

# A patient's story!!

.....The Value of Health!!!!

It wasn't until I had a severe motorcycle accident that left me with a Sprung Pelvis, that I took my health seriously. I had been sedentary for 5 months recovering from 2 reconstructive surgeries. The moment I was able to seek Chiropractic care my life changed forever.

During one of my treatments I had noticed that my chiropractor offered a program that could help me reduce my weight. With my Pelvic injury, it was brought to my attention that the excess weight was going to compound the internal damage over time. This concerned me, I did not think that I could lose some weight due to my limited mobility preventing me from exercise..

I decided to try a program that they offered and to my disbelief, I was able to lose 18 pounds in the first month on crutches. That was only the beginning while I continued to lose 50 pounds in 3 ½ months I was introduced to the new habits that supported a healthy life style. It has been 3 years since I have lost that weight. The program not only helped me get the weight off, but it taught me the lifestyle skills that enabled me to live a healthy life style.



I would like to say thank you to my Chiropractors for caring enough to offer me a program that changed my life and now my family's.

If you are reading this I would encourage you learn more about this program and offer "The Value of Health" this program offers to your patients.