

# Torque Release Technique

Extraordinary Results, Lasting Relief

*Naturally!*

with Dr. Josh Wagner, DC, *Founder, The Life House*

**If you're looking to enhance your overall health and wellbeing – and who isn't, right? – look no further than your spine.**

If your spinal column has become misaligned – through an accident, injury, or even from life's everyday stresses, such as spending too many hours hunched over a computer – the unhappy result can be health maladies beyond chronic back pain, including migraines, sleep disturbances, chronic fatigue, digestive problems, and even anxiety and depression (and that's just the short list).

But here's the good news: An innovative and totally unique method of chiropractic care is now available on Manhattan's Upper East side at *The Life House*, which was founded in 2010 by Dr. Josh Wagner, a fresh-faced, enthusiastic and empathetic New York native. Wagner is the only chiropractor in Manhattan specializing in this safe, cutting-edge treatment, known as *Torque Release Technique (TRT)*.

## NO PAIN, LOTS OF GAIN

TRT is an integrative modality associated with chiropractic care that addresses the body, mind and emotions as a whole, and Wagner has a long list of happy patients who've reaped the



## Health Conditions Effectively Treated by Torque Release

- Chronic Pain
- Sleep Quality and Insomnia
- MS and other Muscle Problems
- Migraines
- Lack of Energy
- Childhood issues
- Fibromyalgia
- Depression/Anxiety

rewards of his expertise, all without the cracking and popping that often comes with more traditional chiropractic treatments.

“So many patients who have had great results with me had previously avoided chiropractic care in the past because they thought they would have to get their neck forcefully adjusted,” says Wagner, who received his doctorate at Chiropractic Life University in Atlanta, and trained with Dr. Jay Holder, pioneer of the *Torque Release Technique*. “I am grateful that Torque Release exists so people like this can still receive the care and relief they deserve.”

But how can a simple spinal adjustment cause you to not only feel less pain, but be happier, and more aligned and centered with your emotional self? Here's a closer look at why the health of your spine is such an essential gateway to comprehensive physical and mental health, and how *Torque Release Technique* can help you increase your performance levels, heal your body and achieve extraordinary health – naturally.

## HOW DOES TORQUE RELEASE ACHIEVE SUCH EXTRAORDINARY RESULTS?

As most people know, a Chiropractor is a doctor of the spine, which is comprised of more than 30 bones (called vertebrae) stacked on top of one another. During daily activities, household



chores, and even enjoying your favorite sport, it is very easy for the vertebrae to become slightly displaced (you may not even be aware of it).

Even minor vertebrae displacement can adversely affect your nervous system, and eventually lead not only to all levels of physical suffering, but result in emotional pain as well, such as anxiety and depression.

When the spine becomes torqued (misaligned) from a fall, a sports injury, accident, stress or aging, it results in distress in the nervous system and may affect the brain, the brain stem, the spinal cord and/or the surrounding nerves. This helps explain how spinal manipulation impacts your health beyond the pain you are experiencing in the moment.

Torque Release Chiropractors, like Dr. Wagner, are able to analyze precisely where and how the spine misaligns, causing ill health and a lack of full function and balance in the body. Through gentle, targeted Torque Release adjustments performed with a small, handheld tool called an Integrator, Dr. Wagner is able to restore the proper alignment and tension on the spine and spinal cord without popping, twisting, or cracking the neck. Just imagine, you get all the results with none of the discomfort.

There are many different methods of treating a misalignment of the spine. The most common, done by most Chiropractors, is a thrusting motion, applying pressure to the spine (in other words, cracking your back). And, although friends and family may have had great results from these treatments, many are frightened of being hurt by this method, and, therefore, avoid chiropractic treatment.

## Dr. Wagner's Patient Testimonials & Success Stories:

"I was suffering from **debilitating migraines** for over a year and none of the conventional treatments I tried did anything to relieve them. After just a few adjustments from Dr. Wagner, my headaches were gone... Dr. Wagner took the time to understand all my symptoms and history. I find him to be smart, dedicated and committed to his patients' well being. He's a doctor who goes above and beyond."  
– Kim

"Stress and injuries have been the source of **neck & back pain** for me for years. A few weeks ago, I woke up to a pinched nerve in my neck – the pain was so intense I could barely breathe. Immediately after Dr. Wagner's first adjustment I started to feel relief. As I continue to receive treatment I'm noticing more things improving, most notably that the quality of my sleep has grown dramatically".  
– Melissa

"I woke up with **shooting pain and spasms** in my lower back one morning and after a few days the pain still had not gone away. Dr. Wagner's approach is non-invasive, and through the torque-release approach, the pain gradually went away. He has also helped me with stress management and has been helping me to improve my posture".  
– Clayton

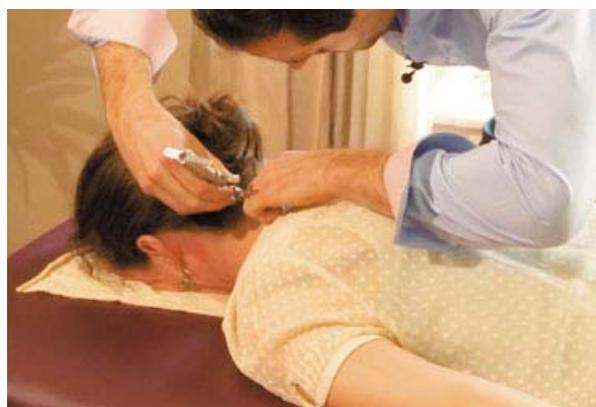
"In a city abundant with doctors, Dr. Wagner's genuine care is incredibly refreshing. He gives me advice for healthy living, which motivates me to adopt healthy daily habits. After my first visit, I felt in control of my body with **increased energy and better sleep, mood, and posture**. If you are in a great deal of pain, or if you, like me, simply want to maintain your health – Dr. Wagner will help you!"  
– S.A.

"I met Dr. Wagner after I decided to address **nagging pain in my shoulder** (I've also been diagnosed with mild scoliosis, which I thought he could help correct as well.) He has an holistic approach, reviewing not just aches and pains in the body but hydration requirements, rest/work body positions, stress levels, etc. All of these come together to make the body feel SO MUCH better, along with gentle, single-vertebrae adjustments. I will continue to recommend Dr. Wagner to my Pilates clients!" – Tesssa

"As a licensed Acupuncturist, I recognize a superb holistic practitioner when I meet one and I recommend Dr. Wagner without hesitation." – Lisa

"**I have lived in New York since the day I was born.** Living in this topsy-turvy city comes a lot of stress – mental, emotional or physical. I have been a patient of Dr. Wagner for about one month and since seeing him my everyday stresses have not consumed my everyday life." – Jesse Lloyd

"As a dancer and student, I experience **myriad stresses in life**, both physical and mental. After just one adjustment, I felt a change – not necessarily one of immediate perfection; as **chiropractic** care is a healing process, but more importantly, I was left feeling empowered. – Linid



"I've had so many patients tell me they were afraid of chiropractors," explains Dr. Wagner, "but Torque Release is a gentle technique that releases nerve-caused pain from the spine, which is in a patient's best interest for both the short and long term relief and healing. It offers amazing transformations physically, mentally, and emotionally."

The Torque Release not only helps abolish back pain, but it has scientifically been tested and proven to reduce the metabolic causes of mental and emotional issues – depression, anxiety and addiction. And because TRT is designed to help the body heal itself, the results are long-lasting. "Doctors themselves do not heal you, your body heals you," says Dr. Wagner said. "Our approach puts it in the best position to heal by assisting you in leading a healthier, more balanced life."

To view the specifics of this technique, watch this short video at [www.lifehousechiropractic.com](http://www.lifehousechiropractic.com).



The **Life House** conveniently located at 19 East 71st Street, NYC

Are you looking for relief from a nagging health condition? **Dr. Wagner is offering a complimentary consultation for the readers of GLOW**, so call (212-876-3286) to schedule yours today. Remember, you deserve to live a pain-free, happy and healthy life. ❖

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