

My Chiropractic Experience



“Since starting care I sleep much better, I have less pain, and I take less of my medication.”

I had started chiropractic care because I had a lot of pain in between my shoulder blades and also in the back of my head. At its worse I had a constant pain that would not go away, I couldn't sleep at night and that would cause me to get tired easily. I had never gone to a chiropractor prior to coming here but I have many family members who have gone to chiropractors and liked it.

I had met the Health From Within team at the 2006 Diabetes Walk and thought I would come in. I have not done anything in the past for my pain; I am using chiropractic as a preventative to my pain getting any worse. I get physicals every year and I had one around the time of starting care. The results were that I had high blood pressure, my blood sugar was high, and I had high cholesterol. I had a follow up in January and they reported back stating that my blood sugar is back to normal, same with my cholesterol, and my blood pressure has gone down. Aside from my cholesterol, blood sugar and blood pressure all going down, I have noticed that I sleep much better, I haven't been in much pain, I am taking less medication and I feel so much better. I am more alert, and my range of motion has improved. I love this place, the setup and atmosphere. It is like a big family when I come in and I recommend this to everybody.