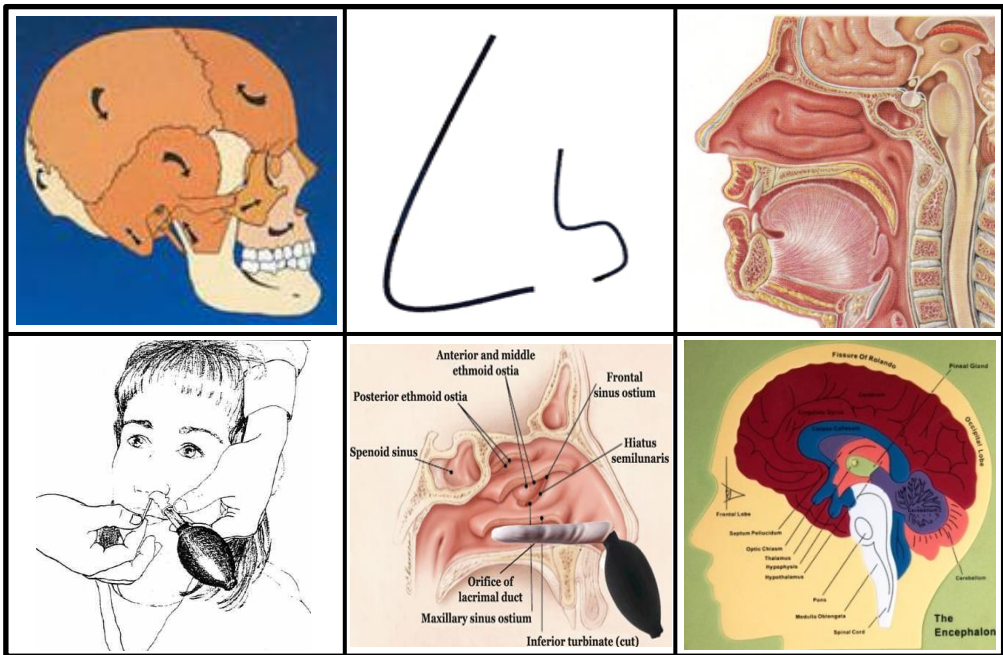


A Consumer Awareness Guide To

**TESTIMONIALS AND EXPLANATION OF THE BILATERAL NASAL SPECIFIC TREATMENT FOR CHRONIC SINUSITIS, CHRONIC MIGRAINES, CONCUSSIONS, TRAUMATIC BRAIN INJURY, POST-TRAUMATIC STRESS DISORDER, HEARING LOSS, VERTIGO, CONGNITIVE DISORDERS AND MORE...**

*"If a disease were killing our children in the proportions that brain injuries are, people would be outraged and demand that this killer be stopped."*

*- Former Surgeon General Everett Koop, MD*



**Dr. George Siegfried, D.C.  
Chiropractic Physician  
Since 1983**

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# DOCTOR TESTIMONIALS

## Doctors Referring for the Nasal Specific Treatment

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### Bilateral Nasal Specific Technique

*Dr. George Siegfried has been a great influence for me in the field of advanced **cranial adjusting**. He was my mentor in the early 1980's, teaching me the **Bilateral Nasal Specific technique** that was passed down to him during his work with Dr. Richard Stober. I believe Dr. Siegfried is the current source of the essential lineage teaching of the **BNS technique of cranial adjusting**.*

**Dr. David Schanaker, D.C.**  
**Chiropractic Physician**

---

### TMJ, Tension Headaches, Sinus Problems, Ear Disorders

*I find it hard to believe, but when it comes to clinical practice, by definition I am now an old timer. Having practiced since the early 1980's I have had the privilege of seeing many patients with a broad spectrum of problems and complaints. I have also had the privilege of meeting and working with clinicians who have developed and mastered skill sets that complement the techniques that I have learned. There is a great advantage to referring a patient for specialty treatment. It typically improves their recovery time, and it also tells the patient you truly care about their well-being. One of the most profound and advanced manual medicine procedures is the **BNS, Bilateral Nasal Specific**. For a patient suffering from an assortment of problems ranging from **TMJ, migraines, tension headaches, sinus problems** and even **ear disorders**, **BNS** can be incredibly effective. One of the pioneers of this technique was Dr. Stober, who was an old timer when I was at W.S.C.C. He demonstrated and taught **BNS**. Regrettably Dr. Stober passed away several years ago. Fortunately for us, one of his students has continued on the tradition and legacy of Dr. Stober's work.*

*Dr. George Siegfried is a master of **BNS**. His successful treatment of difficult head pain cases greatly compliments all aspects of chiropractic and other forms of body work. If you have a whiplash or concussion case that you feel may benefit from additional clinical expertise, or a patient with head pain that is not responding as you would like; I strongly believe your patient will come back and thank you for it.*

**Dorian Quinn D.C., LAC**  
**Chiropractic Physician, Clinic Director**  
**Priority Health Group/Portland Oregon**  
**Licensed Acupuncturist**

## Chronic Sinusitis After Head Injury

*Dr. Siegfried studied with Dr. J.R. Stober, D.C., N.D., one of the pioneers of the **Bilateral Nasal Specific**, for many years. He has the best technique of anyone I have found and is the only person I trust with my head. I have suffered with **chronic sinusitis** after a head injury years ago.*

**Dr. Rod Jackson, D.C.**  
**Chiropractic Physician**  
**503-842-6532**

---

## Horrible Headaches

*Years ago, when my son was a child and had an appointment with Dr. Siegfried for a **nasal specific**, a friend came to me and told me that he was having one of the **horrible headaches** that he had been experiencing for years. I talked him into taking my son's appointment that day and later he told me of his experience. He said that when Dr. Siegfried did the procedure he remembered in that moment an incident when he was a younger man of being "**knocked out**" as literally a drunken sailor. He felt the bone of his cheek move and the headache was gone immediately. To say he was delighted is an understatement! I have referred many over the years to Dr. Siegfried because, in my opinion, he is the best one I know for this specialized work.*

**Dr. Richard Sprauer, D.C.**  
**Chiropractic Physician**

---

## Chronic Sinusitis, Earaches, Vertigo, Auditory, Ocular, Head and Facial Disorders

*Having been in practice for 24 years, I, like any experienced Chiropractor, see a vast number of unique and varied cases and conditions. And I have a list of professionals and specialists to whom I refer patients for care outside my scope or expertise.*

*When a patient presents with **chronic sinusitis, earaches, vertigo, auditory or ocular problems, head injury, facial or upper airway problems**, and this*

*patient does not readily respond to spinal care, I discuss the possibility of **intracranial motion** or **alignment abnormalities**. And thus the possibility of the need for a **Bilateral Nasal Specific**.*

*For this, I consider one and only one practitioner as the single most capable, skilled individual to administer this remarkable procedure. For the last decade I have referred all patients needing a Nasal Specific to Dr. Siegfried, for his experience, effectiveness, knowledge and professionalism. The response that patients give is typically nothing short of astonishment, in both the procedure itself and the results.*

*Thank you, Dr. Siegfried, for being a valuable resource!*

**Dr. Will Harden, DC, Portland, OR**  
**Chiropractic Physician**

---

### **Athletic Improvements: Power Lifting**

*Ever since beginning with the **Nasal Specific adjustments** I have noticed a tremendous difference in my focus with my studies in school, as well as big gains in my lifts. As a competitive power lifter, the goal is to lift the most weight possible in competition. I started with **Nasal Specific adjustments** on 11-24-09 and on 1-4-10; I competed in my first competition since the beginning of treatment. The results of this meet were a personal best in every single lift. I had not broken a record in my squat since August of 2007, and I feel that the **nasal treatments** are a big contributor to my success.*

**Bob McCabe, Osteopathic Medical Student 2/15/10**

---

### **Athletic Improvements: Power Lifting**

*As a competitive power lifter with over 9 years of experience and over 20 powerlifting meets to my name, I am constantly putting my body through an immense amount of physical stress. Powerlifting requires an athlete to be in top condition at all times in order to make progress while avoiding injury. Factors affecting the athlete's strength include flexibility, power, conditioning, nutrition, and proper motor control, but also include a critical, but often underestimated aspect of strength and conditioning: mental focus and preparedness. Since I began experimenting with **BNS's** over 3 years ago,*

*I have been able to train much harder and longer without the central nervous system burnout that a lot of athletes experience in powerlifting. I feel that through **BNS treatment**, I am able to push myself to higher dimensions that other drug-free power lifters will only be able to experience through this treatment. **BNS's** are not only beneficial to individuals with **migraines, tension headaches, or sinus problems**, but can be beneficial to any athlete that is interested in top performance in his/her respective sport.*

**Bob McCabe, Osteopathic Medical Student 6/21/13**

---

### **Chiropractic, Bilateral Nasal Specifics**

*I have been receiving chiropractic treatment and healthcare advice from Dr. Siegfried since 1977. Anyone who cares about good health **from the ground up** would be wise to take advantage of his knowledge and experience gained from many years working with professional athletes, dancers and ordinary people like me. Because I have made the effort to take the steps recommended by Dr. Siegfried, I look forward to another 25 years or more of good health. You don't have to suffer neck, back, sinus or any other pain. Just take a step and take care of yourself, like I did.*



**Scott Faris, Manhattan, New York City, December 2012, Age 55. Director and manager of Broadway Shows since 1977.**

For more information go to: [www.oregonwellnesscare.com](http://www.oregonwellnesscare.com)

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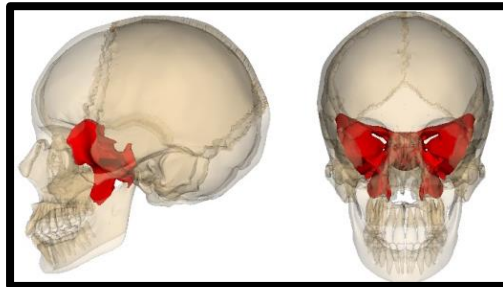
None of these statements have been evaluated by the FDA.

## Acknowledgements & Dedications



Dr. Wendell Diebold, D.O., N.D

Dr. J.R. Stober, D.C., N.D



This book is dedicated to the one and only Dr. J.R. Stober, D.C., N.D. and Dr. Wendell Diebold, D.O., N.D. Both were mentors and confidants to me.

I met Dr. J.R. Stober in 1976 and attended his Endocrinology class at what is now called the University of Western States (UWS). Dr. Diebold, who was 86 at that time, introduced me to Dr. Stober earlier in the year. Dr. Diebold said I should study with Dr. Stober and learn his **Bilateral Nasal Specific** Technique. He said it would help my sinusitis I suffered with since breaking my nose playing rugby in Heidelberg.

Dr. Diebold graduated from the Littlejohn College of Osteopathy in Chicago in 1916. It is now the Chicago College of Osteopathic Medicine. Dr. Diebold was an acquaintance and colleague of Dr. William Sutherland, D.O. Dr. Diebold taught at the UWS as well. I treated Dr. Diebold with this work into his 90's.

Dr. Stober was passionate and fearless in this most unusual specialty. I never saw him turn down an attempt to help someone with problems related to the head and brain. He was blessed with a 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> sense!! He knew cranial anatomy and physiology inside and out, upside down, backwards and forwards.

He was kind enough, due to my dogged persistence, to let me sit by his side for years, observing, assisting and discussing cases, many which were miraculous in their results. Patients with **birth-damaged heads, concussions, hearing loss**, and the **speech impaired, chronic sinusitis, migraines**, etc. were commonplace.

One recent case prompted me to finally write this booklet after practicing this work myself since 1976. This patient is now 27 years old. I treated her for her **chronic sinusitis**. She has **Down Syndrome**. She was scheduled for heart surgery at 4-6 weeks old. Her father felt there had to be another answer; he was referred to Dr. Stober and took her to him. Dr. Stober performed the Bilateral **Nasal Specific** Treatment on the baby. Within minutes and with an eloquent description given like no one else could give, the treatment “flipped all the switches, closed all the hatches” and the infants circulation returned to her darkened extremities as if a cloud was lifted off her body. A seemingly unbelievable and miraculous event, but actually very physiological, given the problem common to **Down Syndrome** infants. And the cases of such “miraculous occurrences” were many.

I met and treated this patient recently as her father had wanted her to get more treatment for her **chronic sinusitis**.

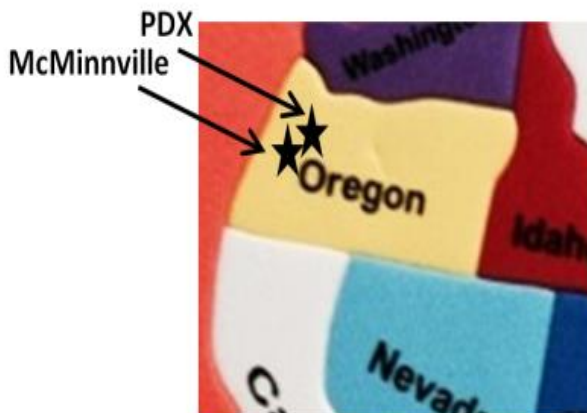
Dr. Stober always said where there is life, there is hope. And this was his most precious gift as a healer: giving patients hope. My hope is that this work continues as the need is so great.

George Siegfried, D.C., N.D.  
Chiropractic and Naturopathic Physician  
McMinnville, Oregon 97128  
2014

[www.oregonwellnesscare.com](http://www.oregonwellnesscare.com)

**P.S.** Most gratefully, I need to thank my assistant Claudia Ramirez for her dedication and skill in helping me put this booklet together. I could not have done it without her.

**P.S.S.** Encouragement from my wife and children, all of whom have been helped with this care, has been paramount in the presentation of this information. Their inspiration has been incredible.



## BNS Treatment Word of Caution/Disclaimer

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Although this treatment has helped many thousands of patients, it is not a panacea. Everyone is different. The principle is that if the **bones are locked up**, and they become unlocked, then the **circulation** to the head **improves** and the nervous system has less interference. As a rule, people with some kind of **head trauma**, from **birth, fall, blow to the head, concussive blast**, etc. have a very high probability of getting some relief. **Sinusitis** and **chronic migraines** and other conditions are a few more that respond well. Some conditions may take longer than others for symptomatic improvement.

Also, there is a very strong nutritional component that must always be addressed. The quality of the blood must be addressed. And this is helped not only by releasing clogged/ischemic areas due to the bones being "**locked up**", but also by certain specific whole food concentrates which feed the blood and soft tissues.

In a word, everyone is different and the whole picture must be addressed for best results: **mechanics/nasal specifics**, diet and whole food concentrates containing specific food factors for the system that is malfunctioning. Having said that, many people get unbelievable results with only the procedure itself.

Above all, have patience to let your body heal.

My work is based on my time and study with Dr. Stober in his clinic. My technique is Dr. Stober's technique with a few minor changes—as he had approved--as he taught and practiced it for over 30 years.

In the end if **the bones in your head are locked up**, they need to be unlocked, or the **pressure continues**, and the symptomatic picture only worsens...

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# FREQUENTLY ASKED QUESTIONS



*Could this be for you? Could you benefit from BNS?*

**How do I know if I or a family member or friend could benefit from or need a BNS?**

- If you had a difficult birth.
- If you've ever hit your head
- If you've ever had a concussion
- If you ever suffered a traumatic Brain Injury
- If you have ever hit your head in car accident
- If you suffer with chronic sinusitis
- If you suffer with chronic migraine headaches
- If you are a mouth breather
- If you suffer with vision problems
- If you suffer with TMJ problems
- If your bite is off
- If you have hearing problems
- If you suffer with balance/dizziness problems
- If you suffer with Chronic Ear Infections
- Learning Disorders
- Anger Issues
- Speech Disorders
- Nasal Allergies
- Nasal Congestion
- Ringing in the ears
- Sensitivity to noise

- **Unsteady gait/difficulty walking**
- **Fainting spells**
- **Nausea/Vomiting**
- **Loss of Appetite**
- **Decrease/loss of sense of smell**
- **Decrease/loss of sense of taste**
- **Difficulty concentrating/forgetfulness**
- **Difficulty sleeping**
- **Feel like you are in a fog or like the world is moving faster than you are**
- **Impatience or get angry more often**
- **Feel depressed**
- **Lack of energy or get tired more easily**
- **Writing problems (handwriting, turning words around, omitting words, etc.)**
- **Difficulty doing simple math (adding/subtracting/division, etc.)**
- **Asperger's**

### **What does an evaluation include?**

Your history, physical examination of your head bones by palpation of the movable joints of the head and jaw joint.

### **How long does a treatment take?**

It depends. I always schedule one hour for the first treatment. Follow up visits may take 15 to 30 minutes depending on your condition.

### **Does insurance cover this treatment?**

No insurance coverage.

## **What are the costs?**

The initial consultation is \$175. The first treatment is \$475. If you get treated on your first visit the consultation fee is waived. Follow up treatments are \$175.

## **How many treatments are needed?**

It depends on your condition. Of course, every patient wants relief fast but it depends on how long you've had your condition, the severity, how well the bones of your head will move, etc. After doing this procedure for over 30 years now, I suggest that patients take an initial 6 visits before expecting too much change; but it might take longer. The treatments should be taken as close together as possible for best results. Once you begin to notice relief, then the frequency of treatment is stretched out until you get lasting relief and many patients will then work into some kind of maintenance schedule so either your condition doesn't return or so we can manage it. But it is really up to you on how many treatments you want to take, or how often. I will give you my recommendations based on your condition and if you are a candidate for this condition I promise to help you as best as I can.

## **What does this Technique do? (See also What Does A Bilateral Nasal Specific Do?)**

The effects of this treatment can be incredible both from a structural and symptomatic standpoint. Recently, I have had a mute autistic girl, ages seven, talk for the first time after a treatment. Others with hearing loss have responded. It is also used for allergies, psychiatric problems, drug addiction, migraines, TMJ, vertigo, sleep apnea, vision, loss of smell, cognitive disorder ... the list goes on. It is indicated whenever there is cranial dysfunction or cranial faults, for example from childbirth, from a fall, from being hit in the head, etc. By no means is it a cure-all. However, patients who suffer and have tried other techniques and therapies are welcome recipients of this very powerful, dynamic treatment. When indicated, it has provided relief for thousands of suffering patients.

## How is this Technique Performed?

Basically, you adjust the sphenoid bone via the nasopharynx by placing a secured finger cot on the tip of a blood pressure bulb, inserting it into the inferior, middle and superior meatuses of the nose, one at a time, bilaterally, inflating the finger cot in one meatus at a time. Release it, take it out, and do the same procedure again. After doing the procedure at each meatus on both sides (which equals six inflations), the bottom pair is done again. This procedure, therefore, does eight inflations each visit. That is the way it has always been done by Dr. Stober. Some patients and skulls can handle two or three finger cots and more than eight inflations each visit. It just depends on the case and the patient.

Recommended frequency is anywhere from daily or weekly until relief is achieved. Many patients continue on a maintenance basis. For anyone suffering with cognitive or intellectual disabilities, this treatment many times has proven to be very helpful.

## Nasal Specific Questionnaire:

(Sinusitis/Migraines/Traumatic Brain Injury/Concussion/Skull Fractures/Cognitive Disorders/Vertigo/Hearing Loss/Post Traumatic Stress Disorder)

Answer these questions to see if you are a candidate for the procedure.

Never Had for a while Currently  
had but went away have

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Headaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Blurred vision / Double vision
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eyes sensitive to light
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ringling in right ear / left ear / both ears
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More sensitive to noise
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dizziness / Balance problems
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Unsteady gait or difficulty walking
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Fainting spells
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nausea / Vomiting
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Loss of appetite
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decreased sense of smell / Increased sense of smell
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decreased sense of taste
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty concentrating / Forgetfulness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty sleeping
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty concentrating / Forgetfulness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Feel like in a fog or like the world is moving faster than you are
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Impatient or get angry more often
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Feel depressed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lack of energy or get tired more easily
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Decreased libido (sex drive)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Speech problems (turning words around, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Writing problems (omitting words, turning words around, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Difficulty doing math (adding up numbers, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Chronic Sinus Infections/Sinusitis
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Poor Coordination or muscle control

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Impaired speech, hearing, understanding or memory
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Confusion, disorientation or distractibility
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Delayed communication, processing or response times
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Agitation, irritability, restlessness or anxiety
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lack of planning, judgment, insight or reasoning skills
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Disinhibition, impulsivity, or otherwise inappropriate behavior
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Inability to control anger, aggression or explosive behavior

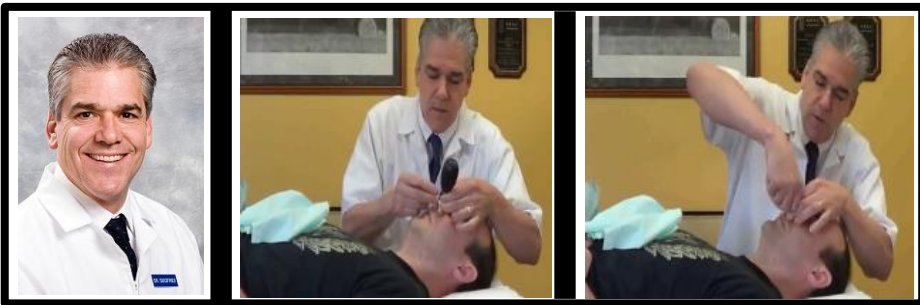
If you have marked any in column 2 or 3 under “**Currently have**” then you consider a consultation with Dr. Siegfried.

## Commonly Treated Conditions

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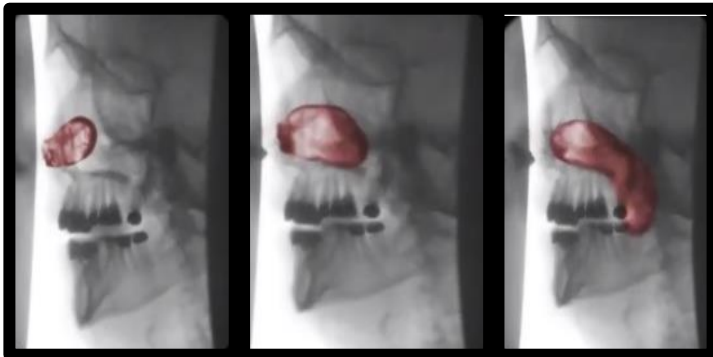
Head injuries and other conditions that may either improve or their debilitating effects eliminated with nasal specific treatment: Traumatic Brain Injury, Headaches, Whiplash/Sinus Problems/Allergies/Sinusitis, Loss of Hearing & Speech, TMJ Dysfunction, Crooked Teeth, Learning Disorders and Cognitive Disorders.

### Dr. Siegfried Treating A Cerebral Palsy Patient



To see the video go to: <http://youtu.be/NMvbVZ3qdas>

### Video Fluoroscopy of the Bilateral Nasal Specific Procedure © Dr. David Schanaker, D.C.



To see the video go to: <http://youtu.be/HTTQW6LhkvM>

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## Preface

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### **Who Is Dr. Siegfried And Why Should You Listen To Me About The Bilateral Nasal Specific Treatment?**

Because I personally know what it's like to have **chronic sinusitis**, **chronic migraines**, plus the effects of a **concussion**, including the **headaches**. And I know this treatment has a high percentage of helping patients based on and my training, expertise and clinical experience from thousands of procedures.

My **head injuries** – that I remember – were from playing Rugby as a student in Heidelberg, Germany. I got **knocked out** and also **broke my nose**. That cured me of wanting to play Rugby. But quitting Rugby didn't get rid of my **sinus congestion** and “feeling like I was talking from inside of a cave”. Fortunately, like so many others with **concussions**, “I wore out the symptoms”. But they still lingered until I got my first **Bilateral Nasal Specific Treatment**.

My first treatment with Dr. Stober instilled in me the desire to learn and become an expert in this work. So I spent **many, many hundreds of hours by his side** while he treated patients. I even had the distinction – from all the other students of his – of being the only one he would allow to treat him and the residuals he suffered from as a result of his broken nose as a youth.

### **And What If Your Head Stays “Locked Up” And You Decide Not To Get A Bilateral Nasal Specific? And Must Have Your “Computer De-bugged, Cleaned Out & Rebooted”?**

If indeed you have **chronic sinusitis**, or more particularly, have had a significant **head trauma**, you need to watch the film called “**League of Denial**”, about the National Football League. It documents what happens to the brains of many football players. It shows you how the circulation is impaired and the conditions that follow for many ex Professional Players. But it may not just apply to them (see the list below. Could you be on it?) And until more research is documented, it is reasonable to assume that those individuals listed below with **head injuries** are **suffering** as well. If not the same, probably in some fashion. With conditions that may not surface for years. This treatment may be a “game changer” for you. You may owe it to yourself to learn more about this potentially life-changing method.

## Who was Dr. J. Richard Stober, D.C., N.D.?

---

J. Richard Stober of Canby was a chiropractor and naturopath who was noted for treating handicapped children with the **BNS treatment**, a form of cranial manipulation. He was a developer of this work in the northwest. He practiced on Southeast Hawthorne Boulevard in Portland from 1950 to 1981, when he moved his practice to Milwaukie. In 1966 – 85 he also had an office in Seattle, and he had offices in Salem and Canada at other times.

He claimed to have **cured blind people, deaf mutes, people** afflicted with **cerebral palsy** and children who were victims of **Down Syndrome** by using the BNS to **expand the cranium**.

He was born in Byers, Colo., on March 6, 1922, and he lived in Oregon since 1934. He graduated from Salem High School in 1940 and served in the South Pacific during World War II and graduated from Western States College of Chiropractic and Naturopathy in 1950.

Dr. Siegfried was one of his best students, having been the only student allowed to give Dr. Stober the **BNS treatment**.

## Introduction

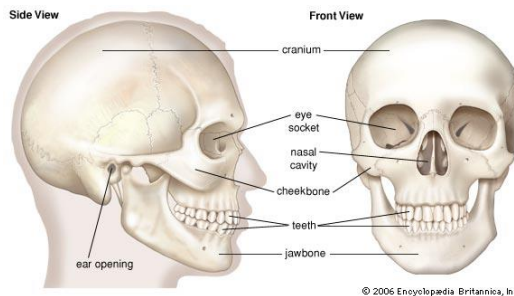
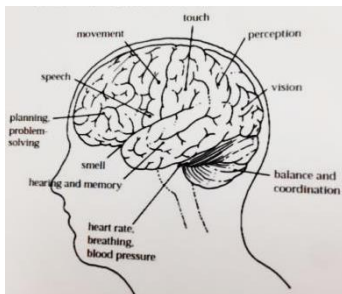
The famous football coach, teacher and humanitarian Vince Lombardi, was reputed to have made this most obvious statement to his players on many occasions. In a team meeting, if the team had lost a game, or was not playing well, he would hold up a football in front of him before practice so each player could see it and say:

### **GENTLEMEN, THIS IS A FOOTBALL!!!**



**By analogy**, I show **brain injured** patients, **concussion** patients, **chronic sinusitis** patients, **chronic migraine** patients, **hearing loss** patients, **visual disturbance** patients, **TMJ** patients, etc. the human skull in a similar fashion:

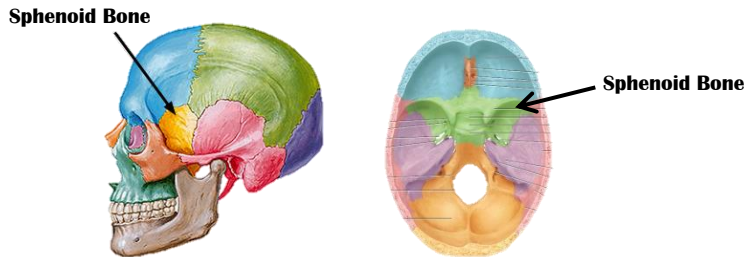
### **Ladies and Gentlemen, THIS IS A HUMAN SKULL!!!**



And I go on to explain to them that obviously there is no hair, skin or muscles on the skull. And that inside of this skull is their brain. And I explain to them there are 22 bones in their skull and that there is a **“SYMPHONY OF MOVEMENT”** that should be occurring every single moment of their life. And when this **“SYMPHONY OF MOVEMENT”** is occurring without any interference, then your brain is operating like a pump and is producing biochemicals and nutrients and fluids that nourish not only your brain but every cell and tissue in your body. And I tell them that technically, this

“SYMPHONY OF MOVEMENT” is called your “PRIMARY RESPIRATORY MECHANISM”.

## HOW DOES THIS “SYMPHONY OF MOVEMENT WORK??”



In order for this “SYMPHONY OF MOVEMENT” to work properly, your bones in your head must “pivot” properly off a bone called the **sphenoid bone**. It is the bone that sits at the base of your skull, in the middle of your head, which balances the movements of all the bones in your head. Additionally, your sphenoid bone acts like a **gyroscope** so that your skull and brain can keep you balanced in gravity.

## WHAT HAPPENS IF IT MALFUNCTIONS??

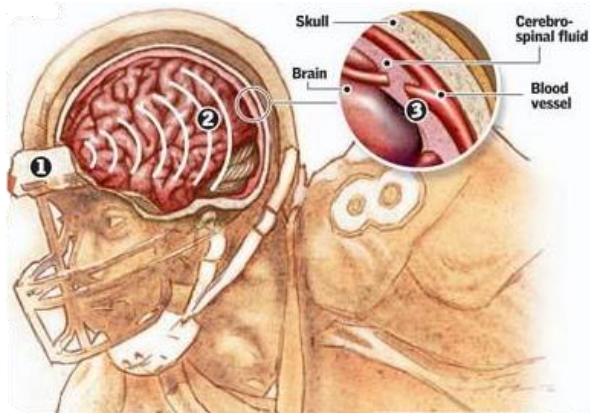


If this “**symphony**” is upset or compromised by, for example, a **blow to your skull** from a **fall**, a hit, **concussive** blast, even **fracture**, then malfunctions occur. The brain will not function properly because the bones of your head, instead of moving the way they are designed to move, are “**locked up**”. You are, in effect, “**driving around with your brakes on**”. And many of your symptoms can be directly related to the amount of **pressure** on your brain by your brakes being “**locked up**”. Many symptoms can occur. To name just a few: **Chronic sinusitis, chronic migraines, dizziness, hearing loss, memory loss, TMJ, crooked teeth, balance problems, cognitive disorder, etc.**

## School of Hard Knocks

With summer comes more children and adults participating in sports. Do you know what **concussion** signs to look for? A **concussion** occurs when a **violent blow** to the **head** causes the **brain** to slam against the **skull** beyond the ability of the cerebrospinal fluid to cushion the impact. In Oregon there are about 2330 youth sport **injuries** a year that are reported. Professional sports have hundreds of **concussions** each year, with the highest numbers in football and hockey, but also in soccer and baseball. Even the military vets are suffering from **concussions** due to their exposure of the **blasts** from the **bombs** and explosions encountered in Iraq, Afghanistan, etc.

- 1) For example in football, when a football player takes a hit to the head, speeds range from 17 to 25 miles per hour with a force averaging 98 times the force



of gravity. A study commissioned by the NFL revealed most hits occurred from a **blow** to the side of the **head**, often on the lower half of the face.

- 2) The **shock wave** passes through the brain and bounces back off the **skull**. The **concussion** usually occurs at the opposite side from the point of impact.
- 3) The impact can cause **bruising** of the **brain**, tearing of blood vessels and nerve damage. It also "**locks up the joints**" of the skull, so it is like "**driving around with the brakes on in your car**" until those joints are released.
- 4) Studies show that prior concussion may lower the threshold for subsequent injury and increase the severity of symptoms, which can be many and varied.

5) **Immediate symptoms** may be: **confusion, amnesia, loss of consciousness, ringing in the ears, nausea and vomiting. Delayed symptoms may be irritability, headaches, depression, sleep disorders, poor concentration, poor memory, loss of balance, sinusitis, hearing loss, TMJ.**

The **Bilateral Nasal Specific Treatment** will “**release the brakes**”, “**unlock the bones**” of the head, and allow better movement, better circulation, better function for those patients **suffering** the effects of **traumatic brain injuries, traumatic births, concussions, hearing loss, etc.**

If you know anyone that **suffers** and may benefit from this remarkable treatment, please refer them for a consultation with me. They may be able to get some help from this treatment.

## Head Injuries

**20 sports/recreational activities represent the categories contributing to the highest number of estimated head injuries treated in U.S. hospital emergency rooms in 2009.**

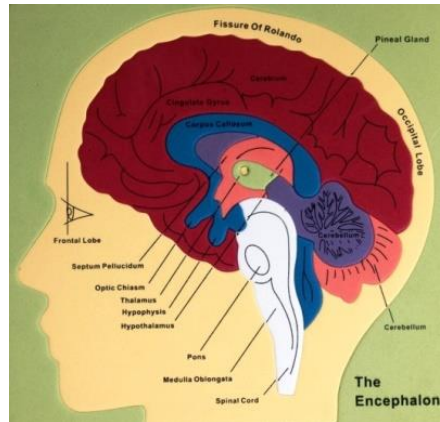
Cycling: 85,389  
 Football: 46,948  
 Baseball and Softball: 38,394  
 Basketball: 34,692  
 Water Sports (Diving, Scuba Diving, Surfing, Swimming, Water Polo, Water Skiing, Water Tubing): 28,716  
 Powered Recreational Vehicles (ATVs, Dune Buggies, Go-Carts, Mini bikes, Off-road): 26,606  
 Soccer: 24,184  
 Skateboards/Scooters: 23,114  
 Fitness/Exercise/Health Club: 18,012  
 Winter Sports (Skiing, Sledding, Snowboarding, Snowmobiling): 16,948  
 Horseback Riding: 14,466  
 Gymnastics/Dance/Cheerleading: 10,223  
 Golf: 10,035  
 Hockey: 8,145  
 Other Ball Sports and Balls, Unspecified: 6,883  
 Trampolines: 5,919  
 Rugby/Lacrosse: 5,794  
 Roller and Inline Skating: 3,320  
 Ice Skating: 4,608

**The top 10 sports-related head-injury categories among children ages 14 and younger:**

Cycling: 40,272  
 Football: 21,878  
 Baseball and Softball: 18,246  
 Basketball: 14,952  
 Skateboards/Scooters: 14,783  
 Water Sports: 12,843  
 Soccer: 8,392  
 Powered Recreational Vehicles: 6,818  
 Winter Sports: 6,750  
 Trampolines: 5,025

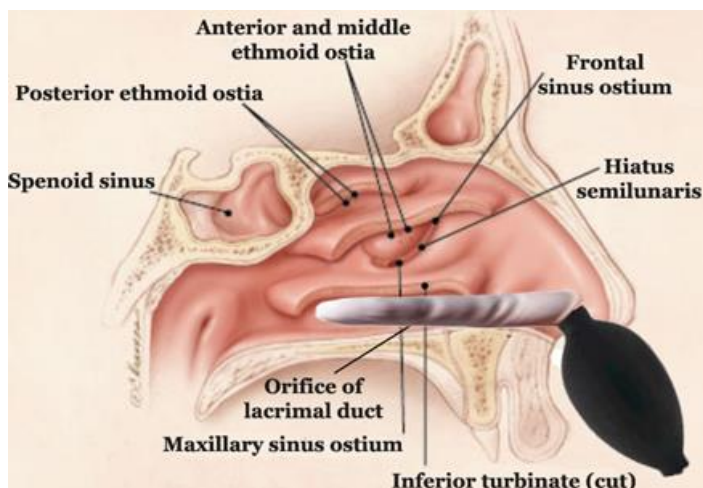
Source: American Association of Neurological Surgeons

## WHAT DOES A BILATERAL NASAL SPECIFIC DO??



**My treatment will “adjust” the bones of your head, “release your brakes”,** promoting better circulation and movement to the bones of your head and brain. **Here is another analogy:** It is like your car is parked on a hill, facing down the hill, with the brakes on. Getting the bones of your head “adjusted”, “releasing the brakes”, will create movement and then momentum “in your car”/bones of your head/brain. **Greater movement, greater circulation, greater chances of recovery, and greater chances of relief of your current symptoms.** Another analogy is that it will “reboot, reprogram, and clean out your computer”, creating more energy, focus & precision.

## DEMONSTRATION OF THE BILATERAL NASAL TECHNIQUE TREATMENT



To see the video demonstration and learn more about the **Bilateral Nasal Specific Treatment** go to: <http://oregonwellnesscare.com/nasal-specific.html> and see me giving a treatment to my son Chris, who had a **traumatic birth**, on the ABC Show the Bachelorette, 2013. Also Sam, who lost his hearing from a **head trauma** and a **Down Syndrome** and **Cerebral Palsy** patient.

Dedicated to your health:

A handwritten signature in black ink that reads "Dr. Siegfried". The signature is written in a cursive style with a large, prominent "S" for the last name.

George Siegfried, D.C.  
Chiropractic Physician

## PATIENT TESTIMONIALS

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### Athletic Improvements: Free Diving Record Migraine Headaches, Allergies, Chronic Sinusitis



I knew **Bilateral Nasal Specifics (BNS)** works because it cured my Mom's **migraine headaches**. Now I know it does much more than that. Over two years ago I had just three **BNS nose treatments** with Dr. Siegfried and since then, I have almost no post nasal drip, the only reason I know its **allergy** season is my friends start complaining, and I can always breathe thru my nose, always. Before I would breathe thru my mouth at night with my **nose stuffed** up from a cold or the flu and that simply does not happen anymore, it's amazing and wonderful and has no drawbacks or negative side effects that I know of. It's helped my competitive free diving too though that is another story.

**Wes Lapp, Hood River, Oregon 2013**

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### Athletic Improvements: Power Lifting



Ever since beginning with the **Nasal Specific adjustments** I have noticed a tremendous difference in my focus with my studies in school, as well as big gains in my lifts. As a competitive power lifter, the goal is to lift the most weight possible in competition. I started with **Nasal Specific adjustments** on 11-24-09 and on 1-4-10; I competed in my first competition since the beginning of treatment. The results of this meet were a personal best in every single lift. I had not broken a record in my squat since August of 2007, and I feel that the nasal treatments are a big contributor to my success.

**Bob McCabe Osteopathic Medical Student 2/15/10**

## Athletic Improvements: Power Lifting

*As a competitive power lifter with over 9 years of experience and over 20 powerlifting meets to my name, I am constantly putting my body through an immense amount of physical stress. Powerlifting requires an athlete to be in top condition at all times in order to make progress while avoiding injury. Factors affecting the athlete's strength include flexibility, power, conditioning, nutrition, and proper motor control, but also include a critical, but often underestimated aspect of strength and conditioning: mental focus and preparedness. Since I began experimenting with **BNS's** over 3 years ago, I have been able to train much harder and longer without the central nervous system burnout that a lot of athletes experience in powerlifting. I feel that through **BNS treatment**, I am able to push myself to higher dimensions that other drug-free power lifters will only be able to experience through this treatment. BNS's are not only beneficial to individuals with **migraines, tension headaches, or sinus problems**, but can be beneficial to any athlete that is interested in top performance in his/her respective sport.*

**Bob McCabe Osteopathic Medical Student 6/21/13**

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## Broken Nose/Impaired Breathing

*My **nose** was **broken** twice in the same place resulting in difficulty breathing through the right nostril. A year later I saw Dr. Siegfried for two sets of three **Nasal Specific Treatments**. The results have been very life impacting and clear breathing, a good night's sleep. I am sure many other positive effects as a result of my brain receiving its full supply of oxygen.*

**K.N.**

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## Cerebral Palsy Help



*As an adult, my treatments needed for **nasal specific**, are on as needed basis with a minimum of 2 treatments per year and up to 8 depending on the strain I put my body through. Dr. George Siegfried is an extremely talented and well diverse and experienced **nasal specific** practitioner. He is smooth, quick, and efficient, the entire process with him takes only eight to ten minutes, however the results are nothing short than life moving. Since receiving **nasal specific treatments** from Dr. Siegfried I have seen a complete*

turnaround in my body's wellbeing. I have **Cerebral Palsy** and have had **nasal specific treatments** from a very early age, but even as an adult, from time to time it is necessary to receive treatment in order to maintain the best optimal and functional capabilities as possible. Since my treatments with Dr. Siegfried, I have gained greater momentum in my right hand and can open and close it, which is something I have not been able to do since I was a child, the **paralysis** and **stiffness** in my legs is also relived allowing me to exercise them so full mobility can be maintained. The adjustments have **released** so much **tension** on my **head**. It has **unlocked** the **tension** on my **teeth**, thereby eliminating the need for braces. It has allowed for greater hearing by **relieving** the **tension** on the **ears** thereby eliminating the need for **hearing aids or other devices**, and it has helped with vision perception clarity thereby eliminating the need for glasses of any kind, as well as allowed for stimulation of the brain by allowing proper oxygen and blood flow. Likewise, **nasal specific** has aided in **balance** and has enabled my body to function in the in the best possible state that it can as well as decreased **chronic pain** and **migraines** to a minimum. I walk on my own without the use of a cane or walker, I drive an automatic truck, am able to hold down a professional job, because the **nasal treatments** have aided in allowing my brain to grow normally. I have been able to achieve two college bachelor's degrees and am currently working on my Masters in Business Administration.

Thanks Dr. Siegfried for your passion and patience in continuing the work of Dr. Stober and helping me.

**David Jones**, to view the video go to: <http://youtu.be/NMvbVZ3qdas>

## Chronic Sinusitis & Headache



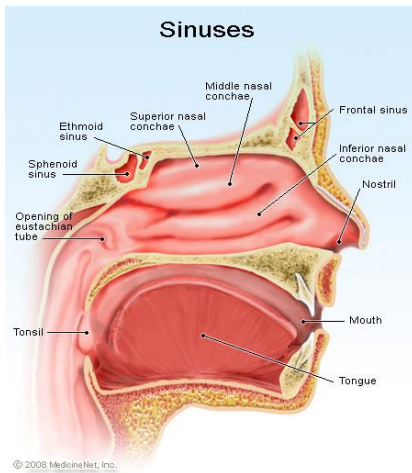
A Frontal Sinus B Ethmoid Sinuses C Maxillary Sinus D Sphenoid Sinus

It has been a year and a half since I have had **sinusitis**. When I first came to you I had so much **sinus pressure** I thought my head was going to explode. I could not blow my nose my **sinuses** were so compacted. I was so miserable. When I found out about you I called immediately for an appointment and you got

me in as soon as possible. It was the holidays and I just wanted to feel good. With the very first treatment the **sinus pressure** started to go away. By the 3rd treatment I felt so much better. I did a total of 6 treatments because my skull was so compacted. But after those first 6 treatments I felt I was permanently healed and I have not had **sinusitis since**. Where before it seemed like I was sick all of the time. Thank you very much. I won't forget you and I refer everyone I meet with sinus problems to you.

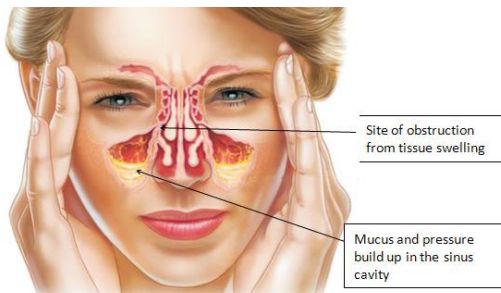
**Loretta Kiefer, 2013**

## Chronic Sinusitis, Migraines, Dizziness & Nausea



Hind sight is said to be 20/20. Now that I look back and put all the pieces together I realize that I had endured **chronic sinus problems** from a child. I spent my eight-year old birthday in a hospital. I had always been a healthy child but started experiencing **severe headaches**. My parents and teachers of course thought it must be my eyes. Shortly after that was ruled out the **headaches** became so **severe** at one point that my doctor thought I just have spinal meningitis; therefore I was hospitalized. It was discovered that it would turn out to be a **severe sinus infection** after a spinal tap and tests.

From time to time after that I had the regular seasonal bouts with **sinus problems**. I decided it would just be something I would have to learn to deal with.



I can remember several times in my 20's having ongoing problems... **migraines, headaches, dizziness, nausea** from the **sinus drainage & pressure**. For about a year it made me feel motion-sick all the time. Physicians – when I would go – would send me

home with and anti-biotics which would never lessen the **sinus infection** only consume my good bacteria and leave me with yeast infection.

Once I had my **sinuses drained** into a pocket in the roof of my mouth. It felt like a golf ball under my pallet. I assumed it was a dental problem and headed to my dentist. He x-rayed it to find my sinuses are positioned low next to my fumes in places. It gave such pressure that my teeth were hurting. I was given an anti-biotic once again, but at least the pressure left my mouth.

I believe it was in 1987 that I developed a **sever sinus infection**. I was contending with the **pain**, the **pressure** and **drainage** which kept my throat sore. I tried everything from nasal sprays, vitamins, over the counter sinus medications and just about ANYTHING anyone would suggest. I was practically living on doses of Tylenol. It all started in April of '87 and then November '88 when I realized I still had trouble. I mentioned I still had trouble. I mentioned to a friend that I had suffered with a **sinus infection** for 8 months! She offered to take me to see Dr. Siegfried and assured me that the **Nasal Specifics** would help. I admit when she explained it to me I was skeptical, but after 24 years of sinus problems I would have done just about **ANYTHING** for relief!

I went to Dr. Siegfried and really after the first treatment I didn't feel any different but after all the years of problems I couldn't expect an immediate cure. It took only 3 treatments to open thing up. I can honestly say that it was 17 years ago and I haven't had **ANY problems** since with my **sinuses**, but if I did – I know exactly what to do now. I have recommended Dr. Siegfried to everyone that mentions **sinus problems**.

This past fall my 18 year old son was complaining with a **sinus infection**. I took him in to our physician and of course was given an antibiotic. It seemed to help-short term, but it kept reoccurring every other month. We were busy in trying to get him ready to leave for college in Chicago when his eye swelled shut from still another **sinus infection**. Since it had been 17 years since I had gone to Dr. Siegfried all I could remember is that he was in McMinnville, OR. I searched for him on the internet because I knew he could help with my son's problems before I sent him 2500 miles away! Alex was a bit apprehensive when I explained the treatment, but at this point after having **sinus discomfort** for a year, he would try anything. He was able to see Dr. Siegfried for 2 treatments before leaving for college. He is doing great.

Next, my grandson miles, age 2, was suffering with **severe sinus** and **ear problems**. He too, had been given so many antibiotics only for his

pediatrician to throw up his hands. I explained to my daughter how the little guy suffered enough and that I wanted him to get **Nasal Specifics**. The doctors had already explained that Miles wasn't talking because the **pressure** was so great on his **ears** that he **couldn't hear**. They told us we had to find something because of the "window" of time to his speech. I called for an appointment when Dr. Siegfried would be in Portland. Miles has had 3 treatments this far and the results are over whelming! Not only is he talking and parroting sounds but his whole personality has changed. He is a happier child. There is a lot to say for not having constant pressure and pain. He always says "Let's go and let the Dr. Fix your nose?" Dr. Siegfried had made a definite impact on me and my family. He is very kind and personable. I highly recommend **Nasal Specifics** to everyone that is tired of **pain** and wants to enjoy days of feeling great! Because of all the success in this area I have flown my mother to Oregon from Alabama to see Dr. Siegfried. She is suffering from neurological problems that are the results of a **fall**. There you have it – a full circle – from me to my son – my grandson and back to my own mother. Thank you Dr. Siegfried for making such a difference in all our lives. Here's to a happy, healthy future!

V.M

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## Down Syndrome

Claire had this process done when she was six weeks old. She has Down Syndrome. There were complications at birth. Claire had gotten down to 4 pounds 14 ounces, had black hands and black feet. Dr. Stober fixed her in literally 10 minutes by doing **nasal specifics**. It stimulated the pituitary that sent a hormone down that closed the hole in her heart. The **bilateral nasal specific** is a great process that I recommend for a lot of children.

Earl Renfrow, 2013 to view the video go to: [http://youtu.be/z\\_6UF9d7XrQ](http://youtu.be/z_6UF9d7XrQ)

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## Headache After Head Trauma

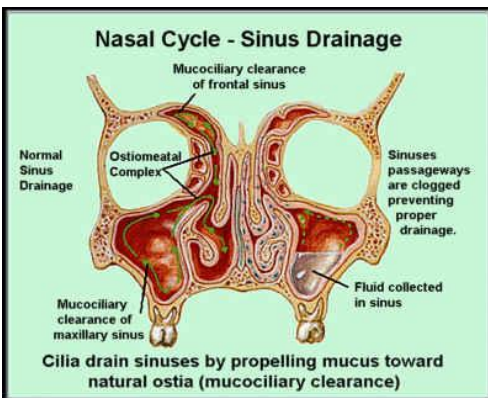


Ever since I was two years old I have been dealing with **bad headaches**, as years past by they would get worse and worse each time. When I turned fifteen I realized how **horrible** they would get, during most of the day and couldn't focus in school. The feeling was more of a stabbing that would come and go very quickly, it wasn't every

pleasant. When Dr. Siegfried talked to me about the **nasal specific** and on how it has helped many people. I was curious and told him I would give it a try, the first thing he asked me was if I have ever gotten **hit** on my **head**. It wasn't till then I realized that at two years old a big dog had jumped over me and dragged me to the side of the stairs in which there were a lot of rocks. The dog dragged me and as soon as I **hit** the rocks I couldn't stop bleeding. Since I was little it was a huge **fall** for me and caused my **headaches** after that. After receiving my first **nasal specific**, my **headaches** were **reduced** by a **lot!** I was so happy to know I wouldn't have to deal with these **horrible headaches** anymore. I felt very excited after the first time and decided to go two more times, I couldn't be happier with this experience that changed my life. Thanks to Dr. Siegfried and his treatment I won't have any more **hurtful headaches** and proceed to graduate from college. Thank you Dr. Siegfried for helping me get better.

**Rocio M., December 21, 2013**

## Head Injury Causing Sinus Blockage and Infections



I went to see Dr. Siegfried after hearing of his success with **sinus blockage problems**. He asked me about **trauma** I have had to my **head** in the past. I played rough sports in school, football etc. and had lots of **bumps** to the **head** and **body**. During my Marine Corps career, I was **banged** on my **head** with a Rifle butt for putting the gun back together faster than instructed to

do so. I have **suffered painful sinus infections** through the years, **could not breath** very well through the years. My son kept telling me I should see Dr. Siegfried, so I did and I cannot tell you how wonderful this treatment has been for me. After three treatments I could breathe through my nose. My sense of smell returned. I really feel like a new person. My sinuses took a while to unload the entire blockage, and now it is normal, I can blow my nose, and everything is loose.

**Chuck Dunn, 2013**

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## Head Trauma/Headaches from a Fall

*As much as I can remember I always struggled with really **bad headaches**. I never understood why? The pain was so strong I was not myself. At times I felt like I was walking with a big watermelon on my shoulders. I was not able to be around much noise, light and even people. I felt without energy and sad most of the times. So I consulted with my medical doctor who never got me tested and didn't have much to say other than he thought I was suffering from depression and gave me some pills to take. So I did, I got on some depression medication that he had put me on but my **headaches** continued to bother me every day so I stopped the medication and decided to ignore the pain and took Advil for when it got **really bad**. So then I met Dr. Siegfried who changed my life for better. He introduced me to **Nasal Specifics**. Dr. Siegfried was the first doctor who had ever asked about any **past head injuries** which I had never even thought about. I told him that I remember **falling** off my dad's truck while he was driving on a gravel road at about 25 MPH (years ago). I remember **falling** head first hitting the tire and then gravel cutting my forehead open and losing consciousness. So after reviewing my symptoms and telling him my story Dr. Siegfried suggested a **head adjustment** was the best thing to do. So he explained to me what a **head adjustment** was and performed the procedure. The first treatment was so intense it brought so many emotions out I felt instant relief. I never imagined a **head injury** from years ago was the cause of years of pain and suffering. So I continued with treatment and began to notice my **headaches** were gone. I felt in a better mood and I also felt happier. I was able to be me again.*

**Thank you Dr. Siegfried  
Cynthia C.**

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## Concussion/Fire Fighter

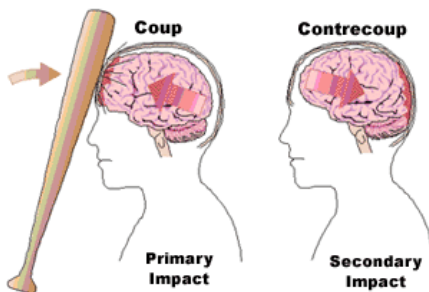


*I have been a volunteer firefighter working towards a career in the fire service for about a year now; however, I was in a **serious accident** while training at work in early July of 2014, and have been dealing with excruciating **head and neck pain** that has prevented me from working as a result. This was one of many head **injuries** I have had in my lifetime, but this was by far the worst. When I started getting treatments with Dr. George Siegfried, I must admit I was skeptical due to the fact that I had never heard of the **nasal specific treatments** before; however,*

after just one treatment I noticed a very significant difference in pain and frequency of pain. That was very encouraging to me because I had tried almost everything possible up until that point and this treatment made the most difference by far. Since then I have had about seven treatments in addition to the first and I have noticed improvements in many areas of my health. I now have much less pain and lower frequency of pain from the head injury; additionally, I have noticed improvements in breathing, hearing, sense of smell and ability to think clearly. The treatment opened up my head in a way that I haven't felt in a long time. I strongly recommend this treatment for anyone because I believe most people can benefit from what it does, especially people who have had any kind of **head trauma**. I am extremely thankful for the chance to have met George because I'm certain I wouldn't have recovered fully if it weren't for this treatment.

**Micah Sisson 2014**, to view the video go to: <http://youtu.be/Vn2TEIDliGw>

## Hearing Loss from Head Injury Age 5



Sam, a 13 year old boy, who at age five was **hit** in the **head** with a baseball bat and over time, **lost** his **hearing**: "I couldn't engage in a conversation. Like in class I **couldn't hear** my teacher and so we tried tubes in my ears. We tried everything until we decided to come to Dr. Siegfried and so when we did it helped right

away. The treatments are a little uncomfortable but I am definitely getting my hearing back so it's a blessing."

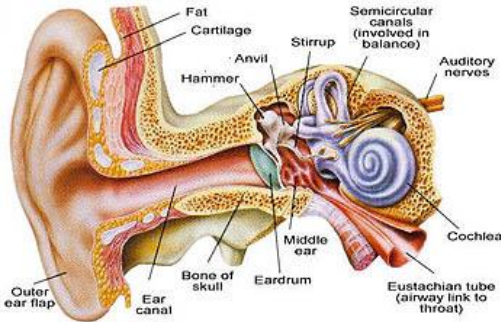
**Samuel Dickey, 2013.**

## Sam's Mom, Grace Dickey

I agree with and approve this message. Dr. Siegfried has helped bring us peace by helping our son regain his hearing. It is so hard when you want to help your child but you know you can't. We felt helpless. We thought he would never be able to hear well. Dr. Siegfried is a kind, understanding, excellent Doctor who is helping our son.

**Grace Dickey, 2013**

## Hearing Loss Restored



My name is James Nicholes. Dr. Siegfried gave me my hearing back. My parents took me to him after I had 2 sets of tubes in my ears that failed. I couldn't hear the teacher at school and they always thought I was not paying attention. But I **couldn't hear**. I had treatments off and on for 2 years and finally got my hearing

back and have not needed treatment for over 12 years. The treatments also kept me from needing braces and saved my parents a lot of money there too.

**James Nicholes, 2008**

## Military Traumatic Brain Injury/PTSD



**Traumatic Brain Injury** has been called one of the **signature injuries** of our current wars in both Iraq and Afghanistan. Recent developments in armor have made it possible for soldiers to survive much more powerful close-range explosions than in previous wars. Explosions cause a rapid change in atmospheric pressures. Close proximity to them can cause **severe internal damage, head trauma, or death** even if not

harmed by flying shrapnel/debris. Although armor protects soldiers from shrapnel, the consequent explosive overpressure often times causes **concussions** or a **traumatic brain injury**.

I am an OIF veteran who, in 2006-2007, was exposed to several close-range high-volume explosions. Although not diagnosed with severe **TBI**, I was experiencing **sporadic pain** especially during extreme pressure changes (i.e. flights). The military currently has no true treatment for such symptoms.

While home on post-deployment leave in December 2007, I visited with Dr. Siegfried who has been doing **Bilateral Nasal Specific Balloon Therapy** for over 25 years. Although initially skeptical of such therapy, I decided to try it. I was able to feel almost immediate results effectively alleviating my problems. This therapy, in my opinion, is a worthwhile treatment for **TBI** patients to look into and to possibly consider.

**Soldier's Name Withheld**

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## Severe Headaches & Chronic Sinusitis

*I was someone who suffered from **chronic sinusitis** for years as an adult with **severe headaches** and **constant congestion** that would last for days with no relief. I went to my doctor and he would write me an Rx for antibiotics and I would have temporary relief. The antibiotics were less and less effective so I used over the counter drugs with limited success. Then I went to taking all the vitamins and natural supplements to try and prevent further **sinus infections**. This worked for a while, and then I started to have them again. So I went to a naturopath and got tested for allergies and stopped eating those things I was allergic to and was much better for some time. Then the **sinusitis** started occurring again - not as intense and less frequently, but still happening.*

*Then as I was driving down the street, I saw Dr. Siegfried's sign saying, "**Are you suffering from sinusitis? We have nonsurgical treatment.**" I picked up one of the brochures and read about the treatment and called to set an appointment. The first treatment was a very strange feeling of my head being all puffed up. I experienced a large amount of discharge from my nose and mouth over the next three days. The second treatment the next week was much the same feeling with some nose bleeding and discharge of greenish black junk out my nose and mouth. The third treatment was more of the same and no **sinusitis headaches** or sore throat drainage.*

*I would highly recommend this treatment and Dr. Siegfried if you are suffering from sinus infections or sinusitis.*

**Scott Ballard, 2012**

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## Sinus Problems/Infertility

*When I was 38, four years ago, I was recommended by another Naturopathic Doctor to see Dr. Siegfried for my **sinus problems**, which would not improve. By this time, I was depressed by my lack of energy and **chronic ill** health. After seeing five Naturopaths, I didn't think anything could help me feel better.*

*Doctor Siegfried treated me for my **sinus problem, fatigue** and **infertility issues**. I began **nasal specific treatment** which really helped with my overall **health** and **energy**. Whole food supplements really increased my overall strength and endurance. For infertility, I took wheat germ oil and within a few months I noticed a continual upward swing in my health.*

*I had said many times over the previous four years with other treatments that I was feeling better. But this time was different, because now I wasn't so emotional anymore, I started to exercise and do many projects and activities with my adopted son.*

*After 3 ½ years, I became pregnant which was a miracle. I gave birth to a healthy baby girl who is doing great. I know that God used Dr. Siegfried's knowledge to help me. Plus I had a beautiful boy 2 years later!!*

*Dr. Siegfried's treatment has helped me to be a better Mom, to help my children be healthy and help me with mood swings and depression. Whole food supplements have also helped provide me with the best health I've had my entire adult life, and I also give my children whole food supplements and **nasal specific treatments**.*

*These treatments have made such a huge difference in my life I have told many people – even strangers in stores – about how I've been helped by Dr. Siegfried's various treatments.*

*If you are wondering if Dr. Siegfried can help you, you can be sure that in the areas where he is an expert, Dr. Siegfried is excellent and you can soon have a better quality of life like I now have.*

**Laurie W.**

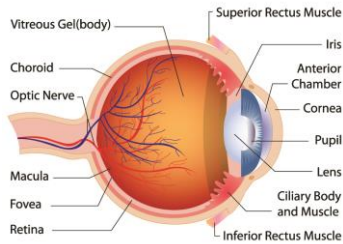
## Snoring



*Before the balloon in the **nose treatments** I was constantly using first "Flonase" then "Allegra" and then "eye drops" on top of "Sinex" and snored so loud my wife would go to the couch so she could sleep. I have since stopped needing any allergy medications and my wife now only sleeps on the couch when she is mad... just kidding. Thanks a million.*

**R.H.**

## Vision Improvement



*Last fall, I was told by my ophthalmologist that my optic **nerves showed signs of trouble**. Although there was currently no problem with my sight, he wanted to check me every six months for any worsening, at which point I would have to be put on medication. He said there was no way to improve the situation.*

*I went to Dr. Siegfried, who recommended adding Eye Support to my other whole food supplements, which I did. He also brought up the idea of getting some nasal specifics as this could possibly open up things in my head, giving more room to the optic nerves. I had three **nasal specifics**, one every other week.*

*I went back to the ophthalmologist for my six month exam yesterday, and he was surprised to find that the situation had improved. He said he only sees this type of thing stay the same or get worse.*

*Thanks, Dr. Siegfried, for not agreeing with the medical conventional wisdom!*

**H.K.**

## Teeth Straightening

*My Grandfather, the late Dr. George Dunn, founded this clinic and actually built the house where the clinic is today. I have been going here since I was born, getting treatments from my Grandfather and now Dr. Siegfried. I have been to other chiropractic doctors over the years and nothing compares to the treatments you get at this clinic. I leave other clinics not satisfied and craving a real treatment! When I was young and going through the braces stage of my life to get my **teeth straight**, my brothers and I would go to Dr. Siegfried every week to get our round of **nasal specifics**! I found that these **treatments loosened** up everything in my **skull**, resulting in very fast results with the **straightening** of my **teeth**. My orthodontist was extremely impressed with the very quick results of my ortho work. I am now 32 and have my own construction company. My job is very hard on my body and I find myself needing to go to the Chiropractor regularly :) I always go to Dr.*

*Siegfried because I know he is the best and I know I will have great results. I have taken my children to him as well. I would recommend this clinic to anybody who wants to preserve their body for the long haul! This clinic is very holistic in their approach to taking care of your body and will give you all the tools you need to accomplish this. All it takes is one phone call to make an appointment and you will find out for yourself why I keep going back to the best clinic in town!*

**Jaron Dunn**

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### **11 Year Old Autistic Patient**

*I have an autistic 11 year old son who went to Dr. Siegfried for nasal specific treatments. I was astonished at the results I saw almost immediately afterwards. My son who is normally jumping and flapping his hands was very calm and had a look on his face like he was just entering our world for the first time. After several more sessions and changes in our diet, Max has started to excel in school and has been asked to join the track team this coming year. He is a lot more social and expresses himself a lot better. I love this treatment and recommend it to anyone.*

**Pricilla Jaimes, 2013**

## BRAIN INJURY WHOLE FOOD CONCENTRATE

### BFOOD COMPLEX: NutriPlex Formulas



#### Ingredients:

Proprietary Blend of Primary Yeast, Brown Rice Bran. Defatted Wheat Germ. Liver (lyophilized bovine). Sprouted Barley Malt. Astragalus Root. Oat Bran. Beet Root. Untreated Fig Fruit. Sunflower Seed. Vanilla Bean and Date Fruit.












B Food Complex is a very unique product – there is absolutely nothing else like it – because it is made completely of foods, without synthetic or isolated vitamins. It contains nutrients that are balanced by nature to provide the vitamin B complex, AS WELL AS a host of micronutrients needed to make these vitamins work. (By the way, the micronutrients are not found in vitamin pills, but only in nature’s foods).

Vitamin B complex is needed for many biochemical functions without which, one or more of the following symptoms or illnesses can result:

- Forgetfulness
- Anxiety
- Irregular heartbeat
- Ringing in the ears
- Muscle problems
- Digestive difficulties
- Nerve disruption
- Mental problems
- Attention deficiency
- Liver problems
- Hormonal irregularities
- Bowel function problems
- Soreness
- Mood swings
- Tingling in the hands, fingers, etc.
- Sleep disturbances
- Difficulty swallowing
- More

### Sinusitis Foods

#### Top 10 Foods for Brain Power

<p>BLUEBERRIES</p> 	<p>DARK LEAFY GREENS</p> 	<p>FATTY FISH</p> 
<p>SPINACH</p> 	<p>RED WINE</p> 	<p>WHOLE GRAINS &amp; BROWN RICE</p> 
<p>HOT COCOA</p> 	<p>NUTS</p> 	<p>OLIVE OIL</p> 
<p><b>Source:</b> Brain Injury Association of Oregon</p>		
<p>GARLIC</p> 		

## BRAIN INJURY WHOLE FOOD CONCENTRATE

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### RIBONUCLEIC ACID (RNA): Standard Process Lab



#### Indications:

Cold extremities, mental Aberrations, hypothyroidism, chronic low resistance, memory loss/senility.

Supports cell growth by activating protein synthesis in the blood, memory factor of the cell promotes healing.

RIBONUCLEIC ACID is usually called “RNA.” It is a yeast extract that is just what the name implies; ribo-nucleic acid. RNA is involved in cell multiplication and development and it’s a relative of the protomorphogens. RIBONUCLEIC ACID helps build cells by supporting protein synthesis. It is of merit for most people with mental aberrations: people who cannot remember things, for example. People who lose their ability to think properly as well as their memory need RNA. Dr. Frank of New York City wrote a book on ribonucleic acid. He is primarily trying to reverse the aging process through the use of ribonucleic acid. If protein isn’t being utilized at the cellular level, it’s likely to be present in the blood in excessively high levels, impeding circulation and causing problems such as cold extremities. So this is another use for RNA, as many as 12 daily for people with cold hands and feet. It’s also useful in promoting healing. For example, to assist in the nutritional removal of scar tissue, keloids, etc. the formation of white blood cells is inhibited in a deficiency of nucleic acid, so this product can be helpful to people with chronic low resistance to infection, fever, colds, etc. **This is an excellent product with many uses, all relating in one way or another to the formation of new tissue.**

John Courtney, former director of research Standard Process Lab

## CHRONIC SINUSITIS WHOLE FOOD CONCENTRATE

### IMMUNE SUPPORT



#### Primary Support for:

Immune System, wound healing Detoxification, prevention & wellness.

#### Ingredients:

Acerola, garlic, Chinese Astragalus, Maitake mushroom, organic carrot, green tea, Echinacea, Siberian ginseng, and Wheat germ.

The immune system is one of the most important treasures of preventive healthcare. In a world of exposure to toxins, temperature extremes, nutritionally deficient diets, bacteria and viruses and environmental assaults, a strong immune system has been shown to protect against diseases (including so-called “contagions”), enhance healing, ward off infection and common cold, quicken healing time, enhance white blood cell response, and contribute to a state of wellness. Further, medical researchers show that suppressed immunity impairs the natural healing process and contributes to a host of diseases either as a primary or secondary causation. Immune Support is a beneficial supplement to a complement any program designed to foster prevention, healing and repair mechanisms and improved cellular function. May be used as an adjunct to wellness programs, prescription drug usage or nutritional healing regimens.

Immune Support by NutriPlex Formulas contains foods and herbs that have been shown to support:

- Immune system function
- Inflammation and repair processes
- White blood cell response
- Elevation of antibodies
- Elevation of T-lymphocyte cells
- Production of immune cells & has anti-bacterial properties
- Elevation of interferon levels
- Mucus membrane strength & stability
- Skin cell protection
- Wound healing

## Who is Dr. Siegfried?

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- **1974: B.A. Schiller University**
- **1974 - 1975: Pathology Assistant  
Holy Redeemer Hospital  
Philadelphia, Pennsylvania.**
- **1977 - 1978: Broadway Shows "A  
Chorus Line", Ain't Misbehavin'  
Dancin'; San Francisco, Portland,  
Joffre Ballet; Portland Meadows  
Jockeys 1978 - 1981**
- **1981: Doctor of Chiropractic  
University of Western States**
- **1983 - 1984: Medical  
Staff/Chiropractor for the Italian  
Olympic Team Track and Field  
Division**
- **1985 - Present: Private Practice  
McMinnville, Oregon**
- **1996: Doctor of Naturopathic  
Medicine, National College of Natural  
Medicine, Portland, Oregon**
- **1999: Award of Excellence, Oregon  
Doctors of Chiropractic**
- **2000 - 2003: State Lobbyist, Oregon  
Doctors of Chiropractic**
- **2000 - 2002: Oregon Chiropractor of  
the Year for Oregon Doctors of  
Chiropractic**
- **2003 - 2006: Vice President, Oregon  
Board of Chiropractic Examiners**
- **2013: Featured on ABC's The  
Bachelorette Giving a Bilateral Nasal  
Specific Treatment**
- **Competitive Baseball Pitcher,  
Portland City Leagues, Since 1976**

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### Family

Dr. Siegfried has been married for 30 years; he has 4 grown children and 4 grandchildren. He is a competitive athlete, still pitching in the Portland Baseball City Leagues, at age 63.

## **Dr. Siegfried: Dedicated to Your Health**

Dr. Siegfried is dedicated to his patients' health. More than just promoting health and wellness for over 30 years, **he wants to** empower you. What can you do for yourself and your family to get well and be well? How can you implement these strategies at home on your own? His goal is to help you empower you so you can be healthy to live your life on your terms.

## **Internationally Trained**

Dr. Siegfried received his undergraduate degree from Schiller University in Heidelberg, Germany in 1974 with a dual major in Religious Studies and Political Science. He attended pre-med classes at Penn State & Temple University anticipating a career in medicine following his second cousin, an orthopedic surgeon, and great uncle Joe Toland, M.D. both of whom were famous surgeons in Philadelphia. His great uncle, Joe Toland, M.D. founded Nazareth Hospital in Philadelphia. Dr. Siegfried ultimately opted to study Chiropractic, due to his miraculous success after several major sports injuries. He graduated from Western States Chiropractic College in 1981. He received his N.D. degree in 1996 from the national college of natural medicine in Portland, Oregon.

## **Olympic Athletes**

After practicing a short time in San Francisco, he was invited to practice in Italy at the Orthopedic Medical Center for Sports and Physical Therapy in Pisa, Italy. While there, he treated people of all ages. In particular, he took care of many athletes from the Italian Olympic Team Training Center in Tirrenia, on the Italian Riviera. As time went on, and the athletes did so well, he was invited first by the athletes, then the coaches, and then the directors of the Italian Olympic Committee to be the Chiropractor for the Track and Field Team. He left the Orthopedic Clinic in Pisa in August 1983 and took care of Track & Field athletes, along with other athletes, full time, until the end of the 1984 Olympics in Los Angeles, California.

## **Broadway Show Performers**

Prior to working for the Olympic Team, Dr. Siegfried also took care of dancers and performers in many Broadway shows including Dancin', A Chorus Line, Ain't Misbehavin' and others, as well as the dancers in the San Francisco ballet and other ballet companies. He also took care of the Jockeys at the Portland Meadows Racetrack for several years.

## **Offices**

In addition to his Portland office, he practices in McMinnville, Oregon at the Dunn Chiropractic Clinic, a practice founded in 1922. Dr. Siegfried has been practicing at the Dunn Chiropractic Clinic since 1985.

## **Services**

Dr. Siegfried's mentors have been pioneers in Non-surgical Back and Neck Disc Decompression Treatment, Bilateral Nasal Specific, Whole Foods Nutrition, along with spinal and extremity adjusting. His own thirst for knowledge and continued education led him to receive his Naturopathic Medical Degree in 1996 from the National College of Naturopathic Medicine in Portland, Oregon. His concepts of Wellness, Complementary and Integrative Health Care are founded on the principles of the body being able to heal itself, if given the opportunity.

## **For the Community**

Dr. Siegfried is a community minded individual. His proudest accomplishment was that he raised \$3000 for the Henderson House in McMinnville, a home for battered and abused women and children. Politically Dr. Siegfried helped found the Oregon Doctors of Chiropractic. He served as the president, vice president, treasurer and secretary. He was awarded the organization's Doctor of the Year and other numerous awards for serving the doctors and patients. He was the organization's legislative lobbyist for 2 years. From 2003 – 2006 he was the vice president of OBCE (Oregon Board of Chiropractic Examiners).