



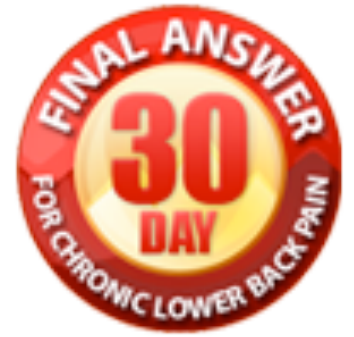
## **DR. JOSEPH BOWLES**

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### **Brief Bio:**

For over 30 years, Dr. Joseph Bowles has dedicated himself to helping those with chronic pain. He is known as an innovator always seeking answers for the puzzling questions surrounding pain. Seeing the prevalence of chronic lower back pain rise in America during the past two decades, he has redirected his efforts toward eliminating the "ignored" cause of chronic lower back pain. As a result, he challenges the prevailing thought and treatment methods used by chiropractors, physical therapists, medical doctors and acupuncturists to help those with one of humankind's most common and debilitating disorders.

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### **Some Sample Interview Questions:**

1. Are there different types of lower back pain?
  2. Why do you challenge the use of drugs, surgery, spinal adjustments and the like for the treatment of chronic lower back pain?
  3. What is the magnitude of the chronic lower back pain problem in America?
  4. What has caused the increase of so many more cases of chronic, lower back pain?
  5. If someone has a herniated disc will they always have some degree of lower back pain?
  6. What type of methods do you suggest for treatment?
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## Extended Bio:

For over 30 years as a chiropractic physician, chiropractic college faculty member and post-graduate lecturer, Dr. Joseph Bowles has maintained a reputation for advancing new ideas and methods of patient care. His daily practice motto was “if I can’t help you...I’ll find someone who can.”

In practice, he always sought to do the most conservative thing for someone’s pain first and then recommend more aggressive methods if satisfactory results were not achieved. Some methods for relief that he used include: spinal adjustments, acupuncture, physical therapy, nutrition, rehabilitative exercise and massage. As a last resort, he would refer people to other physicians for surgical procedures, injections and medications.

Dr. Bowles entered the academic realm after 20 years of private practice and was an associate professor for clinical studies at his alma mater, Cleveland Chiropractic College - Kansas City. During his stay at Cleveland College, he was granted the ‘Doctor of the Year’ award from Clinical Biomechanics of Posture (CBP®).

CBP is a prestigious spinal research and treatment development organization that has published over 100 articles in the peer-reviewed medical literature. He received the award for his pioneering academic efforts in improving the understanding and application of innovative methods of spinal diagnosis and treatment.

From his earliest days of practice, he formed multiple referral relationships with other doctors and therapists to aid people from all walks of life. Similar to virtually all chronic pain doctors and therapists, he felt that once underlying organic disease (cancer, for instance) was ruled out as the source of pain, the common primary causes of lower-back pain were herniated disc, arthritis, spinal misalignment, muscle weaknesses, and being overweight. However in 2007, he discovered a new realm of thinking that completely changed his outlook.

He was introduced to the idea that stress and tension could be frequently overlooked causes of lower-back pain and other chronic pain problems. To see if this new idea was valid, he skeptically embarked on a search of writings published on the subject in medical journals and texts.

Now a converted skeptic, he has endeavored to fill in many of the blanks of applying mind/body techniques. “The 30-Day Final Answer for Chronic, Lower Back Pain” is the end result of his research and study. Dr. B., as his friends and patients call him, feels that his greatest accomplishment is hearing someone say, “I’m feeling much better. Thank you.”

This book and his other materials are offered as hope and relief after other methods have fallen short or failed. Chronic lower-back pain is one of the most common and debilitating disorders on earth.

Millions of Americans and people worldwide still have pain in spite of doing everything they could to bring an end to this life-altering condition. Dr. Bowles seeks to come to the aid of these people by spreading the good news of reducing 'unresolved' stress to eliminate chronic, lower-back pain.

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