

Rebellious Wellness^{over 50}

Chiropractic Isn't Just for Your Spine



Episode 88: Chiropractic Isn't Just for Your Spine Dr. Jeff Fischer

Gregory Anne: Welcome back everybody to another episode of Rebellious Wellness Over 50, and I have to say Happy New Year. It's 2023, officially two days in, and I'm kicking off this year with Dr. Jeff Fisher, who is a chiropractor extraordinaire, who has created a tool to help alleviate chronic pain.

But first, I would like to welcome you, Jeff. Tell us a little bit about who you.

Dr. Fisher: Well I've been a chiropractor for the majority of my life now over 32 years. My godfather was a chiropractor for about 40 years, and I originally was exposed to chiropractic because I had migraine headaches when I was young, and I remember having headache.

But then I just never remember having them again. And, and how the story goes is my dad used to sneak me to see who I called. My uncle Dennis, my dad's best friend. And he and Dennis used to adjust me behind my mom's back cuz my mother was afraid for me to be adjusted. And my headaches went away.

It was amazing, it was probably more of an amazing experience for my parents. Because they had to deal with a young child suffering from pain on somewhat of a, a frequent basis. But it changed my life for a vast majority of reasons why I got into chiropractic.

So early on before I even graduated from high school, I knew wanted to be a chiropractor. I graduated and started practicing actually at the age of 24. Back then you could do year round school and get out of it really, really quickly. And I've been practicing ever since, I've been very, very fortunate.

I practice close to where I grew up, where we live. So my family and friends and people in the community are my patients. They're like my extended family. Which has been just an amazing experience for me. And now we're hoping that our youngest son is actually gonna be a doctor of osteopathic medicine.

And possibly take over my practice. Maybe five or six years from now. So I've got five or six more years I need to hold on before I can retire.

Gregory Anne: I know on your about page you talk about your children and how you're looking forward to the empty Nest syndrome, but oh, by the way, you're still gonna be worrying about where they are, who they're with, and will they get home safe?

Dr. Fisher: Yeah, a hundred percent. Yeah. Yeah. We love them gone and love them when they come back. And then we love them when they leave again. .

Oh yeah. We have grandchildren already, so I know that feeling of we love them when they come with the kids and then Nice. When they all fly away again.

Yeah. Yeah. That's great. That's great.

Gregory Anne: Yeah. So I know that There are listeners who don't really have a full understanding of chiropractic. They might think it's an adjustment for an injury related pain, or some people may even know that it's a maintenance thing. But why chiropractic for whole health?

Dr. Fisher: Well, you know, we have a different perspective of health than maybe your run of the mill or average provider.

We don't do drugs. We try and help people get off medication because we're interesting, our patients more in the framework of the human body from a neurological and structural standpoint to help the body function at its maximum capacity. And when the body can function the way God or whoever you wanna say, created us, when we function at our optimal working levels then we're less susceptible to disease, we're less susceptible to injuries.

And you can prevent and fight many, many things by just treating the body at its very basis and core. And also too the true sense of chiropractic is not treating how you feel, per se. It's not treating the symptoms, it's not treating the aftermath. Chiropractic is trying to go to the core, the source, the origin of what is causing dysfunction in the human body.

So ultimately, and the best way to treat the human body from our perspective is to identify issues that need to be corrected and fixed, fix 'em, and then maintain 'em or prevent them from coming back. Mm-hmm. .

Gregory Anne: So if somebody were to be in that preventive mode mindset and they don't really have any kind of pain, would they start with a chiropractor anyway?

Dr. Fisher: Yeah, a hundred percent. And that's the thing the most optimal use of chiropractic is not just pain relief. We're not pain relief doctors. We are preventative care providers because we're always working on enhancing the function of the human body. So, you know, I, I don't care who you are.

I mean, even, even if you're Tom Brady, and Tom Brady would probably admit this too. Tom Brady can always be better, and he's always striving to be better, and all of us are the same. Just because there's an absence of pain, it doesn't mean your body is functioning at its maximum capacity.

Unfortunately, so many disease processes like cancer, heart disease, even diabetes, they are going on before you are even aware that you have it. So you can't rely solely upon how you feel. There are so many other things that we need to look further at ourselves to make sure that we're functioning our maximum capacity.

So that's what chiropractic is really, truly, if you're gonna use it to its maximum Power. That's the way you use it, not just waiting for pain.

Gregory Anne: Now I know people like to say they got cracked. I went to the chiropractor and I got cracked because we do hear a sound, but you're not necessarily cracking anything.

You're releasing something. Explain a little bit about what that is.

Dr. Fisher: Gosh, if I was at my office I could show you this cuz I have little samples of rubber darts on mirrors and on glass pictures in my office. So literally what happens is, matter of fact, I, I do have a spine here cause I'm a chiropractor, so I even have spine.

Gregory Anne: You have, even in your living room, you have a spine.

Dr. Fisher: Even in my living room, .

So if you can see this right here. There's a little gap there. Okay. Well where those two bones come together. If you thought of it like a water balloon, super glued to both sides when they get compressed like this. Okay, now let's see if I can pull this off

And then when we release it, you hear that? That vacuum release, that is what you're hearing in the human body. There have been a couple of studies done years ago that the louder the pops and the more pops it, it actually shows that the spine is healthy. So the popping sound that people are afraid of is actually a really, really good thing because it means your joints are hydrated and there's a ton of fluid in there as they become more dehydrate.

Through the process of degeneration, you get less and less pops cuz there's no fluid. So that popping sound is actually a really, really good thing. And it's not the bones cracking or breaking . But it is actually that vacuum release.

Gregory Anne: So that's good to know cuz when I do certain spinal twists, if I'm doing a yoga class, if I'm on the floor and I get it really good and it feels good actually,

but good to know that it's not a bad.

Dr. Fisher: No, not a bad thing at all.

Gregory Anne: Talk about circulation and inflammation in the body can also be helped by having a healthy spine.

Dr. Fisher: Definitely. So, you know, there's been so much information over probably the past five to 10 years about hydration and pH levels in the body.

I have always made time to study the disc or intervertebral discs and traction or decompression. And the most recent one I just did, it was incredibly interesting where it talked about how the pH of the center nucleus, which is inside the middle of that disc. Inside there, those pH levels and the hydration of the disc is critical for the life of the disc. Hmm. So, so, You know, when you're talking about the whole body and making sure we are one, we're hydrated. Two, another thing that was really incredible was smoking. Smoking has one of the most adverse effects to the nucleus of our discs.

Which is incredible because it's all about the vascularity and the diffusion of water into the disc. Cuz the disc itself doesn't have any direct blood supply. So it has to draw and suck water in. And it, that's done by pumping, compressing, and decompressing throughout the day.

But when you smoke and when you're dehydrated, you can't get enough fluid inside the center of that nucleus, and then that disc starts to degenerate and then you can have pain, you can have dysfunction, you can start shrinking in height, and it starts a process with momentum that you can't return.

At least we don't know that at this point you can't return it back to normal, but it can totally be prevented if you do the proper things and keep the proper lifestyle in place. But yeah, so hydration nutrition are so vital for our, our spinal health.

Gregory Anne: Mm-hmm. . And when you talk about pH, do you recommend the alkaline diet or to eat an al what

Dr. Fisher: I, honestly, I don't know enough about that.

I'll tell you this, my wife had melanoma. She was diagnosed with melanoma a few years back and she has done some incredible things with changing her diet. So she has gone towards the pH waters, she's been taking collagen her nutritional levels are incredibly high because she's working towards preventing the cancer from ever coming back again.

Yeah. And I don't mind saying, my wife looks fantastic. I mean, she's always been beautiful to me, but, but she looks amazing. I just turned 56. I'm not gonna divulge her her age, but we're close. And she looks fantastic and I think a lot of it has been probably because of that pH water and the nutritional supplements that she's been taking.

Gregory Anne: Mm-hmm. .

Yeah, I think You said earlier, before we started recording about how you're going back to some things you knew and putting them in place for your body and your life, and I feel like at this midpoint, it happens to a lot of people. They say like, either they want to start taking better care of themselves or they used to do more, but then life got in the way and now they're thinking, Hmm, might wanna take a look at some of this stuff and put it back in my life.

Dr. Fisher: Definitely. And, it's never too late. Some people just, they just give up and they just say, I can't do it. I can't do it. You can, you can do it. And the body has an incredible ability to restore normal function. If you just eliminate whatever stresses and problems that are, you know, causing it to dysfunction, you can restore it back to normal.

Not everything, but in a lot of cases you can.

Gregory Anne: You said I'm only alive as I'm active. And I love that and I think it's, it's just worth putting out there into the ether, you should do a meme on it, because when you say, some people just give up. I think if it's been hard for somebody to exercise in their thirties and forties, or they didn't like it, or they never had a chance to learn how to do something that felt good, it gets even harder mentally, I think to decide and then commit and start smaller before you give up. Like do a little and you don't like it, try something else. But it is so true. If we're not moving, we're really not fully living.

Dr. Fisher: Life is motion. motion is life. Yeah. It really is. You know, we used to get chased by dinosaurs, so if you could,

Gregory Anne: I'm really glad that's not the case anymore.

Dr. Fisher: Yeah. If you couldn't move fast enough, you weren't gonna make it. Motion is so critical to the normal function of our body and health. That's, Obviously why we as chiropractors, we think we got the market cornered because we're always trying to enhance the motion of the human frame.

My traction unit too is, is however you can maintain, increase, enhance motion in your life. Whether you're getting adjusted in an office, you're stretching, you're doing your traction and decompression, going to yoga, doing Pilates, whatever it might be. If it's enhancing your flexibility, your ability to move, it's enhancing life and you have to do it.

Gregory Anne: Let's talk about traction, because when I hear the word traction, I think of a body cast. I know that's not what you're talking about, , right?

Dr. Fisher: No, no, no, yeah. Matter fact, the traction that, that I had created, I invented it's a new form of traction. And this right here is basically the machine, the mechanism.

all I'm doing there is I'm just pulling these latex bungees that are housed inside these plastic cups, and you have one end that can attach to your head and then the other end attaches to a doorknob, or you can loop it around any type of anchor point. And this traction . I got a great story behind it.

I've had three surgeries on my neck, so I know necks as good as any human on the planet. Unfortunately for me I was a horribly slow football player back in the day. But, I was in so much agony.

At a certain point, this is over 20 years ago, I had to rig something up at my house, so I just kept experimenting with different things until I, I kind of came up with the very first prototype. And hooked it up to the railing upstairs at our house. And I was able to fall asleep for the first time, like in days, and my wife just put a blanket over me, just left, just left me there. I woke up and I started thinking about this like, God, you know what? This, I might really have something here. I was able to implement it in my practice and experiment on my patients with it. And we had great success.

My patients have given me such incredible input on how to change some of the prototypes and what had seemed to be the most successful things that they felt that they were able to utilize this at home and travel wherever they go. Really the key to traction itself is the frequency and the consistency of it, because we have gravity that's fighting against us every single day of our lives.

I'm not sure if you know this, if you're aware of it or any listeners are that, we are the tallest that we are in the morning when we wake up. And that's because we go through a natural process of decompression at night. Just like the astronauts that went into space, you know, they had to end up making their spacesuits about an inch taller because.

The first cruise that went up after they spent a certain amount of time in space, they were like, oh my god, my helmet, my suit's too small. They couldn't figure out why, because they lived in a non gravity state.

Gregory Anne: Oh, interesting.

Dr. Fisher: So their discs, rehydrated and they got taller. So traction, if you're able to use it in the morning.

After you wake up or at night before you go to bed, you're literally accelerating the decompression process where you're rehydrating discs and making yourself taller. But I know the height is important for most people, but it's the hydrostatic pressure, the fluid pressure inside the disc.

That's the most important thing, cuz it prolongs the longevity, the life of your discs. , which in turn helps prolong your motion, your ability to do things. Cause it takes pressure off of nerves, opens up your joints. So traction is actually a very important component to life. And not many people really know about it.

No. Until they do it and they say, wow, I feel so good. You know? And it's because it has that direct relation to the health of our disks and fighting against gravity.

I know on your website you have a video. Fisher chiropractic inc.com is where you can go see a video about Dr. Fisher's traction contraption.

And it really is that simple. And you can use it on your neck and your hips.

Low back, Yep. Yep. And, and we figured out a way how you can use it on your upper back. . So it's kind, it's really, it's neat. This has been such a great experience for me. Cause I'm a, I'm a chiropractor.

I'm not an entrepreneur per se for direct to consumer marketing and things like that. But I just came up with a, I just came up with a great idea. I, I got lucky. Hit the spot. But we have such a great community of patients or users, the customers that buy our, our traction units and they use 'em and they try new things and they send me emails and we talk back and forth.

I'm like, oh my God, that's a great idea. So then I'll go back to the drawing board and do some research in my office and look to see if that works and if it's viable and safe. And I go, you know, Boom. So we just put out another video on how to, how to use the lumbar traction for your upper spine in your thoracic region too.

Wow. So there are a lot of applications to the invention that I made and we're always trying to work on expanding in it and helping people in every way we can.

Gregory Anne: It seems like such a simple thing. And you said you could travel with it too. It's folded up and put it in your suitcase. Yeah.

Dr. Fisher: I can wrap my fists around it. And it weighs less than a pound, if you believe it or not. And the crazy thing about it is, it's so lightweight, but it has right now, we think, still has the strongest pull force of any home traction

made cuz it can pull up to 50 pounds of pull force, which is the maximum capacity the human neck can handle, but it's tiny. And you can just put it in your purse or a bag and you can travel with it. Which makes it super convenient and makes it super effective.

Gregory Anne: let's just say somebody had a car accident.

Whiplash. Yeah. And would you suggest they just get this and self-treat, or should they go see a professional first?

Dr. Fisher: Well, whenever you're involved in any type of acute trauma, , you should get looked at first. You really should just in case. Especially in a car accident.

I've done a ton of, of car accident cases over the years. I've been an expert witness in over a hundred jury trials and when you're in a car accident, it's a legal case. So, to protect yourself and even protect whoever is at fault, even if you're not at fault, just to protect everybody, you should go get checked out

By a professional and honestly have x-rays taken. X-rays a super easy way, quick, easy way to be evaluated. It's safe and you can find out a lot of information. Don't have to just jump into getting an MRI right away, but just x-ray plane films themselves are very. Helpful in diagnosing and determining the severity of your situation. But then afterwards, you know, after you've been evaluated and you're shown to be safe you can definitely use a traction. Unless you had like a fracture or some type of instability traction is super, super safe. That's why we're able to sell it direct to consumers.

It's really, really, cause it's pulling, it's pulling bones apart. It's not pushing bones together, so, so it's very, very safe.

Gregory Anne: I know in your practice, you talk a lot about, you've mentioned the word just now, stability and core, and you use Pilates.

as part of your physical therapy. Yeah. Which I'd never heard before, which makes sense because it is such a strength, core strengthening kind of exercise. But one of the things you said was don't expect this to go quick. Something like that. When talking about the post recovery period of anything when you're doing the PT or doing the Pilates.

And I think we all just want to quit after like a couple of sessions, don't we? Talk a little bit about the importance of sticking with a protocol.

Dr. Fisher: Well, to be a successful patient, you must have patience, I use this analogy in my practice cause I practice a different type of chiropractic care that not all chiropractors utilize. It's called corrective care. It's based upon orthodontistry and the brace and the teeth, believe it or not. And the reasoning behind it is they found out, I don't know how many years ago, the outer fibers of our disc are almost identical to our gums. Hmm. They're very, very strong connective tissues that hold our teeth in place and to some degree hold our spines in place.

So in my office, I always use this analogy, I'm like putting braces on your teeth or your spine, cuz I'm trying to get the spine straighter and straighter. Okay. We use massage, physical therapy as brushing and flossing. Then we use Pilates as the

retainer like you, after you take your braces off, you wear the retainer for the next year or so to make sure it doesn't shift. So you have to go through certain phases of care to truly get the maximum benefit and get to a point where you're not gonna be spinning your wheels, you're not gonna just keep going backwards and having to start over again.

But initially you go through a corrective phase. Let's say you have curve, and then you get adjusted in only one direction to try and get it straight. . Okay. And you might use some physical therapy and massage to help with that. But then after that you've gotta work on strengthening and conditioning the muscles around the spine.

And that's where Pilates comes in. The Pilates is, it's a fantastic balance, coordination, strength, and conditioning type system it can be done on a horizontal basis, not vertical. So it really protects the spine. Hmm. But we've had it in my office now for, oh gosh, 15, 20 years, and it's been incredibly successful.

I use as an example. We have a woman. She's, she's amazing. She's had three children. She's fluctuated in weight, you know, dramatically after each of her, her births, and now her children are as old as mine. Her oldest, are in their twenties, almost 30 years old, and she looks amazing.

She's very diligent, very, very dedicated to doing the Pilates cuz she's had so much success, she knows that she keeps doing it, it's gonna work. So it is difficult, you know, for some people to stay committed to exercise and nutritional programs and things like that.

But once you get past a certain point, then it gets easier. Cuz then you see, wow, this is really, really working. It becomes exciting. Then you want to do it. Exactly.

Gregory Anne: Results are the best motivation.

Dr. Fisher: So true. Yeah. So true. Mm-hmm. .

Gregory Anne: So you did a curve. As if the spine had a curve and I was gonna ask about scoliosis.

So I have a curve in the thoracic area what do you got for me?

Anything?

Dr. Fisher: Oh, yeah, without a doubt. Like I said I practice a different type of chiropractic care. There was a group, a research group called Chiropractic Biophysics. I think they were originally out of Alabama.

And the original doctor was actually an engineer and so he came up with this incredibly complex system of correcting the spine and it really, really works. You can correct scoliotic curves, you can restore the normal curves in the neck and the low back. It just takes a long, long time. But you can do it.

I use this as an example in my office, I only adjust against the curves. I don't just adjust everybody exactly the same. My adjustments are based upon my x-rays, and once we see, the patient and I sit down and we actually look and see how they're unnatural

curve is, and I tell 'em, well, look, this is what we're gonna do. We're gonna keep adjusting in this direction over and over and over, and every single time I see it, that's all we're gonna do. They're like, okay, cool. And then we take before, during, and after X-rays, and you can see the curves getting better and better and better.

The can't happen for everybody, but for, for a vast majority of people that don't have really, really progressive degenerative changes. You can correct the spine.

Gregory Anne: Hmm. And the rotation too.

Yes. Oh,

Dr. Fisher: yeah. Without a doubt. Because you, you know, when you look at this, you know, from a three dimensional standpoint, you know, X, Y, z, access, you have the rotation.

You know, we've got flexion extension. Okay. Let's see. We got the rotation flex and extension, and then we've got lateral bending. So when you adjust, I guess I do like this here. When we adjust, we're handling a rotational component, and if you do it properly, you can be correcting a, a lateral bending component at the same time.

Hmm. It is complex, but when you see it on x-rays, it actually simplifies things and makes it easier for a patient to understand. You feel it, you actually feel the physics behind the adjustment. Patient's like, whoa, , wow. I can tell that is going to help.

Wow. And then when they start feeling better, which is done pretty quickly they're all in.

Gregory Anne: Yeah, a hundred percent. I used to go to a chiropractor all the time when I was a chef. If you think about a chef, the table is 20 inches. And our heads are constantly down. And I had chronic neck pain and whatever. But I was dedicated, committed to being in that office once a week.

And it definitely helped.

Dr. Fisher: And that's what we call now tech neck. Cell phones. Oh, yeah. And on the computers, it's, a real, real condition. It's a real situation causing massive problems with people's necks. And that's like another reason why my traction that I invented.

I designed it so it would be at a 30 degree angle where it would attach to a doorknob. And I made, wedges too, that go underneath the shoulders to help force that natural curve back in the neck because we're losing it. And it's really become like an epidemic for the most part because it's degenerating the neck so much faster than before.

And I see patients in their twenties that they have a reversal, of like if I'm here on the side, if you can see me. Our natural curve is supposed to go like this, but I see patients come in and their curve is going forward like this. And when I'm taking the x-rays, I'm telling them, you just stand normal.

And they just stand on a normal posture. And then we look at the curve and it's going the opposite direction. Wow. And they're having massive issues.

Gregory Anne: Are they also with the rounded shoulders? I see a lot of people that don't, we grew up, my mother was like, straighten up your shoulders. Young woman. You know, , I'm glad she did, but I see a lot of, and that will eventually cause some kind of problem with the back I would imagine.

Dr. Fisher: Now you're getting into my wheelhouse. Okay. So you know, you can see me here? Yep. So, normal curve, and as soon as I do this, you know, my shoulders will automatically start to rotate forward because the weight of the head. Our average weight of our head is about 10 pounds.

It's like, almost like a bowling ball of that weight going forward. And then wherever your head goes, your shoulders and spine's gonna go too. So as it goes forward, you're gonna start to get that rounding of the shoulders.

But that's why this wedge it's so simple. And honestly, the simplistic explanations or solutions to the problems are the absolute best. And even just this, having a, a wedge underneath the back of your shoulders when you're laying down so your head can go further back with the traction is incredibly successful.

There were studies shown that traction under extension, which is basically putting the neck and the natural curve the way it's supposed to be. The results were the best. And there's a lot of science behind that in, in the fibers inside the disc and how they're aligned. It, it's yeah, it's kind of a cool time to be in where we've had all these different theories and philosophies from years ago in chiropractic and now the science is coming out and they just fit together just as we had always thought and said, and preached that it did. Now we know we were right. Yeah. So it's really kind of a cool time to be in chiropractic right now.

Gregory Anne: Well, it's also cool I was writing something about, it's funny how ancient wisdom is suddenly because of epigenetics and all these sciences that are now so commonly taught and studied and even by lay people, it's like, oh, but those people knew that thousands of years ago and we kept saying, nah, it can't happen.

Nah, that's not the way the world is.

Dr. Fisher: Yeah, yeah. Well truth is like a laser beam. It goes on to Infinity and beyond ,

Gregory Anne: except in certain circles. But we're not gonna go there.

Dr. Fisher: Well true .

Gregory Anne: So give us something to start our new year on for our health. Give us a recommendation of some kind.

Dr. Fisher: So I, I would say, gosh, that's really a great question.

How about three things. Okay. One, about a year ago, I started having water with me everywhere I go, I'm constantly drinking water. I've literally converted myself

from, I don't really drink a whole lot of anything else, but water. I rarely ever drink a soda. I might have iced tea, I might have a little coffee, but I don't even drink milk anymore.

So if you can just start creating a habit of carrying water around with you all the time and drinking this over anything else, hugely important because you're gonna stay more hydrated, hydration is, is really, really important. So I'd say there's one. Two,

I guess depends upon where you live in the nation, because I'm in California, so I have the luxury of being able to get up for a walk every morning. And at worst it's 55 degrees

Gregory Anne: freezing.

Dr. Fisher: I know. Yeah, right. Exactly. But if there is some way you could exercise at least 30 minutes a day, whether it's going on a walk, riding a stationary bike, doing pushups on your knees, doing air squats, doing sit ups or leg lifts, something just to increase your heart rate and your circulation for at least 30 minutes.

Okay, so. at least a little bit of exercise every day. Okay. And then the third thing is motion and flexibility. I stretch more now than I had since I was playing baseball and football back in the day where they forced us to stretch before every practice and every game. I am constantly stretching trying to bend forward and touch my toes.

I get inside of a doorframe and I'm stretching my shoulders. I'm moving my hips. I'm always trying to maintain motion. And of course I have a luxury. I have my traction at my office. I have my traction at home, so I'm always trying to utilize that spinal health and decompressing my spine, which adds to my ability to move.

So those three things, and they're really simple. They're really easy to do. And then you'll have a healthier year than in 2022 than you did in 2022

if you just do those three things.

Gregory Anne: And chalk it up to self-care. Right. That's another thing. I'm encouraging all my women listeners to put themselves at the top of the list rather than the bottom. I know it's not easy to do, but, and they say that the times of the

day that are most manageable are the first thing in the morning and the last part of the day.

So if you can schedule your walk, your exercise, your sit ups, whatever first thing, or late in the afternoon, whenever you can get some time away, more likely to happen.

Dr. Fisher: Yeah, for sure. And to add to that, I've been married for 25 years now, so I've learned the power and strength and abilities of my wife and how smart she is.

You as women, you have an innate intelligence. You have a radar, you have a detector. You have to trust your instincts. when you feel like something just ain't right, it ain't right. Don't let anybody talk you out of it. You've gotta trust your instincts.

Gregory Anne: I love that.

Yeah. Perfect place to end . Thank you for honoring the women. and it is really that intuition thing is

yeah, you wouldn't

be here, you wouldn't be here without him. . I

Dr. Fisher: wouldn't be here without them.

Gregory Anne: Well, that, that's actually true literally figuratively. Anyway, I will have the link to your website and to the page with the traction device on it, on this page podcast page.

And I encourage everybody to check out Dr. Fisher's website and you can learn things there on top of what we already talked about. If you're lucky enough to live in Irvine, California, you can actually go see him.

Dr. Fisher: Yeah. Anytime. We love you coming in .

Gregory Anne: All right. Thank you so much Dr. Fisher. Appreciate your time.

Dr. Fisher: No problem. And I'm gonna, I'll create a, a code for anybody who listens if they want to purchase a Fisher Traction device.

Okay.

Gregory Anne: Awesome.

I'll be your first customer. I'm always trying to do stuff to take care of my spine. I just, it's, you know, it's one of those things. Yeah. You know, kind of can't walk around without it. So

Dr. Fisher: can't live without it. Yeah.

Gregory Anne: All right, everybody. I'll be back next week with another excellent guest. Be well till then.