

# Natural Joint Repair Without Pain Pills or Surgery!

Teresa Spitzer



Dave &  
Teresa Spitzer,  
Billings, MT

**M**y name is Teresa Spitzer. My husband, Dave and I live in Billings, where we have two children and three precious grandchildren.

We both lead very active lives. I've been a nail technician for 34 years, and we own a large salon, "Nail-issimo! Salon and Spa," where we do all the cleaning, maintenance, painting, and remodeling ourselves. Dave is a contractor, and we've built several of our personal homes over the years as well as remodeled a few, where I helped with painting, staining wood, construction cleanup, and landscaping.

Over the years, this type of work finally took its toll on my 58-year-old body. My joints were simply worn out from overuse. I had aches and pain just about everywhere—in my neck, thoracic spine, my right knee was bone-on-bone, and my left knee was almost bone-on-bone. I had such debilitating pain in my

shoulders that on a scale from one to ten, my pain was about a 15! Eleven years prior, I had a bad sprained ankle that never completely healed, and my wrist was bone-on-bone, with severe, limited mobility. Nevertheless, I continued to work but with immense pain.

In October of 2021, I had a total knee replacement on my right knee. Horrible experience! I had so much pain and limited mobility that I couldn't even bend 78 degrees. Over the years, I have received 31 cortisone shots in various joints. (These many shots can be detrimental to your joints.) They only masked the pain and gave me temporary relief.

Mainstream medicine does not get to the root of the problem; they only treat the symptoms. The doctors basically said no more cortisone shots. Surgery (a fusion) on my wrist would have offered 50% mobility and that wasn't an option for me. The surgeon also discouraged it and said to live with the pain as long as I could. I wanted to heal—not more band-aids!

I was already looking into PRP injections as an alternative. Finally, in February of 2023, I learned that my brother-in-law, Steve, had received Human Umbilical Cord Tissue (HUCT) and Platelet-Rich Plasma (PRP) injections in both hips at the Joint Repair Clinic of Montana. I was so inspired by his positive results that I knew I had to try this method.

After my initial consultation with Dr. Spence in Bozeman, I received a total of eight HUCT/PRP injections at the Billings clinic. In March of 2023, they

did my right and left shoulders, right wrist, and cervical 5 and 6. In August of 2023, because of the success I had previously, I opted to have them do my right ankle, right knee, left knee, and finally, in September of 2023, my thoracic spine got the treatment.

In about two weeks, the pain in both my shoulders slowly began to decline and they progressively got better and better. I hit the sweet spot at eleven months, where I was virtually pain-free. It felt great to have my life back! My knees are much better. I no longer walk with a limp, I can go up and down stairs with ease, and I have full range of motion in my wrist. I believe I made great progress because I followed the Joint Repair protocol 100%. I did not cheat, not even once, on following the nutritional guidelines, the vitamin regimen, or the exercise program, along

with receiving regular chiropractic adjustments.

I am grateful to the amazing staff at the Joint Repair Clinic of Montana. They are knowledgeable, friendly, and they genuinely care about people. Whenever I had a question, Dr. Spence would call me personally. It meant a lot to me that the doctor himself would take the time out of his busy schedule to answer my questions.

Some folks may be reluctant to try this method because they already feel defeated. They have suffered so long and have tried everything from pain medications to cortisone shots, and even surgery with little relief. I've been there, and yet this program has miraculously improved my life. I highly recommend the Joint Repair Clinic of Montana to anyone struggling with joint pain. There is always hope. ■

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(with locations in Bozeman, Billings, Missoula, and Helena) has been helping many Montanans attain great results from arthritis, joint pain, and peripheral neuropathy. The professional staff uses measurable, scientific testing, and x-rays to understand what is going on with your joints to help determine what may be the source of your pain. They can help you learn about the natural options that may be available for you and offer personalized-care programs to help your body naturally. They utilize the tissue from donated umbilical cords from live-birth, healthy moms and healthy babies, which helps the cushioning in your joints.

Care packages can include Human Umbilical Cord Tissue (HUCT) allograft injections, Platelet Rich Plasma (PRP), chiropractic, home-exercise coaching, nutritional supplements and dietary guidelines. Some locations offer additional, non-surgical, pain-management options, including various ozone and sound and light therapies.

Call (406) 551-1787 today and mention this article to receive the discounted \$49 consultation.



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