. I finally was informed of the Alpha Spine Center and I found

immediate comfort. I was welcomed by a concerned staff that was very courteous and professional. Not only is my neck and back pain gone, but I can actually touch my toes! I haven't been able to do that in years. I also resumed jogging, general exercise, and tennis. I have been losing weight because I can exercise pain-free. I would absolutely recommend Dr.

Salminen at the Alpha Spine Center!

Mike Behm

I give the Alpha Spine Center permission to use this information in informing others.

Sleeping without snoring!

Patient's Name: Kayla Pierce

Kayla was suffering from sleep apnea, severe snoring and had dark circles under her eyes since she was 2^{1/2} years old (she is now 8 years old). In that time she had her tonsils removed and the next step was to have her adenoids taken out. She now sleeps without snoring and is more rested when she wakes up. The circles under her eyes have completely disappeared and she is concentrating much better in her schoolwork.

The staff is wonderful and so friendly. They do whatever they can to work with my schedule. The NUCCA method is great because it is gentle. I felt comfortable having the doctors work with my daughter, they weren't twisting and popping her neck. I am so thankful that my daughter does not have to go through another surgery since she is sleeping better and doing better in school.

I give the Alpharetta Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

No more migraines!

Patient's Name: Van Norton

Hi, my name is Van and I was diagnosed with classic migraine headaches at the age of 6 (I'm 12 now!). I was getting headaches 3-4 times a month which limited the amount of time I could spend with my friends, and also the types of activities I could do. My pediatrician referred me to a child neurologist, where I had scans done to make sure that there weren't any other problems besides the headaches—and there weren't. This past year, I was taking more and more medication, but the headaches just weren't going away. We spent hundreds of dollars and many days trying to control the migraines, but we were really only treating them, not preventing them. I missed many days from school, as well as, many fun activities because of the migraines.

I ***haven't had a migraine*** since I began my treatment with Dr. Salminen over month ago. Now, I can stay up later (I used to be on a *very rigid* sleeping schedule) and spend the night at a friends house. I can do many more fun activities because I'm not always worried about getting a headache. Also, my parents let me do more now with my friends.

I really like the way I'm treated at the Alpha Spine Center. They interact with me, not just my mom. I was really nervous the first time I came to the office, but the staff put me at ease and made me comfortable. Dr. Salminen didn't promise that he could help me, but I haven't had a headache yet!

I give the Alpha Spine Center and Dr. Bryan J. Salminen permission to use this information in informing others.

I'm not a pin cushion anymore!!!

Patient's Name: Blair Cash

I have suffered from a weakened immune system since I was 12 years old (about 6 years) and have been extremely susceptible to illnesses. I have seen two pulmonologists, two infectious disease doctors, two allergy specialists, been on numerous medications including steroid inhalants, and had nasal surgery when I was 15 years old. None of these had lasting effects. Also, I've had IV treatments for my immune system once every month for a year now. I've missed about 200 days of school in the past 4 years and we've spent thousands of dollars on treatments.

Since being under Dr. Salminen's care, I am now only having IV treatments once every three months—I'm not a pin cushion anymore and it feels great!!! I can exercise freely and do the things that a teenager should be able to do—things I wasn't able to do before NUCCA treatment. Surprisingly, I'm not as tired as I used to be either.

The care I received at the Alpha Spine Center was very personalized. Dr. Salminen has helped me to lead the healthy, normal life that I've always wanted.

I give the Alpha Spine Center permission to use this information in informing others.

Balanced since October 2003

Parents at ease!

Patient's Name: Josephine Hoffman, 9 months old

Josephine's hand and feet remained purple and cold since her birth. Pediatricians said she might have poor circulation because she was a c-section baby, and that she would eventually grow out of it. She was having monthly, routine medical doctor visits because she was an infant. Her dad and I spent time each day massaging her hands and feet to get the color back to normal.

After one adjustment from Dr. Salminen, Josephine's feet were warm!

She has been holding her adjustment for 4 months now, and her hands and feet are still warm, which has put her dad and me at ease.

Dr. Salminen makes Josephine feel comfortable and she has never been upset when being checked or adjusted. Unexpectedly, she has been sleeping better and been less irritable.

I would absolutely recommend the Alpha Spine Center!

I give the Alpha Spine Center permission to use this information in informing others.

No more earaches!

Patient's Name: Marissa Bane

My name is Marissa Bane and I am 9 years old. At 4 months old, I was diagnosed with Torticollis. For 9 years I suffered from headaches, neck pain and dizziness. Before seeing Dr. Salminen, I had had over 30 earaches. My parents spent thousands of dollars trying to get me help, but it only made my problems worse.

After my Mom referred me to Dr. Salminen, I began feeling much better. I no longer suffer from headaches. I have had no earaches and now I can swim and run. I have also been sleeping much better too.

Dr. Salminen and his staff treated me GREAT! I would recommend his help to others.

Balanced since January 2003

I give the Alpharetta Spine Center permission to use this information in informing others.

Sign_____Signature on file_____Date_____



Back on Track!

Patient's Name: Cindy McLaughlin

For the past few months, I have never felt better thanks to Dr. Salminen. I started getting sick in March 2001. Almost every day in school, I would start to feel sick during my last class of the day. I was to the point that I was vomiting and getting so dizzy that I couldn't even do my work in school. Once in a while I had to have someone drive me home from school because I was too dizzy to drive.

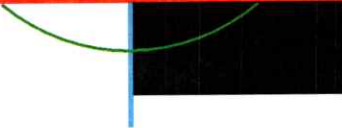
Teachers and students thought something was wrong with me because I had missed so many days of school. My family was even worried about how I was going to keep up my grades with so many absences from school. I had gone to all the doctors that we knew, but all they could do was prescribe antibiotics which shadowed my pain, but never really solved my problem.

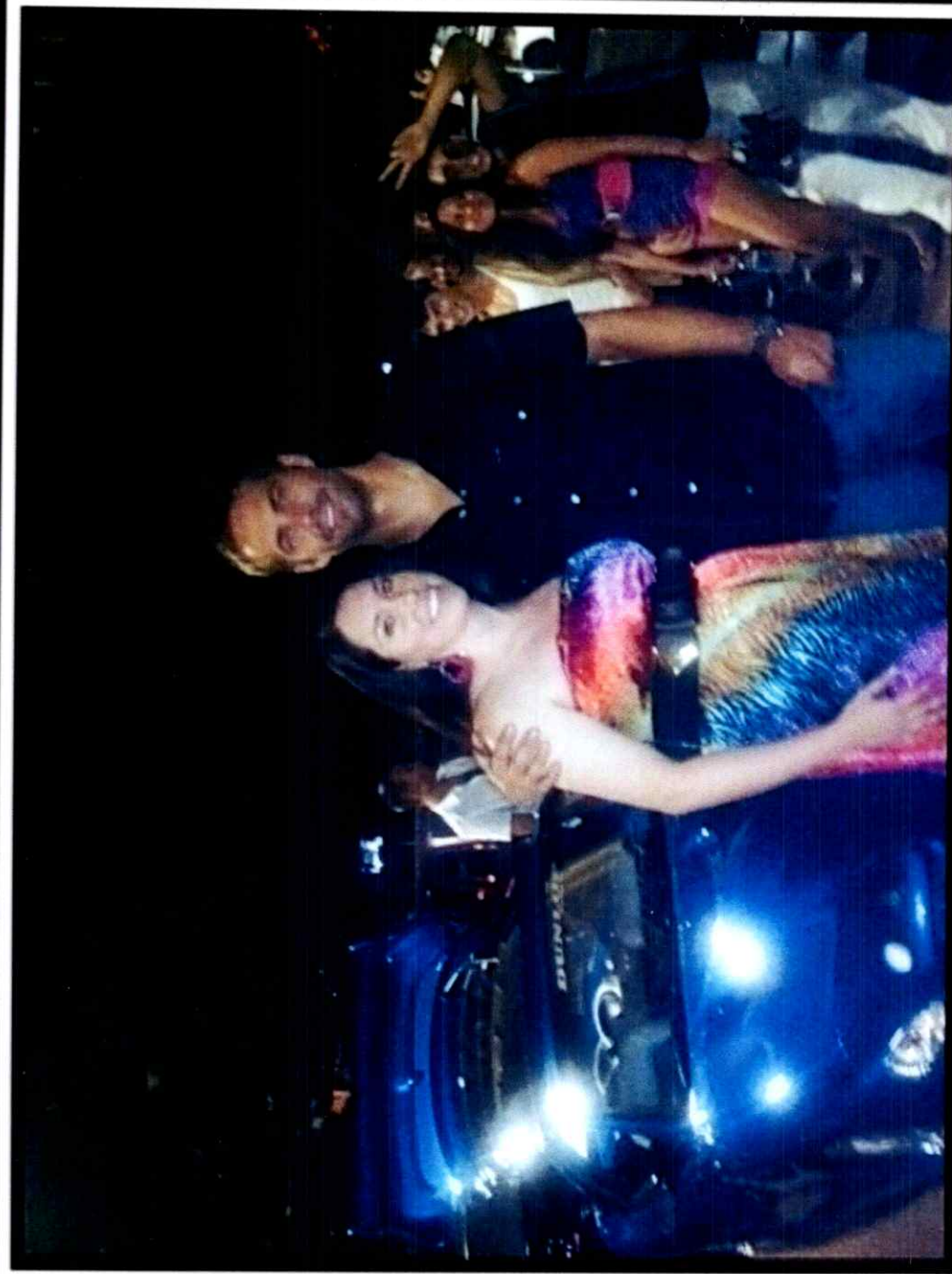
We were to the point of giving up until Dr. Salminen came into my mother's work. The first time I met Dr. Salminen, he saw me on one of my worst days. I was so sick that day in his office that I spent more time in the bathroom than anything else.

He showed my mother and I just how off my neck alignment was and asked if there had been any type of accident or injury lately. I had been in a rear-end car accident one year before and had many experiences getting hurt while playing basketball. He told us that all I would need was to gradually be adjusted back into place and over a short time, then I would start seeing and feeling a difference.

If it wasn't for all that he has done for me, I would not be able to enjoy the things I love to do. I really have seen and felt a major improvement and just want to thank Dr. Salminen for all he has done for me. He is one of the most caring people I know and I would highly recommend Dr. Salminen. Not enough words can thank you for all that you've done for me.

I give the Alpha Spine Center permission to use this information in informing others.





FAST AND FURIOUS 5

PAUL WALKER & CINDY MCLAUGHLIN

"TRUE BLUE"

Dr. Salim
Thank you
for all you
have done
for me.
I for
have
made it
possible
to
live a
happy
life.