

January 29, 2008

Renaissance Chiropractic Center  
4902 Tacoma Mall Blvd  
Tacoma, WA 98409

I have suffered for many years with neck, shoulder, and back pain. I have always been skeptical about chiropractic treatment. I would always go with physical therapy treatment. Last summer I could barely move my neck. A friend suggested making an appointment with Dr. Michael Long at Renaissance Chiropractic Center.

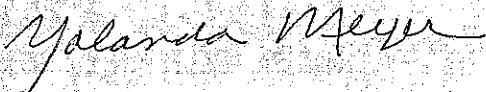
As I stated I was unsure about this type of treatment. At the time I was in such pain and decided what did I have to lose?

After several visits and adjustments I noticed I was feeling much less pain in my neck and lower back.

From my X-rays Dr. Long explained what was causing my pain. I also suffered from chronic headaches. Dr. Long also checked my jaw and found it was out of line in three places. He adjusted that area also. At this time (including my headaches) I am for the most part pain free. I call Dr. Long my miracle worker. Occasionally, I still suffer minor pain in my lower back. But unlike times before it is less and goes away in several days. I now tell everyone if you have chronic pain and have not tried chiropractic treatment make an appointment with Dr. Michael Long and give him a chance to see if he can help you.

Dr. Long has made me a true believer in chiropractic treatment. I am only sorry I did not try this treatment years ago.

Sincerely,



Yolanda Meyer