

My Chiropractic Experience



“I no longer take 15-16 pills a day for pain!”

I started care because of the excruciating pain I was having and after three months of treatments with other chiropractors, massage therapists, Tylenol and Ibuprofen with no results I decided I wanted to try something different. I met the Health from Within team down at the Veteran’s Day fair and figured I had nothing to lose because I wanted to feel good and wasn’t seeing results elsewhere. The rest is history!

The pain just started one morning and I thought maybe I had slept on a pillow wrong. I rolled over and turned the alarm off and the pain never went away from that moment. I thought I was having a stroke or a heart attack because of the pain in my neck and shoulder. From that moment on I was having constant excruciating pain in my neck and shoulders. I tried Tylenol, Ibuprofen, ice and heat. I couldn’t sleep on my side or even sleep at all, some nights I would have to sleep in a recliner in my living room. This pain was affecting me physically, mentally, personally, socially and professionally. When you are drained because you don’t feel good and are stressed out you are short with people at work and that trickles down and affects others. At work my director told me to either fix myself or he was going to boot me out the door. The only time at work that I didn’t feel the pain was if I constantly kept ice packs on to keep my neck and shoulders completely numb.

The nurses at the clinic and the nurse practitioners kept telling me you need Ibuprofen to get rid of the inflammation and Tylenol to get rid of the pain. They had me on this pill regime, taking pills almost every two hours; which was almost 15-16 pills a day. Not only was this not having any lasting effects, but it was affecting my stomach also.

Only after three weeks of care the biggest change I went through was completely quitting all the pills cold turkey! The pain in my neck and shoulders is 75-80% gone and mentally I feel so much better about myself. People actually want to talk to me and hang around me at work now because my personality has come back. I have changed completely. I have also had a physical since being under care and my blood pressure and cholesterol have both dropped and I’m taking less medication. My doctor said he was very impressed with my changes and we are working to get me off the drugs.

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

Signed