

# TESTIMONIAL

I remember years ago when I started having lower back pain and my doctors would merely prescribe muscle relaxants. One good doctor finally sent me to physical therapy and eventually I ended up seeking chiropractic care. I attended a chiropractor three times a week for many years. I reached a point where even the chiropractic treatments just did not seem to help. When I got to this point I started physical therapy again and at first I felt a difference. I felt as though the stretching and strengthening would eventually heal me. I soon found that my problems were not that easily cured. Without fail a few months after my approved treatment I would regress. This happened to me twice. I knew that I was on a better track but far from where I needed to be. Finally I took my friends referral and met with Dr. Whelan. Following are the changes I have felt since I have been undergoing NSA treatments:

**Less Pain** - I feel less and less pain every time I receive treatment. This feeling is more permanent than any feeling I ever felt with straight chiropractic or physical therapy. I can feel my body healing itself right to where it needs to be.

**Less Stress** - I find that I am better able to cope with daily life stressors as well as those unexpected life changing moments. I had a few devastating situations in 2005 that I know I would have not made it through had I not been receiving treatment.

**Eating Pattern** - I have gone through the extremes of not eating enough and/or eating too much and any other extreme you can think of. Now I find that my body has the ability to ask for food only when it is actually hungry and I am working on finding ways to feed my body all the nutrients it needs. I had gained 30 lbs in the last 3 years and I have lost 10 of those so far without dieting or working out much.

**More Flexibility** - I am gaining back the natural flexibilities of my neck, shoulders and back ☺ Stretching feels great!

**Happier** - I am a lot happier since I have been receiving treatment. It is almost as though I have let go of some past issues that my body may have been holding onto and now I can fully embrace happiness.

**Healthier** - overall my body feels as though it is in a better place. I may still catch the common cold but my body is slowly finding ways to become stronger in all essence of the word HEALTHY.

**Centered** - I finally found my center.....a place where I can be content, calm and serene. A place where I can reflect, breathe and just be. My goal is to find ways to stay centered for longer periods of time.

*Marilou*

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