

Revolutionary New Hope for Pain Sufferers

Here's what those who have actually completed our programs have to say.

Adriaan's Experience...



Adriaan is a 65-year-old man who had been suffering with severe chronic low back pain and degenerative disc disease for over 10 years. He couldn't bend, couldn't sit in a low chair for fear of not getting up again and couldn't even put his socks on. In fact, he was let go from work due to his low back disability 9 years ago. Not only couldn't his medical doctor help, but he also wouldn't even sign his disability form. Imagine what this did to both Adriaan's physical and mental health.

After arriving at our health Centre, Adriaan underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan. This enabled us to find the true underlying causes of Adriaan's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

Adriaan was placed on our proprietary and specialized program that included our Robotic Laser Spinal Decompression System as well as other components specific to Adriaan's needs.

"Huge, huge improvement"

Upon completion of an 8-week program, follow-up x-rays showed an increase in disc height at the L5,S1 level of an astounding 30.5% and 6.6% at the L4,L5 level. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn't even possible. Adriaan's x-rays prove differently.

His neurological scan, ranges of motion and disability indexes all showed concurrent improvement.

We are pleased to report that Adriaan can now put his socks on, and his life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Adriaan for sharing his story with you and offering hope to those who had given up.

Jim's Experience...



Jim is a 63-year-old man who had been suffering with severe chronic low back pain and degenerative disc disease for over 30 years. At its worst, Jim lost complete feeling in both legs and could barely walk. He was on Percocet for years as well as numerous other drugs. Imagine what this did to both Jim's physical and mental health.

"I was on Percocet for years"

After arriving at our Health Centre, Jim underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan. This enabled us to find the true underlying causes of Jim's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

“I can sleep again”

Jim was placed on our proprietary and specialized program that included our Robotic Laser Spinal Decompression System as well as other components specific to Jim’s needs.

Jim was progressing nicely on our program and then had the unfortunate luck to be involved in a serious car accident where his vehicle was crushed between a gravel truck and the guard rail.

Obviously, this seriously exacerbated his low back condition as well as introducing new injuries.

We’re pleased to state that while we would never wish a car accident on anyone, we are also experts at dealing with such injuries and how to address such a significant setback. Jim’s program has been extended through his motor vehicle insurance and under our care has regained the strides he had been making.

“My back feels great”

His neurological scan, ranges of motion and disability indexes all showed concurrent improvement. Follow-up x-rays showed an increase in disc height at the L5,S1 level of an almost unbelievable 200% (there was very little to begin with) and 82% at the L4,L5 level. Jim’s spondylolisthesis at the L3,4 level was also improved by 47%.

While there is still work to do based on the aggravation caused by the gravel truck, **his back is now better than it has been in 30 years** where he can actually sleep again, and his life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Jim for sharing his story with you and offering hope to those who had given up.

Dan’s Experience...



Dan is a 56-year-old man who had been suffering with severe chronic low back pain and degenerative disc disease for over 20 years due to his professional career as an elite search and rescue specialist. According to him

“I have tried everything to reduce the pain, short of a surgery which isn’t recommended”

Needless to say, Dan was “fed up and frustrated” and “didn’t do much”. Imagine what this did to both Dan’s physical and mental health.

After arriving at our Health Centre, Dan underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan. This enabled us to find the true underlying causes of Dan’s condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

Dan was placed on our proprietary and specialized program that included our Robotic Laser Spinal Decompression System as well as other components specific to Dan’s needs.

an increase in disc height at the L5,S1

level of an astounding 20.6%

Upon completion of an 8-week program, follow-up x-rays showed an increase in disc height at the L5,S1 level of an astounding 20.6% and 19.0% at the L4,L5 level. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn't even possible. Dan's x-rays prove differently.

His neurological scan, ranges of motion and disability indexes all showed concurrent improvement.

We are pleased to report that Dan's life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Dan for sharing his story with you and offering hope to those who had given up.

Lou's Experience...



I give Dr. Zielonka and his health team 6 stars out of 5.

I was suffering from chronic low back and leg pain that was a 9/10 in severity even though I was taking 6 Gabapentin and 9 Tylenol for a total of 15 pills EVERY DAY. After my initial 8-week program I am 80% better and take ZERO pills.

I was taking 15 pills every day – Now I take 0

The healthcare team at the Ottawa Chiropractic & Natural Health Centre is amazing and I'm coming back for more. I give a "BIG" Yes to recommending Dr. Zielonka and his health team to everyone.

Lou Seymour - Ottawa

Eric's Experience...



Getting ready every morning "was hell" and my pain was stopping me from doing all the things I enjoy and need to do after work as a welder. I had tried so many different things without success.

I'm only a quarter of the way through my program and I feel way better. Dr. Zielonka and his health team are awesome. I definitely recommend Robotic Laser Spinal Decompression and his program to everyone. Keep up the good work.

Eric L. - Ottawa

Cynthia's Experience...



I suffered from lower back nerve pain that was excruciating. I could not do my normal routine and was restricted to my house. After just 8 weeks under Dr. Zielonka's Robotic Laser Spinal Decompression and all of the other program components, I now have much less pain.

I have already recommended the program to others. Their entire health team is friendly, accommodating and knowledgeable. I'm so happy to have found Dr. Zielonka and am very grateful for everyone on his team.

Cynthia B. - Ottawa

More Real Stories from Real People

Thea's Experience...



Thea is a 63-year-old woman who had been suffering with severe chronic low back and hip pain that radiated down the leg for more than 10 years. She was extremely frustrated because she found any past treatment that she received for one part of the body would “counteract the other”. These included her medical doctor, a CT scan, Previous chiropractors, physiotherapists, and osteopaths.

After arriving at our Health Centre, Thea underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan directly with Dr. Zielonka. This enabled us to find the true underlying causes of Thea's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

Our examination found that Thea suffered from lumbar retrolisthesis, a bulging disc, significant vertebral subluxations, a pelvic imbalance, and advanced osteoarthritis.

Thea was placed on our proprietary and specialized program that included our Non-Surgical Robotic Laser Spinal Decompression System as well as other components specific to Thea's needs.

“All the information I found from credible sources said that a retrolisthesis could not be reversed – but they are so WRONG. I have experienced it in my own body and have seen it on my test results – it is reversible!”

Upon completion of an 8-week program, follow-up x-rays showed significant increases in disc height as well as correction of her retrolisthesis. Her neurological scan, ranges of motion and disability indexes all showed concurrent improvement.

We are pleased to report that Thea is extremely happy with her success. Her life has changed for the better for years to come. She has been prescribed with numerous tools to enable her to maintain and even continue her progress. We would like to thank Thea for sharing her story with you and offering hope to those who had given up.

Thea had very nice things to say about our health team.

“They are all very compassionate, knowledgeable, professional, and super-friendly”

Thea S. - Ottawa

Fadi's Experience...



Fadi is a 25-year-old male who even at his young age had been suffering with severe chronic low back and hip pain for the past 7-8 years that radiated down both legs. He felt as though “there’s a knife in my back” which increased his anger and affected his relationships. At its worst he became completely immobile and was unable to sleep through the night. This of course affected all aspects of his life. It also stopped him at the ripe old age of 25 from playing his favourite sport, basketball.

“There’s a knife in my back”

After arriving at our Health Centre, Fadi underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan. This enabled us to find the true underlying causes of Fadi’s condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

“7 – 8 years suffering these pains, countless attempts to remediate the issues, nothing has worked as well for me as being here”

Fadi was placed on our proprietary and specialized Neuro-Spinal Restoration program that included our Robotic Laser Spinal Decompression System as well as other components specific to Fadi’s needs.

After 8 weeks, his neurological scan, X-rays, ranges of motion and disability indexes all showed concurrent improvement.

“Amazing people. Dr. Z. knows what he’s talking about and Tanya and Kelly are great to talk to and very helpful.”

Fadi has also been provided with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Fadi for sharing his story with you and offering hope to those who had given up.

Fadi S. - Ottawa

Armand's Experience...



Armand is a 53-year-old man who had been suffering with severe chronic low back and neck pain due to serious workplace injuries and car accidents that had a “strenuous impact on my quality of life” for years.

“At first - I was skeptical”

After arriving at our Health Centre, Armand underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan. This enabled us to find the true underlying causes of Armand's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

Armand was placed on our proprietary and specialized program that included our Robotic Laser Spinal Decompression System as well as other components specific to Armand's needs as part of our Neuro-Spinal Restoration program.

“I had learned to deal with the pain”

Upon completion of an 8-week program, follow-up x-rays showed an increase in disc height while Armand's neurological scan, ranges of motion and disability indexes all showed concurrent improvement.

“I was told by the medical community that the only recourse I had was surgery.”

We love proving to people that there are other options besides surgery (which is often not the answer) and we love skeptics because they often become our biggest supporters. This enables us to help even more people.

We are pleased to report that Armand's life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Armand for sharing his story with you and offering hope to those who had given up.

“I am pleasantly surprised and happy that I am improving so well with my back health.”

Armand L. - Ottawa

David's Experience...



David suffered from “very bad” lower back pain where he was “unable to function”. He has experienced significant subsiding of his pain as well as a significant improvement in function. “Dr. Zielonka and his team were very good and very friendly. Thank-you for your efforts.”

David K. - Ottawa