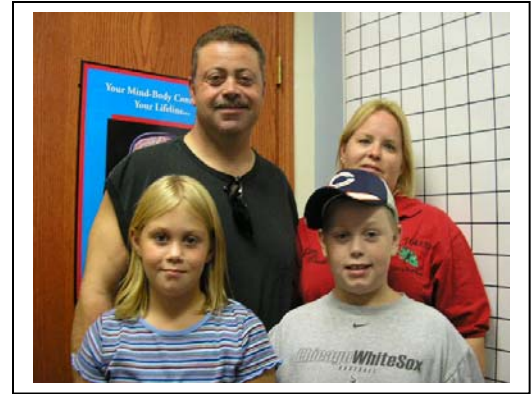


# My Chiropractic Experience



**“I am able to play football.”**

My name is Tyler and I began chiropractic care for lower back pain. I was diagnosed with spina bifida in 2004, but then they changed the diagnosis to bulging discs. At its worst the pain was severe even when I wasn't doing anything. I thought I wasn't going to be able to play football anymore. I tried three months of physical therapy and took Motrin and exercised. A friend of my mom's referred us to Health From Within. Since beginning care here, I have no lower back pain, no headaches and I am also dropping weight. I am able to play football.! I love the doctors and staff here.

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

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Signed