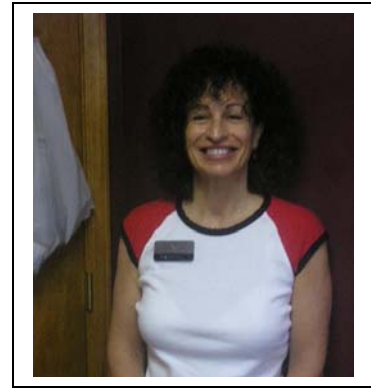


# My Chiropractic Experience



## **Now I wake up dancing!**

My name is Cathy and I began care for perimenopausal symptoms and neck pain. At its worst the neck pain would wake me up in the middle of the night. It was something that I had become accustomed to. There were some nights that were worse than others. The perimenopausal symptoms included fatigue and heavy legs. These symptoms were interfering with my life in every way. I was either in too much pain, or too tired to do the things I wanted to do. There were days when I thought that I could overcome the fatigue, but then the physical pain would keep me from moving forward. It took a toll on me mentally as well. I had previously tried acupuncture and ibuprofen, and natural hormones. I did not want to continue putting things in my body, natural or otherwise, that didn't belong there. The ibuprofen would stop the pain, but it would knock me out. I had heard the doctors from this office speak at a couple of events at my work, and one day I just woke up. I said to myself I know these guys why don't I try this and take care of myself. I have not had one headache since I started. I have not taken ibuprofen for pain, and my perimenopausal symptoms are getting better. I have less fatigue and my legs don't feel so heavy. Since I am feeling less fatigued, I am able to once again exercise which also helps with my overall well being. Because I am no longer in pain, I am able to mentally push myself the extra mile. I am able to see things with mental clarity, now that I am out of pain. I used to wake up with a smile on my face even when I was in pain. Now I wake up dancing! I am also sleeping through the night now. I found the office when we shared a table at Relay for Life. Then the doctors came to Moraine Valley for a wellness fair and I decided to get myself checked.

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

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Signed