

“Help heal yourself...”

When I first came to Dr. John I had numerous symptoms. I have arthritis, IBD (irritable bowel disease), degenerative bone disease and carpal tunnel. I had limited range of motion in my neck and I wasn't able to open jars due to weakness and pain in my wrist. I was in constant pain and it even hurt to turn over in bed. I was taking prescription drugs for IBD, which had many side effects along with pain medication.

In April of 2005 I became house bound with many symptoms of IBD. I was in so much pain; it hurt to just move around the house. I finally had enough and looked in the yellow pages when I can across chiropractic. I was skeptical about the chiropractor because I had been to several in the past, but I never stuck with it. I was not offered a routine or given knowledge about my diagnosis with previous doctors.

When I called Isdale Chiropractic I was greeted by a knowledgeable and confident person. I explained to the person on the phone that I had previous experiences with my bones being 'cracked' which left me in more pain; except once a chiropractor used an activator, and I had left the office feeling so much better. This office guaranteed me that Dr. John would be gentle and use an activator. The staff made me feel special and they were always smiling.

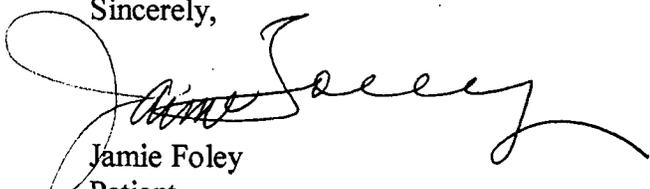
After only a few short weeks I realized that I didn't have the excruciating pain. Eventually I was not taking my pain medication any more and I would say that I was at 90% improvement. I can now turn my neck side to side, I sleep better and can move around the house without having a panic attack.

I would definitely recommend chiropractic care to others who are sick, suffering or in pain. I would tell them my story and suggest to them that they need to go to a chiropractor that they can trust. Because I believe that trust is part of the healing process.

There is no question in my mind that chiropractic care is by far more problem solving then any medical doctors that I have ever been to. Dr John has given me reading material on my conditions as well as an exercise program so that I continue my improvements at home.

“Knowledge is power and that gives you control to help heal yourself for the rest of your life.”

Sincerely,



Jamie Foley
Patient