

# My Chiropractic Experience



**“I am in charge of taking care of my body and my wellness, and I have never given the level of dedication that I am now giving!!!”**

The reason I started chiropractic care was for continual wellness. In my profession I lift heavy boxes and have been doing it for years and it caused me to have lower back pain. I also wanted to be able to get out of bed feeling wonderful and not miserable. Before my chiropractic care when I got out of bed every morning I would have to restructure myself and do stretches immediately before I could do anything else. Also for my job I travel about 2500 miles a month and every time I would get out of my van I would also have to restructure myself or I would not be able to move. Due to the sitting all that time it caused a lot of pressure on my neck and low back.

My past experience with chiropractic was about 15 years ago and there was a lot of electric stimulation rather than the adjustment and there were no x-rays taken. After the treatments were over I stopped seeing the chiropractor.

Since I started here I sleep so soundly. I used to wake up 2-3 times a night and now when I go to bed I wake up the next morning with lots of energy, which is very important to me! I no longer feel achy when I get out of my van that I am in so much. Both of these benefits allow me to deal with my busy schedule much better. Another side benefit that I have experienced is a shift in my mental attitude. Every time I get adjusted I know I am doing something that is great for me and that helps me out a lot. I am in charge of taking care of my body and my wellness and have never given the level of dedication that I am now giving. I eat right and do my stretches but I have realized that this is so much more important than that. Now I am making time to do something good for my health.

I was referred to this office by my dear friend Geri Christensen. This office is like a family. There is so much warmth every time I walk in here starting with the greeting. I truly believe this is going to be a life long partnering. The office guides me in helping with my wellness for the rest of my life.

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

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Signed