

# My Chiropractic Experience



**“Becoming “well” and “energized” has definitely given me a more positive attitude and has increased my patience.”**

I was suffering from pain in my lower back, neck, and upper arms. The pain was continuous for 6-8 months. I could not get out of bed or a chair without a lot of pain and effort due to lower back pain. I could not lift or reach for anything without a lot of pain and a groan. I was very tired and had no energy because I had pain with every movement. I was spending a lot of time on the couch.

I tried two previous chiropractors and both of them used machines. They were very expensive and I had to stop when bills got out of reach. The problem always returned and I became skeptical and leery about seeing another chiropractor. I was getting a massage from Heather Malahy and she suggested I visit Dr. Ochsner.

I am now just about pain-free in my lower back and arms. I am able to move freely, and have increased the strength and mobility in my arms. I have enough energy to complete my daily tasks, golf, and exercise. Becoming “well” and “energized” has definitely given me a more positive attitude and has increased my patience (with others). I have always been very impatient and nervous and chiropractic has helped to just “enjoy” more of life. My blood pressure has also been high and it is finally returning to normal.

The doctor and staff are very pleasant, friendly, efficient, and always helpful. It is a pleasure to go there and the wait is never long, that is important to me because I am always busy.

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

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Signed