

## My experience at Renaissance Chiropractic Center

14 August, 2008

I have been in the background of the health care profession for many years and I am well aware of the opinions of most medical doctors regarding chiropractic services (by the way, I see those opinions evolving to the more favorable side lately). At any rate, that is a bit of my background as to how amazing it was that I ended up here...I was desperate.

I suffered from an excruciating pain that wrapped from the upper inner thigh twisting across the front of the thigh down to my outer knee area. With it came numbness of areas of my calf and foot. I went for the usual medical help; they took x-rays, MRI's, EMG's and ended up telling me to take anti-inflammatory drugs to help with the pain of the obvious angry nerves. Some suggested spinal stenosis; testing revealed no stenosis, rather there was some disk bulging and degenerative joint disease; all said the neuropathy caused by these conditions should be helped by medication. The medication worked to soothe the angry nerves, but when I stopped the meds the pain would return. I do not like taking medications and feared becoming dependent upon them for physical comfort! As most drugs metabolize in the liver I also feared for the health of my liver if I took these drugs long term. I feared the above mentioned conditions could progress to worse state and I could end up requiring surgery. In an effort to leave drugs behind and avoid surgery I overcame my doubts of chiropractic services and made my way to Renaissance.

I can't speak highly enough about the professional care I have received here. I was quickly evaluated and given my first adjustment which helped with the pain but did not completely abate it. After the 2<sup>nd</sup> adjustment the pain improved markedly. After the 3<sup>rd</sup> it was all but gone. I, in the process of life, have thrown things back out of whack again and Dr. Mike has gently nudged them back to their proper alignment every time. He, through his quiet tutelage, has helped me navigate my way to a healthier life and leave the drugs behind. I now know that surgery does not have to be the answer. Adjustments are the way I will go from now on. I have enjoyed some additional benefits of the adjustments in that I am getting better and deeper sleep thus my brain seems to function better thus I do my job better and life in general has improved (I forget things much less now). Go figure...adjusting the nerve center certainly has its benefits.

Charlene King

One happy client....