

“I had Surgery for a Herniated Disc and Still Needed 12 Painkillers a Day Before Chiropractic!”

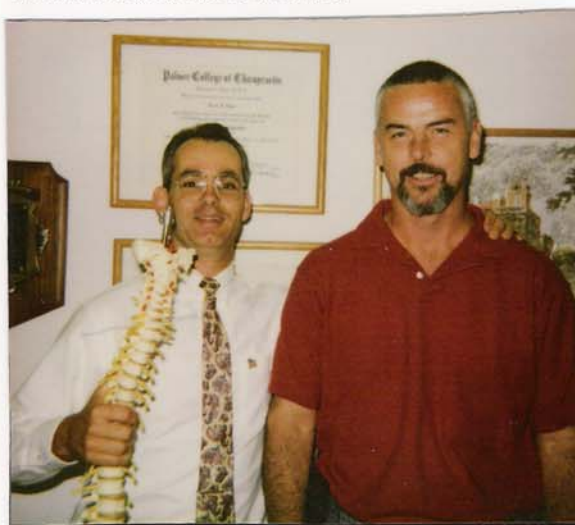
“I had pinched nerves and sciatica. I used to play tennis everyday until this problem came up. The thing is I had a herniated disk where the disk pops and oozes and pinches the nerves. I had that 4 years ago. They did surgery and that fixed it for a while, but it gradually got worse and worse.

The thing I felt was so cool about chiropractic is when he took the x-rays you could notice structural problems that weren't addressed before the surgery. That was the reason it just reoccurred and reoccurred. When the neurosurgeon did it, it felt better for a while but just got worse. When the chiropractor did his thing he fixed the cause of it not the problem from the cause.

I was taking all kinds of painkillers. I was taking 4 ibuprofen and 2 Aleve tablets in the mornings. Then I would take two more Aleve tablets at night and at noon I would take 4 ibuprofen tablets. I was nervous about getting ulcers but it never did happen. I'm sure it would have just been a matter of time. I didn't want to go through the whole surgery thing again so I decided to try chiropractic.

The surgery really knocks you down and it takes a long time to recover from it. My father used to go to a chiropractor but I had never been to one before. I didn't think it would help me, but it was

worth a try. I really liked the way the doctor took full view x-rays. I could get to see the entire problem in a way that made a lot of sense to me.



He told me to stop playing tennis and to give the treatment time to work. I needed to stick to my treatment plan and to try and get off the drugs. He explained that the drugs mask the pain but don't promote the healing.”

“It's worked out so well, as of now I am off the pain medications and feeling great.”

--Randy Brown

Randy Brown