

YEARS AND YEARS OF FRUSTRATION,  
PAIN AND FATIGUE... CAN END NOW!

**ARE YOU READY TO RECLAIM YOUR LIFE?**

From the moment you walk through our door, you will be welcomed by compassionate and knowledgeable staff.

We know the "Fibromyalgia Journey" is filled with pain and frustration, perhaps even the doubts of others. Your health is important to us and we will give you the personalized care you deserve.

Our Medical Doctors, Chiropractors and Physical Therapists will create a customized treatment program based upon our unique diagnostic tools and analysis of exams. We work closely with all our patients to ensure success.



Let us develop a Recovery Program just for you. We locate toxins, nutritional deficiencies, weak muscles and spinal subluxations, in addition to providing our own "motivational support", as we help you reclaim your health.

***You Should Not Have To  
Live With PAIN!***



***Find out why Physicians and Therapists  
refer their patients to us!***

**Alternative Integrated Medical Services**  
150-A Tices Lane, East Brunswick, NJ 08816  
**(732) 254-5553**



"I was at the end of my rope. I had every test and met with every kind of doctor. I was told to see a Psychiatrist and found myself drugged all the time. I still had all of the same symptoms - severe burning headaches that would eventually end up in my ears, shoulders, neck and elbows. I lived everyday in pain and became so used to it, not realizing that the drugs and distance between me and my family was costing me, possibly my marriage.

I made an appointment with AIMS and had a FREE evaluation. It was such a relief to have someone actually believe what you are saying and care too. After hearing about the **Fibromyalgia Program**, I signed up that day. Well, here I am 10 weeks later and 85% better than I've been in 10 years. I saw improvements right away and would recommend AIMS to anyone I know in need of help. - *Bridget*

*Finally...*  
*New Hope For*  
**FIBROMYALGIA**  
*Sufferers Is Here!*



***Real comments from patients  
who were in pain... before they came to us!***  
***"Pain is everywhere. It never goes away."***

***"My body is so sensitive.  
It hurts to hug my children!"***

***"Of course I'm depressed...  
I'm always in pain."***

***We've isolated and corrected multiple  
Fibromyalgia factors at our Clinic...***

**Alternative Integrated  
Medical Services**

## Finding Answers



- Have you had pain for 3 months or longer?
- Is your pain on both sides of your body... above and below your waist?
- Do you suffer with headaches, restless legs, muscle tenderness, stiffness or depression?
- Does your pain interfere with hobbies, work or family responsibilities?
- Does pain prevent you from sleeping?
- Is your memory impaired and/or do you have difficulty concentrating?
- Does fatigue interfere with your daily living?
- Do you have numbness or tingling?

If you've answered "YES" to some of these questions, you may have **FIBROMYALGIA**.

### According To Research

- 92% of sufferers have discussed their symptoms with a doctor, but only 24% have lead to a Fibromyalgia diagnosis.
- It takes an average of 5 years to get an accurate diagnosis of Fibromyalgia!



**Chronic widespread pain is the major symptom of Fibromyalgia.**

According to the National Fibromyalgia Association, Fibromyalgia sufferers also experience the following:



- IBS
- Tingling
- Numbness
- Depression
- Muscle Spasm
- Low Back Pain
- Chronic Fatigue
- Balance Problems

**Fibromyalgia affects over 5 million patients in the US.**

There is no specific lab test for Fibromyalgia... It's not seen on an x-ray or confirmed with a blood test.

The American College of Rheumatology guidelines for a Fibromyalgia diagnosis include:

- *Widespread pain in all 4 quadrants of the body for 3 months or more. (Both on the right & left sides of the body and above & below the waist).*
- *Tenderness or pain in at least 11 of the 18 specified tender points when pressure is applied.*

## Why Come To The AIMS Clinic?

We listen and understand **PAIN!**

For the last 10 years, we've successfully treated patients with Fibromyalgia.

Our highly trained Team of Medical Physicians, Physical Therapists, Chiropractic Physicians, Nutritionists and Acupuncturist are led by a Board Certified Pain Management Specialist.

We've isolated and corrected multiple factors that most Fibromyalgia patients exhibit.



Our elite Team of Experts, believe that balance has been compromised on 3 levels (chemical, muscular and structural) due to many factors. Some factors that we've uncovered may include:

- Accidents, Injuries, Overweight, Weak Muscles
- Autoimmune Disorders (Lyme Disease)
- Infections, Allergens and Toxins (Candidiasis)
- Nutritional Deficiencies and Dehydration
- Emotional Stress

The good news is... **you can get better!** The first step is to understand **why** you're in **PAIN!**

