

My Chiropractic Experience



I have stopped taking all the medications

My name is Sara and I began care for migraine headaches. At their worst I would get the headaches one to two times a week. I would also get one that would last four or five days about once a month. My quality of life was down. I was always in a lot of pain, and I missed a lot of work. I had never been to a chiropractor before, but I tried just about everything else. I of course went to my medical doctor, and I was on about 12 different prescriptions. I also had to administer self injections at one point. A neurologist sent me for MRI's but still, no one could tell me what was wrong with me. The medications I was on would, at the most, take the edge off the pain. The headaches always returned. Since beginning care, which has been about 3 ½ months, I have only had two headaches. Normally I would have had at least 6-8 headaches in that time period. I also notice that I sleep better now. I have stopped taking all the medications. I was on medication that I took twice daily, plus another medication that I would take when I actually had a headache. I have also found the strength to quit smoking since starting care. I found this office through a friend. I love coming here! I am so comfortable just walking through the door!

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

Signed