

My Chiropractic Experience



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I started chiropractic care because I had Neck, Shoulder, & Back pain, along with Depression and Anxiety. I have been dealing with the pain for about 10 years off and on. The worst was the mornings, they brought on a lot of anxiety in the effort to get my body moving-if I moved too fast I would become extremely fatigued and have anxiety attacks. Then at night my shoulder and neck pain would be excruciating.

One time my brain just shut down while I was driving and a police officer had to walk up to my car to get me to move on a green light!

I grew up with Chirocare and that is what helped me somewhat. I needed the more consistent adjustments and exercise routine. While I was doing the Chiropractic Care, I also went to Internists and a Rheumatologist who diagnosed me with Fibromyalgia and prescribed anti-depressants. I also went to Physical Therapy-which helped somewhat. My ENT doctor prescribed my acid reflux meds.

Since starting care I have more energy and I can get through the mornings so much better. The neck, shoulder and back pain are about 90% better. I am sleeping at night, went off my acid reflux meds and lost 6 lbs. I have become more cheerful, able to handle everyday stresses better. To my amazement my hair is thicker and nails have really started to grow longer.

I love the workshops that you have it has really taught me a lot about how to take better care of myself

I was referred to the office through Jennifer, she was at shapes on day while I was working out. Everyone in the office is wonderful, nurturing, positive and encouraging. You always feel welcome here.

Please Feel Free To Use This Sheet To Promote The Benefits Of Chiropractic Care.

Signed