

My Chiropractic Experience



“I can enjoy foods now that I have never been able to before.
I CAN EAT CHEESE!!”

The reason I began Chiropractic care was due to low back and mid back pain. I had been suffering from this pain for years and at its worst I was not able to sleep at night or exercise. This pain kept me exhausted.

My previous Chiropractic experience did not yield any results, therefore; when I met Dr. Abby at a bridal show and participated in a health screening I decided to give Health from Within a try and I have been here ever since.

Only after six months of care I have seen and felt awesome results! Besides my low back and mid back pain being much better, I am able to sleep better at night, therefore; I am more rested for school and work. I have also noticed great improvements in my lactose intolerance, where I can actually eat cheese now! I can enjoy foods now that I have never been able to before.

I love the office, I love the atmosphere and I love coming to see Dr. Abby. After I get adjusted my pain is gone and my body just feels different. I like the way my body feels because I feel like I'm at 100% now!!!

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

Signed