

## The Effects of Adjustments

I am a patient of Dr. Renfro and I suffer from mild migraine headaches and tension headaches, which I inherited from my mother. I almost get headaches every other day, especially in times of stress. On top of that my whole family suffers from back pain. In my case, I was diagnosed with Scheuermann's disease and "spondolysis".

In Germany, they call it "civilization disease" due to the fact that many people nowadays spend most of their times sitting around and doing things while maintaining a false body posture. Our ancestors used to be healthier and more robust since they worked outside doing physical labor by fresh air (e.g. farming).

In the past, I used to take a lot of medication (- I am still taking too many). Among them were over-the-counter and prescribed pain medicines, such as Advil, Tylenol, Aspirin, Excedrin, and Aleve to name few of them. I also tried over-the-counter and prescription migraine medication, such as Excedrin Migraine or Imatrix. So, every time I was in pain the doctors prescribed Tylenol.

I tried to get away from painkillers due to their side effects. I tried it all: massage, Roling, physical therapy, Alexander Technique and, of course, exercising.


Then, I discovered Chiropractic Care, which involves adjustments (AKA manipulations), diathermy and other hot and cold therapies.

Even though, Chiropractic care (office visits: (3x/week) unfortunately, does not cure my headaches and/or back pains but it gives me temporary relief. Especially, at those times where no painkiller seems to work. Sometimes, those "alignments" work like miracles. In case of severe headaches I experienced the following: after a combination of adjustments and heat for 30 minutes I feel some improvement and ca. 2 hours later the pain is gone.

Most of the time, I feel like a new person after the adjustments. I can turn my head around and I feel less stiff. Once in a while, I must admit, I came in without pain to my regular visits and ca. 1 hour later I started getting headaches or back pains. Those latter side effects usually get cured after an immediate 2nd visit to the chiropractor.

In summary, Dr. Renfro provides me with excellent service. There are no long waits. You can come in any time during office hours without the need for an appointment. Dr. Renfro and his assistant Lupe are always courteous and take time for their patients. They are very understanding and helpful and I can recommend them without further reservations.

Sincerely,

A handwritten signature in cursive script, appearing to read "Alex Vogel".

Alex Vogel (Patient)