

# My Chiropractic Experience



**“After being under care for 3 years, we have no medications in the house and when our kids get sick they fight off illness quickly and naturally.”**

We started chiropractic care because of a few different reasons. I had lower back pain. My daughters had allergies and my husband came along with us. At its worst, Brittany was taking over the counter medication everyday. Brianna and Lee were taking prescription medications daily for their allergies. I had severe back pain and all of these problems were affecting every avenue of our lives. The medications were not helping the problems; in fact they seemed to be causing the kids to be hyperactive.

Before we started care, when my kids got sick or had a fever we would call our medical doctor and he would tell us to give them Tylenol or Advil every two hours. Now, we let them fight off illness naturally and their immune systems are getting stronger and stronger.

I had been to a chiropractor before, but Dr. Ochsner’s message seemed so natural. Now, after being under care for 3 years, we have no medications in our house and when our kids get sick their body fights off the illness quickly and naturally. The symptoms from their allergies have improved dramatically. The whole family is happier and healthier.

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

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Signed