

Get Back Your Pain-Free Life

Dr. Vera Baziuk Advanced Wellness Lifestyle

Back and neck pain robs so many people of their ability to enjoy life to its fullest. Many believe the pain and discomfort will never go away. At Advanced Wellness Chiropractic, I use a unique, low-impact, yet highly effective chiropractic technique called Torque Release Technique (TRT) designed to provide long-term healing and restoration. Using this technique, alongside diet and exercise recommendations, my patients get back to living their best life...pain-free!

Who doesn't desire to live life to its fullest and free of pain?! Your back pain is getting in the way of you living your best life. Back pain can leave you feeling helpless, hopeless and discouraged. Helpless because you are at the mercy of your pain with no end in sight. Hopeless because even the strongest pain medications provide no long-lasting relief. Discouraged because you face the possibility that this may be as good as it will get.

You deserve to live a pain-free life where you are a happier, healthier version of yourself!

At Advanced Wellness Chiropractic, many of our patients do experience happier, healthier versions of themselves!

A few years ago, I discovered a chiropractic technique called Torque Release Technique (TRT). TRT is a unique, low-impact, gentle and highly effective chiropractic technique. It changed my life! And now it is positively changing the lives of my patients. TRT focuses on creating system-ease by gently releasing tension within the spine.

My patients are amazed at how this technique has made such a difference in a short period of time.

- A patient went from 9 hospital visit headaches to no headaches within a month.
- Another patient has had so much pain and fatigue that she hasn't worked out for years. Within a few months, she went rolling blading, an activity she dearly missed, for the first time in four years.
- Another patient had minor surgery but unfortunately suffered complications. He hasn't felt the same energy level since. In less than a few weeks, his energy level has improved. He is back to gardening and fixing things around the house.
- Another patient had suffered with chronic neck pain which interfered with work and sleep. After her first adjustment, she felt immediate relief and could move her neck to the left. She was so amazed at the relief she felt, she had tears of joy.

If you'd like to get back to your pain free life, call our office and come in for your discovery session. Start living your pain free life and rediscover a happier, healthier version of you!

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