

My Chiropractic Experience



“I was depressed and gaining weight because I was in too much pain to exercise. After care, I can sleep through the night, play ball with my son, and my endurance is high. I have lost weight because I can exercise!”

I began Chiropractic care because I was suffering from headaches, back-pain, and sleeplessness. I had been experiencing these pains for over 5 years. I could not get any sleep because I could not find a position that was comfortable. I was depressed and gaining weight because I was in too much pain to exercise. I was taking 1800mg of Advil daily. The drugs only took the edge off pain and I kept increasing the dose. I tried physical therapy for a short period of time but was unable to sustain any positive benefits.

I was originally afraid of physical manipulation. I thought it was just “bone cracking.” I learned more after listening to Dr. Ochsner at a conference. After starting care I feel great! I feel whole because the chronic pain is gone and I am able to function physically. I could sleep through the night, play ball with my son, and my endurance is high. I have lost weight because I can exercise. Most importantly, I am more peaceful, patient, happy and spiritually centered.

I believe that subluxations not only block your physical ability to heal yourself, but to heal psychological, spiritual, and intellectual issues. If the energy can't get through to heal your physical need, how can we expect that same energy to flow through to our other needs? It has been an amazing journey of self-realization.

Ochsner Chiropractic center is run with respect for the patient and our needs. It is nice to have the education too – to be respected as an intelligent individual who is the center of my own healthcare. Abby and Laurel are so kind and helpful in accommodating our schedules and acute needs.

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

Signed