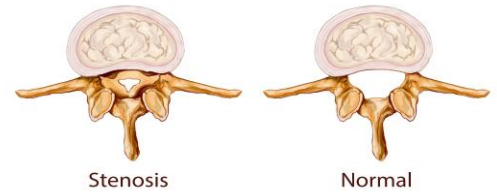
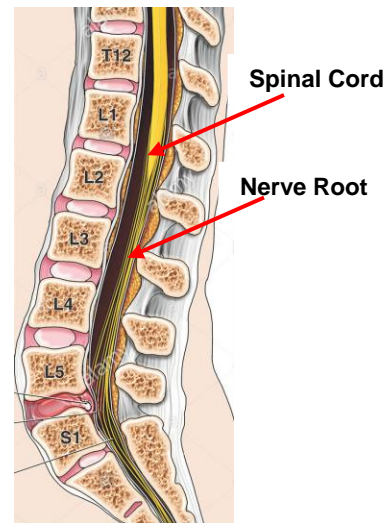


Spinal stenosis is a condition characterized by a narrowing of the spinal canal. This narrowing exerts pressure on the spinal cord and/or spinal nerve roots causing pain, numbness, and other symptoms. The two main types of spinal stenosis are lumbar stenosis and cervical stenosis. Lumbar stenosis is more common.

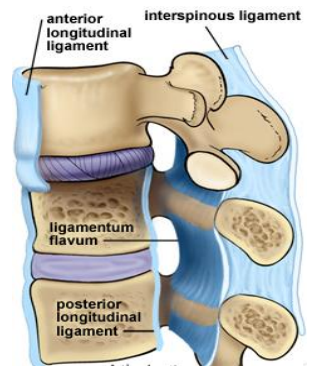


In lumbar stenosis, the spinal **nerve roots** in the lower back are compressed, or choked. This can produce symptoms of sciatica -- tingling, weakness or numbness that radiates from the low back and into the buttocks and legs -- especially with movement and activity. Cervical spinal stenosis can be more dangerous because the **spinal cord** is compressed. Symptoms of cervical spinal stenosis include numbness, weakness or tingling in a leg, foot, arm or hand, neck or shoulder pain. Cervical spinal stenosis can lead to loss of bowel or bladder control, major body weakness or even paralysis in severe cases.

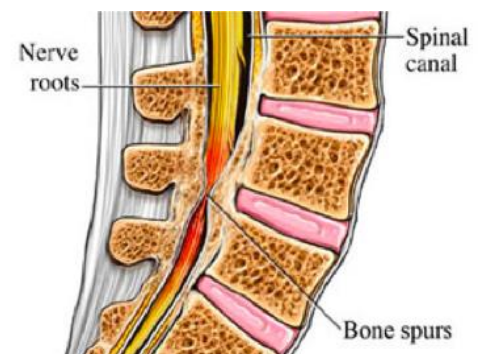


The main causes of stenosis include thickening of the spinal ligaments, bone spurs, herniated discs, and spinal injury. Thickening of the spinal ligament is usually caused by facet joint arthritis. Inflammation of the facet joints causes stress on the joints that may lead to osteoarthritis. The facet joint arthritis can cause biomechanical stress, leakage of inflammatory cytokines, and scarring leading to the thickening of the ligaments resulting in narrowing of the spinal canal.

The facet joint arthritis can also cause stenosis by causing bone spur formation inside the spinal canal. Carboxylated matrix Gla protein (MGP) can inhibit bone spur formation by inhibiting calcium deposition and suppressing Bone morphogenetic protein (BMP), a bone growth hormone. Osteoarthritic joints produce hypertrophic chondrocytes in the cartilage tissue that are unable to carboxylate the MGP. MGP that is un-carboxylated cannot prevent calcium deposition in the spinal canal and is unable to inhibit extra bony growth through suppression of Bone morphogenetic protein (BMP), leading to bone spur formation.



A liver deficiency can also cause bone spurs and stenosis because of the resulting vitamin K deficiency. Carboxylation of MGP is a vitamin K dependent process. Dietary vitamin K is absorbed through the intestines using bile salts that are produced by the liver. A liver deficiency can cause reduced bile production which can result in a vitamin K deficiency. With inadequate supply of vitamin K, the MGP cannot be carboxylated leading to bone spur and stenosis.



Herniated discs or bulging discs may cause stenosis when the ruptured contents of herniated or bulging discs press against the spinal cord or spinal roots. Spinal injury may cause stenosis through dislocation of vertebrae, slipped discs, or swelling of peripheral tissue to compress the spinal cord or roots.

## **Treatment Recommendations:**

### **1) Stenosis caused by ligament thickening, facet joint arthritis, bulging and/or herniated disc**

The recommended treatment includes WHITEE Patch and LC Balancer. The WHITEE Patch helps repair the facet joint cartilage tissue injury and the spinal disc damage, and dissolve the ligament scarring and reduce the ligament thickening by enhancing blood flow and lymphatic circulations. The LC Balancer will improve microcirculation and strengthen the kidney for enhanced nutrient absorption and support to the facet joint cartilage and spinal disc tissue. Patients usually notice improvement in 1 month with 8 WHITEE Patches (23 days) and 4 LC Balancers. Beginning on the 2<sup>nd</sup> month, each month would require 6 WHITEE Patches, 4 LC Balancers. Depending on the severity of the condition, 3 months or more of treatment is required.

### **2) Stenosis caused by bone spur**

The recommended treatment includes the WHITEE Patch, LC Balancer, and Brown formula. The WHITEE Patch helps repair the joint cartilage tissue injury by enhancing blood flow and lymphatic circulations. When the joint damage is repaired, the bone spurs or osteophytes will be dissolved due to the chondrocytes returning to their normal state. The LC Balancer will improve microcirculation and strengthen the kidney for enhanced nutrient absorption and support to the joint cartilage. The Brown Formula improves liver structure and function to return bile production to normal levels, and thus restoring normal Vitamin K metabolism.

Patients usually notice improvement in 1 month with 8 WHITEE Patches (23 days), 4 LC Balancers, and 4 Brown. Beginning on the 2<sup>nd</sup> month, each month would require 6 WHITEE Patches, 4 LC Balancers, and 4 Brown. At the end of 3<sup>rd</sup> month, 50% to 100% pain reduction may be achieved. If patient has severe bone spur condition, a subsequent 3 month of treatment may be required for total pain elimination. Patients may feel intermittent pain spikes at moderate to severe intensities during the treatment due to the mix of healing and increased nerve sensations. Patients over 50 or who has kidney deficiency also require Xcel formula to enhance kidney function for effective metabolic toxins and/or wastes secretion.

### **3) Stenosis caused by Spinal Injury:**

The recommended treatment includes FASTT Patch, WHITEE Patch and LC Balancer. The FASTT Patch helps heal ligament, bone, and muscle injury. The WHITEE Patch helps repair damage to intervertebral discs. The LC Balancer to increase microcirculation and facilitate healing. Depending on the severity of the condition, 1-3 months of treatment is required.

## **Usage Information**

**WHITEE Patch:** Keep the patch on for 48 hrs; take a 24 hr break before applying the next one. Use vegetable oil to remove any herbal residue. Use Oxi-Clean to remove stains from cloth.

**LC Balancer:** 1 teaspoon, 3 times a day; or 3 capsules, 3 times a day

**Brown:** 50mL, 2 times a day, or 3 capsules, 3 times a day

**Xcel:** 2 capsules, 3 times a day

## **Precautions**

- 1) Avoid using ice to reduce pain since it slows and interrupts the body's repair processes.
- 2) Slight skin irritations have been observed in 50% of chronic cases because of the disposal of metabolic toxins on the skin. These usually lasts less than a week. Topical Aloe Vera Gel is recommended to cope with itching.
- 3) Patients with pre-existing stomach conditions such as gastritis may experience light stomach aches or loose stools, since the LC Balancer generates healing pain while treating the stomach condition. It goes away within a week as continue taking it.
- 4) Patients who are taking a high dose of vitamins or minerals should reduce them to a regular dose to avoid overdose, since LC Balancer improves absorption.

### **Case 1: Successful Healing of Stenosis,**

*Arnold Weinberg, DC, Narberth, Pennsylvania*

A female patient in her late 60ies was diagnosed with stenosis in her low back. The patient suffered from severe pain (10 out of 10). It radiated down to the legs and feet.

Dr. Weinberg applied a combined treatment program of two months (three sessions per week). It was composed of low force adjustments, a decompression therapy in various modalities and herbal remedies (FASTT and WHITEE patches and LC Balancer).

The patient had great results. The pain was completely removed. She was able to do overseas travel to Israel immediately after the 2 months protocol had been completed. No maintenance has been necessary ever since (for a couple of years now).

### **Case 2: Successful Treatment of Stenosis**

*Jack Kucheran, DC, Calgary, Alberta, Canada*

Condition: MRI shows patient has moderate degenerative disc disease - L4/5 with facet joint osteoarthritis causing moderate to severe central canal stenosis and severe right foraminal stenosis. Patient has advanced degenerative disc disease L5-S1 with mild facet osteoarthritis causing severe right neural foraminal stenosis and L5 nerve root impingement.

Symptoms include low back pain, right buttock/hip pain, right leg pain and sciatica, right leg weakness, numbness, and loss of strength right leg and foot.

Treatment with Wei Lab's WHITEE Patch, LC Balancer and Brown Formula was recommended. After 3 months of treatment, patient is 70% improved at present. Patient has no leg pain, strength has returned in right leg and foot, no numbness or tingling in leg. Low back pain is 70% better.

Patient is a Welder and does very heavy physical work. Patient was unable to do work for 1.5 months. Patient is now back to work 7 hour days. Patient is no longer woken up by pain. Patient quality of life is dramatically improved. Patient recently consulted Neurologist. Neurologist has confirmed patient does not need surgery with his continuing improvements.

### **Case 3: Successful Treatment of Lumbar Disc Herniation/Spinal Stenosis**

*Mark Brandwein, DC, New York, New York*

We have been treating a 48 year old male for 1 month who has been diagnosed with moderate to severe lumbar disc herniations at L4-L5, and L5-S1 levels, with marked spinal stenosis at L4-L5. He had a recent MRI examination confirming this diagnosis. The patient has had a chronic low back history for 20 years with occasional flare-ups.

Prior to this episode he had responded well with chiropractic care. His last acute episode was 10 years ago. Over this past summer he had been doing repetitive lifting over the course of several months, and started having low back pain with radiation into the left lower extremity.

He visited his local chiropractor who treated him for about 2 weeks unsuccessfully. He was referred to our clinic for evaluation. At the time of his initial evaluation he had a pain scale reading (1-10) of 7. He had clear subjective and objective findings to substantiate an exacerbation of the disc conditions.

He was started immediately on a treatment program of spinal traction, physical therapy and the use of Wei Lab's WHITEE patches as recommended. The first week of treatment he noticed

a 10-20% reduction of symptoms and after 3 weeks a 60-70% reduction. After a month of using the WHITEE patches his pain scale is at 1-2 average. He is now on a therapeutic exercise program with continued treatment, being seen 1-2 week, and still using the WHITEE patches. He is very happy with the treatment, and his eventual recovery. He will be monitored for the next 2-3 months and his treatment will be decreased as he improves. I will recommend the WHITEE patches still be used for the 3 month protocol.

#### **Case 4: Successful Treatment of Stenosis, Bell's Palsy and Depression**

*Michael Yuen, LAc/PhD, Santa Rosa, California*

60 y.o. F patient was diagnosed with spinal stenosis. She had extreme pain and had to use a cane to walk. The patient also had Bells Palsy with half of her face paralyzed, constant nerve pain and body pain, eye droop and depression. She also had a cyst in the jaw. Since the her condition is very severe, Dr. Yuen decide to use Wei Laboratories stenosis protocol with 8 Large WHITEE Patches, 3 LC Balancers and 2 Brown formulas.

After only 3 weeks of the treatment, patient saw really positive results on her stenosis condition. Dr. Yuan commented that it is about 40% improvement, a huge improvement. Patient can walk much better without the use of a cane anymore. Also, lost 10 lbs.

After 6 weeks of treatment, patient is seeing further improvement on her stenosis condition and would like to pursue treatment of her face paralysis. Dr. Yuen believes the cause of her face paralysis might be the brain malfunctioning and recommended to add the Hepavin and Platinum to the treatment which helps clear brain heat and liver heat to normalize neuron activities. To help the cyst in the jaw, a small WHITEE Patch was applied.

After 1 week, the treatment literally made the nerve pain go away completely with the face tightened up. Her mood is much more positive and she looks much younger. Lost 50 lbs of weight. Energy levels are great. A lots more mobility in the full body. The treatment really cleared what was going on in the brain. Doctor could see the improved brain activities. Her eye no longer drooped. Her eyes are not completely closing yet and Dr. Yuen is continuing with acupuncture treatment. Both patient and doctor commented that the improvements are remarkable and treatments are truly productive considering her age, the severity of the condition and the short period of treatment.

As the patient continues the treatment for 3 weeks, she sees further improvement with her depression. She has reduced her medications from 7 medications to 5. There is more alertness in her face. Overall, the treatment results are amazingly positive. She has never experienced anything this great with any other treatment.

#### **Case 5: Successful Treatment of Heart Palpitations and Stenosis**

*Jack Kucheran, DC, Calgary, Alberta, Canada*

60M patient suffered from arrhythmia with irregular heartbeat and palpitations. Dr. Jack recommended a treatment with PaceKeeping Formula from Wei Labs. After finishing 2 weeks of treatment, the Patient noticed much less palpitations, but still experienced the occasional palpitations. The 3rd week treatment, however, did not make further improvement. The Patient still experienced 4-6 flutters daily. The Patient tried Myogen from Wei Labs and did not see any difference. Also tried CV Formula did not see any changed. Later on, the patient was diagnosed with an enlarged left ventricle. It made him cough when he experienced a skipped

heartbeat. When he is active, he will not have the flutters. It comes up only when he is inactive and exercising can get rid of it. The Doctor believed his heart had some dampness. CV, B-2, Qi, Myogen from Wei Labs, were recommended to take at 1/3 dose in combination with the PaceKeeping. After one month treatment with the combined 5 formulas, the heart palpitations that the Patient had for several years were finally cleared up completely.

The same patient also experienced neck pains while working on his heart. Even though the patient had been given different types of treatment including adjustment, active release on the neck, and laser, he still had a very intense tingling sensation shooting down his arm to his pinky finger whenever doing head extension. He also had pain in his scapula. Doctor believed the condition was caused by stenosis in the cervical spine or some disc injury or degeneration, so he recommended Wei Labs WHITEE Patches, LCB and Brown with the patch being applied at C7-T1, C8 nerve root.

After the 1st month of treatment, the patient reported a really intense electrical shock feelings. There was no significant changes on other symptoms. Doctor believed the herbs needed to have better access to the injured area. So during the 2nd month, the patch was switch to the front of the neck. However, the patient did not see much results. In the 3rd month, the patch was switched to the back of the neck again. But it was applied at C6 - T2 area. He did 3 days on and 2 days off, instead of 2 days on and 1 day off. After 2 weeks he got an electrical shock feeling if he extended his neck along the C7-C8 cervical route.

Considering the age of the patient, the Doctor recommend to add low dose of Xcel to the kidney function. M-Strong is also recommended to and boost his kidney yang and enhance erectile function. With the addition of kidney formula, the patient saw an increase in the tingling in the hands and fingers initially. He does weights and tries to keep strong. When he does chin ups, he is having problems with his grip strength. With the M-Strong, he noticed he had more energy and is able to do chin ups with enough grip strength the first day. He also noticed that there was the odd time when he got a deep ache in his triceps and occasionally down the last two fingers on the right hand.

After finishing the 3rd month, his erection function is doing much better. The Patient reported some improvement in the disc. He had one day when he felt a definite improvement on the nerves in his arm. The Patient continued the treatment with WHITEE Patch, LC Balancer, Brown, Xcel and M-Strong at half dosage for an additional month. KS was also added to the treatment to help remove some heat symptoms. After the 4th month, the Patient finally was starting to see a significant change. All the symptoms were gone. The only thing left was the tingling and numbness when he tilts head back and to the right. But it was much better and not as intense before. On the 5th month treatment, the Patient experienced a light set back because the Patient had overdone in terms of stretching. Then continued to the 6th month treatment with the all intake formula being taken at 1/3 dosage. The Patient reported 95-98% better after the 6th month treatment.