

## *I can now take walks with my family*

I suffered from a bone spur in my left foot and lower back pain. I had such severe lower back pain that I was not able to bend or even get up when I was sitting. The bone spur in my foot caused so much pain that I had difficulty walking.

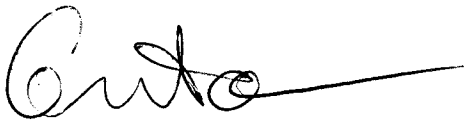
I was scheduling visits and treatments with a podiatrist to help with the problems I was having with my left heel. I had tried steroid injections, took prescribed medications, went 9 months with a sleep boot, used a walking cast for 6 weeks, and even considered surgery.

A prior patient of Isdale Chiropractic suggested that I try chiropractic care. I knew it would help with the issues with my back but I did not realize it could help with my heel.

I found Dr. John and his staff to be very friendly and caring. After going through treatment, I have not had lower back pain IN MONTHS. I was even able to help my daughter move and was not laid up in bed the next day from pain.

I would recommend anyone who is suffering from any pain to consult with a chiropractic doctor. I DID AND I LOVE IT!

Sincerely,

A handwritten signature in black ink, appearing to read 'Greta Guidry', with a long horizontal line extending to the right.

Greta Guidry  
Patient