

Virginia Fretz -
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I am 79 years old, I have four wonderful daughters, 11 grandchildren and 18 great-grandchildren.

The first time my back went out I was in Junior High or maybe earlier than that, I was about 16 years old. I do not remember what I did or why but I do remember I had to stay home from school for about 3 days. Then the next time was around mid 1940's, which I limped around. In 1947, it went out again to where the pain was uncomfortable but it eventually went away. By the mid 50's I was very active, I had my four daughters by then and did a lot of yard work, went horseback riding. I recall two other times my back had gone out and felt real bad, did not really do anything about it just waited it out.

The first time I saw a Chiropractor was in 1963. Dr. Algiers, I think it was. He came to our home because I could not get out of bed without fainting. I remember him making a movable table for me. I was in so much pain that night I cried in my sleep. The next day I was able to go to his office and at his advice did not take any medication. Many of my friends and I remember one of them being a Registered Nurse, had told me I would never ride horses again. They were all so sure I would be injured for life. They said this because of me seeing a chiropractor. Within three weeks I was riding again. At about 1963 my third daughter was studying to be a nurse. She mentioned how the school took about three weeks to teach them how unsafe chiropractors were and how they were not real doctors. She was quite concerned about it since I was seeing one.

Then I had Dr. Brinkley as my chiropractor. He was interested in vitamins. He was the first doctor to start me on vitamin C and to tell me that he had noticed I had calcium deposits. Throughout the 70's and 80's I had several falls and injuries. One time I injured my left knee from a horse kicking me. I had no fracture but it did cause a lot of pain, so much that I could not walk. Another time I had fallen off a horse and when I fell, I dislocated my left arm. Dr. Surace that was now my doctor put it back in place after the swelling had gone down. In fact, I would go to my chiropractor instead of the medical doctor when I had broken bones. By 1988 I was still walking a lot, about four to five miles and taking my supplements. About the end of 1988 or the beginning of 1989 FHP gave me a complete health exam. I was diagnosed with osteoarthritis on my shoulders. I was 72 years old then and looked after my mom which entailed me lifting her and bathing her. By the next year I also took care of my great grandchild.

In February or March of 1995 I was visiting one of my daughters. I got on the Healthrider she had. I realized my lower back was not functioning quite right. Later, on Easter morning I walked to a friend's house. There I went to stand up after putting my shoes on when my lower back had started to bother me. I didn't think I'd make it through the day. I thought that getting on the Healthrider contributed to me having pain. I called my Chiropractor but his phone was disconnected and his office was no longer there. I was desperate to get better since I had an outside wedding to go to on May 24th. I had received Dr. Renfro's mailer. He looked nice in the picture so I made an appointment about a week after Easter. It took several visits before I felt relief. At one of my appointments I mentioned about my shoulder and how it bothered me too, so he used the Activator and in examining me told me about the adhesions in my left shoulder which no other doctor had ever mentioned. I was not able to walk more than a block without having pain or knowing if I could make it back.

By the time the wedding came along I had noticed some improvement. I actually stood for the whole ceremony. Since I was staying with my daughter Penny we hiked everywhere. Up and down trails. One of our hikes was approximately four miles long.

Now I am working towards my trip to Kansas. I will be visiting my second daughter Ronalee and looking forward to see if they notice any changes in me.

To describe Dr. Renfro -- well, he is an angel.

It's hard to state how much has changed for me. I have experienced physical and mental changes in a positive way. My own family has seen the change. In fact, some of my family that I keep in touch by phone because of how far they live have told me they notice the change in me. I could reach the cupboards and vacuum. I feel like gardening. I am able to take walks, be adventurous including driving long distance on the freeway. I am able to do more at the age of 79. Assuming the arthritis has slowed me down, it is still wonderful to know that I can live independently. I feel I have added 10 more years to live.

Getting adjustments from Dr. Renfro has benefited me in every way.

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