

August 4, 2004

Dear Dr. Doug,

I just want to say a very big "thank you" to you for helping me to feel so much better. My life is nothing like it was only a few short months ago. No longer do I cry myself to sleep at night because of the terrible pain in my head. I quit seeking out a solitary corner at work half a dozen times a day to indulge my tears. I didn't think I would ever feel better—I only kept getting worse.

Some medical doctors told me they couldn't help me, and another just gave me a big pile of medication to try—which did not help.

Then someone urged me to go to a chiropractor and referred me to one. I went, and after a few weeks I got some relief that lasted for about two weeks, then it quit helping, and I just continued to feel worse. I was in despair. I thought I would have to live in terrible pain the rest of my life. I was absolutely miserable. I didn't feel like going to anyone's house for dinner, I didn't feel like playing games, I didn't even feel like talking to anyone. Seemingly all I could think of was how bad I was hurting. I don't know how many times I told my mom that I just wanted to die and go to heaven and then I would feel better. My only real comfort, since I am a Christian, was being able to tell Jesus about my pain anytime, and knowing that He never grew tired of hearing me.

Then someone told me I should go to Renaissance Chiropractic Center and see Dr. Douglas Long. I guess I thought all chiropractors did the same thing, so my first thought was, "I've already been to a chiropractor, and it didn't help much." I was willing to try anything, though, and I'm very glad I did.

After 3-1/2 years of headaches, which grew more and more severe as time went on, the way I feel now seems almost too good to be true!

· THANK YOU SO MUCH FOR HELPING ME TO FEEL LIKE LIVING AGAIN.

Sincerely,

MaryBeth Kinnaman