

Dear Renaissance Chiropractic/Dr. Devin Long:

September 25, 2006

I wanted to write this to tell my story with hopes that others might seek out chiropractic care and find healing, no matter what they may be ailing from. And to express my appreciation to the entire office for their compassion and care during my treatment here.

I was in a bad car accident 4-5 years ago. I felt fine that day and during the months that followed. But slowly, over time, my neck began to bother me. Over the years, it worsened to the point where it was causing headaches, loss of strength in my hands, difficulty sleeping, and terrible pain. Sometimes the pain would get to the point where I would have to lay down and close my eyes. I never took any pain medication (except Tylenol) or had any x-rays taken. I knew something was wrong, but I didn't want to have surgery, if indicated, and I really didn't want to hear that 'nothing is wrong and here is a pill to take for your pain'.

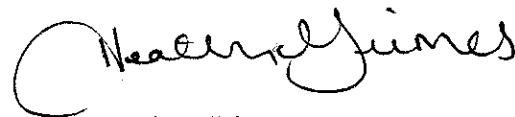
I came to Dr. Devin as a curiosity. I was at least hoping that some form of chiropractic care would help me get through some of the worst of the weeks with my neck. I was in for a whole lot more.

After my initial examination and diagnoses, I was filled with excitement and relief. There was something wrong, but it was also something that could be healed naturally. I began adjustments and traction. After my very first adjustment, I felt like an entirely different person. I hadn't realized how much pain I'd been in until there was an absence of pain. I practically floated out of the office. It was a very emotional and wonderful experience.

As the weeks of adjustments and treatment continued, I was surprised by other benefits as well. My hearing, which has been poor since I was a child, has improved. I have more energy, and I've stopped dropping things. And to me, a wonderful, and personal, benefit has been an introduction of normal menstrual cycles into my life. I would have never thought that adjusting my spine could answer my gynecological questions. I have been without menses since I was 12 (when I experienced one actual cycle). Doctors have gone as far to tell me that I would never have children. But they've never been able to explain why I didn't have menstrual cycles. I am recently married and as the hopes for starting a family have become more real, this has been a perfectly-timed occurrence in my life. My husband and I are ecstatic! I even spoke to my gynecologist about it and he is also excited. He said that as soon as I'm ready, I can start trying for babies and he sees no reason now to worry about fertility issues.

Thank you Dr. Devin for always answering my questions and concerns with grace, honesty, and kindness. I am now a true believer that chiropractors have healing hands! I tell all of my friends and family to see a chiropractor.

Sincerely,

A handwritten signature in black ink that reads "Heather Grimes". The signature is written in a cursive style with a large, looped initial 'H'.

Heather Grimes