

For the past six to seven years of my life I have been suffering from many symptoms pertaining to several disorders including Fibromyalgia, celiac disease, and TMJ symptoms. Then to make matters worse I was recently involved in an automobile accident where I suffered the painful aftermath of whiplash. The whiplash just added to the discomfort in which I was already experiencing. As the days went on my symptoms, which included severe pain, headaches and migraines, muscle pain, menstrual cramps and exhaustion, only worsened, and soon the pain was nearly intolerable.

Naturally I sought out several treatments that I thought would help cure my discomfort. I tried everything including massage therapy. However this form of treatment proved to be quite painful when the therapist would touch me and would provide only temporary relief. Other doctors also tried putting me on several types of medications in hopes that the symptoms would be masked. However I soon grew weary of the Vicodint and birth control pills that I was put on. I was afraid I would become addicted to them, and therefore my search for help continued. Little did I know that I would soon find the answer that I was looking for.

I was so fortunate to have found NUCCA. My aunt in Michigan has Fibromyalgia as well, and she too went to many doctors and tried numerous treatments without any luck. The only treatment in which she found relief was NUCCA. She had suggested it to me previously, but after the auto accident and knowing that I could no longer deal with the extreme pain, I decided to try it.

In the beginning I was a bit apprehensive. First off I had never even been to a chiropractor. The traditional method seemed as though it would be painful with all of the popping, cracking and twisting, and I didn't understand how NUCCA would work. I mean, how can something so simple and pain free cure what I had been suffering with for such a long period of time without medication? However, whenever I arrived at Dr. Tim's office, my apprehensions were relieved. The office was nice and cozy, kind of like home, and the office staff was very pleasant and friendly. The music and temperature were relaxing and comfortable, and Dr. Tim was calm and confident. And best of all, the NUCCA procedure was pain free; little did I know that the benefits of this procedure would be incredible.

After I was put back into alignment, I no longer felt any pain in my neck, shoulders, jaw, or hips. I don't get migraines or sinus headaches anymore, and I am no longer on birth control pills because I no longer have pains in my side during my menstrual cycle. I don't require as much sleep anymore to stay awake, and even the little things on my body have improved such as the thickness and strength of my nails.

I tell everyone about Keystone Spinal Care including all the people at work, and my grandparents and cousins. If I could I would tell everyone who is sick or suffering to go *now* because my only regret is that I didn't go sooner. This isn't like any other chiropractic treatment that you have ever seen. Give it a try. You have nothing to lose and everything to gain.

Amanda Jones
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