

## **Schulte Chiropractic Patient Testimonials**

I certainly am glad to be under Dr. Schulte's care and it's a part of my life that will continue forever! As a senior citizen (although I may not be average) it's of utmost importance to let our bodies work up to their potential. I've pedaled 11,000 miles on my bicycle and raised over \$41,000 for student music scholarships. Dr. Schulte and his superb care will enable me to keep those pedals flying around! Take care of your body and you will get the rewards. Dr. Schulte gets 5 stars in my book! – Patricia S

Life changing! Dr. Schulte provides a total healing approach to wellness that focuses on all dimensions of healthy living not just spine health. Love it and feel the difference every day. – Nancy

Schulte Chiropractic has helped me in so many ways. I know it's a place I can come to for help and answers. I take our 4 children in and I know it helps them stay healthy and makes it easier for their bodies to grow and develop when they are aligned. Now being pregnant I know for myself and our unborn baby our bodies are ready for all the changes that happen during pregnancy. In addition to the adjustments and supplements, I appreciate Dr. Stan's knowledge and expertise and am thankful for the care our family receives. – Alicen B

I met with Dr. Schulte and we discussed my health problems. Dr. Schulte was sure he could help me. I began with his diet plan and spinal adjustments. In the first 90 days I lost 12 pounds, my blood sugar levels began to drop. I have since stopped one of my diabetic meds. I feel much better and will continue with treatment. – Ken W

I have been receiving care for a year now and I am so thankful that we came upon it! Initially my husband was going to only get care, but after discussing with Dr. Schulte about the benefits, I had to come, too! I no longer have major migraines and headaches multiple times each week. I am able to fall asleep faster and have better night sleeps as well! When I became pregnant I had a lot of back pain and thankfully, adjustments helped with that as well as keeping me on a healthy weight gain! My daughter also receives care and we have seen benefits in her, too, especially digestive ones! We love Dr. Schulte's care and benefits to come! – Cassandra H

I have been seeing chiropractors all my life, but never one like Dr. Schulte! He has taken my almost daily headaches and monthly migraines and reduced them to almost 0! I can't thank him enough for all the help he has provided me! – Jade H

I met Dr. Schulte at the Women's Expo a few years ago. I had excruciating pain in my neck and shoulders and a nagging ache in my left hip. After the first exam he found problems in those areas and after his first treatment, my hip pain was gone! After several more, my neck and shoulders were pain free. Due to the computer/paperwork that irritated that area, I continued having adjustments on a twice monthly basis or, more often if needed to address that problem. I have attended several of Dr. Schulte's healthy living presentations and made changes in my food choices as I became aware of new issues. I feel good and enjoy walking, aerobics (joined the YMCA) and haven't had a cold or flu in 2 years. – Diane G

I have been visiting Dr. Schulte's office for a couple of years now. These visits have become an essential part of my overall health. On my last visit, I arrived with pain in my neck caused by my grandkids jumping on me and "dog piling". I felt remarkable after one adjustment. It was amazing!! I've recommended Dr. Schulte to everyone I know, and will continue to do so. – Diane R

I started my care with Dr. Schulte a year ago when I was having alignment problems with my neck, vision problems while driving and anxiousness causing muscle shakiness. I started care 3 times a week and went to bed earlier to get 8 hours of sleep a night. Once I made these changes, my symptoms gradually got better. My scans originally showed a lot of tension near my left shoulder blade in the black. Now I have been symptom free from my afflictions for months. My family and I all receive care and haven't been sick in months. I would say the cost of care can look daunting upfront, but the savings on doctor visits and medications is worth thousands of dollars. Thank you so much, Dr. Schulte and team!  
– Mark H

I started seeing Dr. Schulte for adjustments while I was pregnant with my second child. He helped alleviate the hip and back pain I was experiencing. After a few adjustments I began to sleep better at night and feel better during the day. The adjustments are gentle yet effective. – Kayleen

Years of working on my feet had left my lower back, knees and neck in a constant ache. Now that I have been receiving Dr. Schulte's care, my aches have faded and when I do get the occasional "tweak", my recovery time is minimal. I have noticed a change in my posture. My aching knees are gone. My lower back pain is gone. I wholeheartedly recommend Schulte Chiropractic. – Brennan S

I have been seeing Dr. Schulte since July 1. My neck and back no longer hurt on a daily basis. I have also lost 14 pounds by changing my eating habits. – Darlene

Absolutely wonderful! I started out unable to bend and run without pain due to bursitis. Day one, able to squat and bend. I ran without pain shortly after! Each visit is like a “massage”! I can tell each time how much Dr. Schulte is helping! Love Rachel, too! – Jennifer T

Schulte Chiropractic is a wonderful place! I first came to Schulte Chiropractic in 2012. My two daughters seemed to get sick all the time and we were constantly going to the pediatrician. I was at my wits end and turned to chiropractic care to see if this would help our overall health! My girls started getting healthier each day and each adjustment. With Dr. Schulte’s help plus probiotics and vitamin D3 drops, my girls are the healthiest they have ever been! – Abbey M

After a bad experience with a different chiropractor, I was kind of skeptical until my girlfriend recommended Schulte Chiropractic. Only two weeks in and I already feel like a completely different person. Haven’t had a migraine since and I have the confidence that even more improvements are around the corner. Thank you, Schulte Chiropractic. – AW

I met Dr. Schulte at the Women’s Expo and I was in so much pain with neck and shoulder pain. He did a scan that day and said I had quite a few things going on. The next day I had an appointment with him. He did an x ray and adjustment. I started feeling better. I set a regular return adjustment program and I also had a lot of indigestion problems and had been to several specialists and lots of treatment and medicine. Nothing helped. Dr. Schulte wanted to start a healthy living system. No sugar (I love to bake so had lots of sugar), no salt, no potatoes, pasta, flour, wheat, milk and soy. I started that cold turkey and within one week I had no stomach pain or diarrhea and with adjustments and healthy living, I am 99% better and have lost weight every week. Thank you, Dr. Schulte and Rachel. – Peggy H

Coming to Schulte Chiropractic was the best decision I ever made. I feel happy, healthy and vibrant now. The care I have received here has made a world of difference in all areas of my life giving me more energy to live life and do my job at a whole new level. – Georgia G

I have been so excited about my chiropractic care with Dr. Schulte. He has made such a difference in my life. I started care for a very bad pain in my sciatic nerve that was almost crippling. Within 2 treatments Dr. Schulte got results that dramatically relieved my pain and restored the use of my leg. As treatment went on, I also learned about the wellness program, which involved the use of probiotics food supplements to enhance my overall health. Those have also greatly improved my overall body function. Between my regular chiropractic adjustments and the probiotic wellness products and utilizing other health measures recommended by Dr. Schulte, I have felt more healthy and energetic and positive than I have felt in years. – Kathryn D

Oh, my gosh! I am amazed at what Dr. Schulte has done for me and in such a short time. Seventeen years ago I hurt my back and never fully recovered from that. I was seeing a chiropractor every few weeks to manage the pain and discomfort in my lower back and neck. Then last summer I twisted my back and could barely walk. It was pretty awful. I saw three chiropractors for the next six months. They did get me back on my feet, but could not get rid of the pain in the middle of my back and neck. Walking, which I love, was still a chore. Each visit gave me some relief, then the pain would come back within a few days. I started seeing Dr. Schulte and within a few weeks my pain was gone! No bone cracking type adjustments. It's all very gentle and takes just a few minutes. I experienced something with last summer's injury that I can only call "brain fog". I had trouble remembering things and just basically was not feeling like myself. I was tired all the time and wasn't sleeping well. The most amazing thing aside from being pain free now, is that I can turn my head without that popcorn crunching sound right at the base of my skull, which I suffered with for years; I am losing the weight I gained with this past injury; I'm sleeping like a baby and my brain feels brand new. The bonus which I did not expect is that I have no more pain in my knee from an injury and surgery from over 30 years ago. Dr. Schulte's method is easy, pain free, and is balancing my body so it works properly. I just can't say enough about the care at this office. It's a happy place and no wonder, people are feeling well! It's like the sun has come out in my life again. Thank you, Dr. Schulte! – Diane K

I have had headaches for about 10 years now (I am 23!) They started out mild and I only got them once every few weeks. In the last few years, they have gotten progressively worse. I would get them 4-6 times a week, with most of them being so bad I could barely do anything. I tried everything. The doctors never helped. They always just put me on medication, but the headaches still came and the medication didn't do much. One day I went to a bridal fair with my best friend for her wedding. One of the first booths we came by was Dr. Schulte's. They asked if we wanted to get our nervous systems checked. We said yes and started to fill out the forms. When Dr. Schulte showed my results and said he could fix my headaches, I was somewhat skeptical. Nothing had worked so far and I didn't know much about chiropractic treatment. I thought I would give it a shot anyway. What was there to lose? After my first few treatments, I immediately felt the results. In just over one month of treatments, I have had very few headaches, most of them being mild. It has changed my life dramatically. I can now spend my time doing things I love instead of sitting at home with a headache. I never thought my spine was the

issue and it has improved more than just my headaches. My back hurts far less, I have more energy and I am far happier....all in just one month. Thank you, Dr. Schulte! – Sarah

In October of 2009 I started getting sick with sinus, ear and bacterial infections. I was in and out of the doctor's office receiving medications (steroids and antibiotics) even used an inhaler. The doctor's office would see me at least once a month from October thru the 1<sup>st</sup> part of June 2010, sometimes twice a month and a couple times three times in one month. A very good friend of mine suggested that I see Dr. Schulte. I started receiving treatments in June. (today is July 27<sup>th</sup>) and I haven't been back to the doctor for any medications....because I haven't had any infections!!! – Jennifer B

Feeling taller because I am standing straighter – more energy. Doctor is focused on “me” while in the office, the office staff adds to Doctor's friendly service. Office is well located off 84<sup>th</sup>. Overall better feeling about myself since being under Dr. Schulte's care. Enjoy coming to the office. I also have RLS and that has much improved since treatments started. – EM

Dr. Schulte has helped our family in many ways. We turned to chiropractic care in desperation to help our son get over repeat ear infections after nothing else had helped and doctors were telling us he needed to have tubes inserted in his ears. Our son is now doing very well and hasn't had an ear infection since coming for adjustments! It is so much easier on us all to have a healthy little boy. Both my husband and I also receive care from Dr. Schulte and we have both benefitted in many ways as well. We all feel healthier and this past winter was a great testament to our well care w/Dr. Schulte! We were able to stay healthy without colds or the flu! – Emily D

Headaches/6 capsules of Ibuprofen/day...Gone!! Chronic lower back pain...Gone!!! Grumpy wife...working on it. Bratty kids...is there a cure??? Shoulder pain...Gone!!! Golf is fun again. I'm not as grumpy as I used to be. I get to hang out with a rock star/ Dr., office staff rocks!!! – Russ H & Grumpy, bratty family.

I met Dr. Schulte at the Women's Expo February 2011 and could feel the difference in my neck and shoulders after a few visits and could sit x-leg without pain after the 1st visit. I have continued 4 years and received adjustments as well as valuable information regarding nutrition, cancer, and of course – exercise. All of these components have kept me from the ailments my fellow workers have dealt with – hip and knee replacements. THANKS! – Diane G

My husband and I have come to Dr. Schulte's for 7 years. I have had back problems since injuring it a long time ago. He keeps me pain free. Since coming here I have done something to stir up things but with a few extra adjustments I'm up and going strong. We have learned a lot from him and his information talks. My husband has gotten some of his medications stopped or decreased. We also start each day with a Max Living smoothie, so good. Thanks, Dr. Schulte – Dee H

Started seeing Dr. Schulte for lower back pain initially. As the process was well underway, I discussed additional injuries of troubled spots. I very much appreciate the open communication and the Dr.'s interest in what I am discussing. I believe in the processes as well as the warm-up/stretching. What I like the most is the flexibility and ease for scheduling. In addition, I am comfortable with treatments and I am not concerned with further injury. This has always been a concern with other chiropractic procedures. I feel that this time and money is well spent. – Derek W

Chiropractic care has enabled me to take my fitness to the next level and set new goals by helping my body heal faster and get over any soreness faster. Chiropractic care has also reduced the number of migraine headaches. My children have also received the benefits of chiropractic care and look forward to their adjustments. It has helped with back pain between shoulder blades, almost daily, to gone. Helped me recover from boot camp soreness faster and preventive care with continued care of the spine. – Heather L

When I first walked through the front door, I could hardly stand up straight. The pain in my lower back was so bad that nothing was taking it away. I tried pain meds, ice, heat, stretching, etc. After the first week of treatment, the pain was already going away. Although it has taken me almost a year to have complete pain free days, it has been well worth the time and money invested. I have made a lot of progress over this past year and continue to improve each week. (Even my headaches, monthly period cramps and sinus infections have improved greatly!) Thanks! – Karen

After my first visit I found I could move my neck farther than I have in months. After my second visit I found myself smiling for no reason and I have a lot more energy. My wife and I started walking 2 miles a day, something I've never done. After my third visit I found my headaches are a lot better and I'm sleeping 6 to 7 hours a night. I haven't slept more than 3 or 4 hours in years. Can't wait til he has me feeling 30 again. Thanks, Dr. Schulte. – Waldo

Before coming to Schulte I lived in constant pain after working event days causing a lot of stress and exhaustion in my life. Since starting care here, I am able to be more active, energized and joyful about

life and my work. Starting care here at Schulte Chiropractic was the best health decision I could of made this year!!! – Georgia G

Nearly 25 years ago I injured my back in the military and spent the next 20 years going through various treatments that made little difference. I had some success with chiropractic care, but nothing until I came to Dr. Stan. The change was miraculous and has made a huge difference in the quality of my life. – Marty

I came in because my kids seemed to be always getting sick. I felt like I was constantly going to the doctor with them. I was ready for anything that would help them. Now I feel like my families overall health is much better and I feel like chiropractic care has helped this tremendously! – Abby

We have been going to Schulte Chiropractic for over 2 years, and under chiropractic care for over 7 years. It has been a blessing to our family. My son suffered from RSV as a premature infant. While under the chiropractic care, our whole family hasn't had a need for a medical doctor. We tend to only go during our yearly check-ups. My only hopes are that our relatives change their ways and buy into chiropractic care as much as we have. Thank you very much! – Dan & Isaac S

I first met Dr. Schulte at a bridal fair about one year ago. I have been consistently seeing him since and I am very thankful that I went to that bridal fair. Dr. Schulte has improved my allergies, neck pain and overall health. I rarely ever get a tension headache and I just feel good each day! Thank you, Dr. Schulte for making my life more positive! – Stacy B

I was experiencing numbness and pain in my right arm and shoulder that continued into my back. I also noticed my range of motion in my neck was less on my right side. After my first adjustment I felt so much better! After several months of adjustments, I could tell I had more energy and didn't have to "beg" my husband to rub the tension out of my shoulder/back area. Now, my husband and I both are trying to follow many of the suggestions Dr. Schulte has given us. Overall I am very happy with the results of Dr. Schulte's care! Thanks, Dr. Schulte! – Tobi S

I was "Miss Sceptic" coming in the first time, but after a month of treatments I've had quite a few changes. I can turn my neck without pain. I can flex my feet without my small back hurting. I've also been able to stop taking Tums by the handfuls. My digestion was a mess and is getting better. I have come to like this method of treatment and believe others would benefit from it. – Sue G

Dr. Schulte has made me feel so much better in many different ways. Every time after I leave the office I feel amazing. My back feels so much better and I feel great all around. I love walking in and knowing that when I leave I will feel so much better. Dr. Schulte and staff are such two great people. My back has not felt this good in many years. I would tell everyone that they need to experience what Dr. Schulte can do for them. – Sarah

A while back I had tremendous pain in my right hip. I had gone to 2 other chiropractors, a lot of physical therapy, special stretching, exercises and a walking program. After seeing Dr. Schulte for about 6 months all of the pain was gone. It has been over a year now and I continue to get adjustments once a week. The pain had been overwhelming. Thank you, Dr. Schulte. – Linda

I came to Dr. Schulte's office with neck and back pain. I've had both for as long as I can remember. I've also had headaches every day and was taking Aleve each day. I almost forgot what it was like not to have a headache all of the time. After one appointment I didn't have a headache. After a few weeks my back pain was gone. -TH

Years ago I stopped going to a traditional "bone cracking" chiropractor due to 3-4 days of headaches after each adjustment. Over time the headaches started to be an everyday occurrence. They had gotten to the point of being constant before I started coming to Dr. Schulte. I started seeing progress after 2 short weeks. The headaches were still occurring daily but not constant. By the end of the first month of treatment, the headaches were occasional and shorter in duration. -BP

I love the activator treatments! They are painless and without the "bone cracking" sounds. The treatments along with the topic talks have changed my life. I was active (walking/hiking 8 or more miles a day) before treatments. But I feel more flexible, less stiff, and I get more sleep and feel more energetic. – Shelby W

The Monday before I had my second baby, I was having trouble walking due to pain in my lower back. As my due date grew closer, my pain (and my hobbling) increased. I gave birth on Sunday and the pain stayed right with me, making it hard for me to get around the house, and especially difficult to manage with a new baby and a toddler at home. I had only been to a chiropractor once when I was sixteen and hadn't been back in thirteen years, but thought that chiropractic care was what I needed in this circumstance. I called Dr. Stan and set up an initial appointment for scans and x-rays on Friday. Then,



even though he had a full schedule on Saturday, since he could see I was in so much pain, he made room for me to come in Saturday morning for my first adjustment. I was so grateful he did! On Friday, I had to slide my feet to move—I couldn't even pick them up to turn for the x-rays, my back hurt so badly! Then, between my Friday and Saturday appointments, I managed to mess up my back even more, to the point where I thought I wouldn't be able to get up and, once standing, was scared to drive myself to the Saturday appointment (my grandparents took me!). Thankfully, after that first adjustment, I already saw improvement! I could walk! During one of my early visits, I talked with Dr. Stan about how I'd seen people out jogging and felt like I would never be able to do anything active again. My scans showed that I had a ton of areas that were out of whack, but he was confident that I would make progress. I went in three times a week for a few weeks and each time felt stronger and walked more easily. After three weeks, I already felt 90% better and now, six weeks later, I can hardly remember the pain I was in!

– Katie H

I actually had a very different idea about chiropractic care than what I have experienced at Dr. Stan's office. I thought it was more about cracking bones, but learned from my visits that it's really all about helping nerves communicate correctly with the organs and muscles. It's a very natural, commonsense approach to healing.

I am so impressed with Dr. Stan's knowledge of the body. At each visit, he explains the adjustments he's making and why he's making them. He knows exactly where I am in my journey back to complete health and is never surprised about a new pain that has cropped up. He always tells me that pain is the last symptom to appear and the first to disappear, and that it's all part of clearing out the stress in my back. His ability and willingness to explain the treatment to me make it easier for me to see the light at the end of the tunnel. I know I will continue to make progress with his help and will be back to my old self—something I never thought possible just six weeks ago!

Dr. Stan has straightened my back and made me feel a lot better. He adjusts me and everything feels all better. -Kelby

I was always skeptical about chiropractic, but decided to give it a try. My main reason is because of neck tension and headaches/migraines. In the first month of seeing Dr. Schulte I had no migraines – a few times got a twinge of a headache, but it never escalated. My neck also feels much better as if the tension and stress is being released. Dr. Schulte really has a passion for what he does and genuinely cares about his patients and I am so glad I decided to do his program! I used to get headaches very frequently and horrible migraines, so this is such a great improvement! – Karen

I met Dr. Stan at a Home and Garden Show and was very interested in seeing how my scans could be improved. During my x-rays, etc. it was found that I have curvature of the spine. By continuing my care I'm hopeful the spine doesn't get any worse. I had also been having headaches on a fairly regular basis – I can count on one hand the headaches I have had since seeing Dr. Stan. Thank you! – Shari W

I started coming to Dr. Schulte after I attended one of his informative dinners. My husband has been receiving care from Dr. Schulte for a few years and had been insisting that I give it a try. I didn't really have too many issues other than a frequent headache and heartburn that I was taking medication for daily. After seeing Dr. Schulte for just a few weeks, I was no longer having headaches and I have been gradually decreasing any heartburn medicine and feeling better all the time. – Kim F

I came here with 9 years of back pain under my belt. I was skeptical that the activator would not reach as deep as a normal physical adjustment. My body consistently lets me know that the activator is working. I am not healed yet, but there is definitely improvement. My back still hurts after over doing it, but I've noticed that it bounces back immediately whereas before I would be down for days. – KR

I originally started chiropractic because of a car accident injury. We appreciate the health focus of the care and continue as a family to benefit from regular adjustments, especially the immune system boost. – The Werner Family

My wife and I have been seeing Dr. Schulte since March 16, 2012 and we feel so much better. I couldn't stand brushing my teeth, shaving or working in the machine shop for very long because of all the tightness and pain in my upper and lower back. It was so difficult to turn my head or raise my arms above my head. I improved with each treatment. I look forward to each visit. Thank you, Dr. Schulte. – DW H

I didn't believe in witchcraft or chiropractic care until I had back pain so severe that I couldn't enjoy life anymore. I couldn't do my daily chores, stand, sit or lie down without pain. I wasn't sleeping well either. Now after 12 treatments I am feeling much better. I sleep well, enjoy my horses, dogs and garden again. I am on the way to being healthy again. Now I believe in chiropractic care. I still don't believe in witchcraft! – Sandy

Before I started regular visits, I was lucky to get 3 to 4 hours of sleep a night. I was in pain in many areas of my body. Just to do simple tasks like walk upstairs and ride in a car produced pain. So I just accepted it. Within a week I started to get some full night sleeps and a lot of my pain is gone. Thank you. – Rick

I have been in pain throughout my body since 1993 due to a car accident which left me with a broken neck, etc. I have been to many doctors only to give me pain pills! All that pills do is cover my problems. Now I finally got a second chance at life to feel human once again. My husband and I met Dr. Schulte at a meeting and he was teaching us about the spine and brain, etc. This may be hard to believe, but after one treatment I felt like a new person. I felt I had more energy and my right arm that has so much nerve damage and pain I could move it up and down, I can turn my head with ease. I can't wait for more appointments. Dr. Schulte really knows his job. I'm sure anyone who gives him a try can't go wrong.  
– Fran H

I have struggled with my weight most of my life and after attending one of Dr. Schulte's meetings and started on the Maximized Living and exercise plan I lost 7 pounds in the first 3 days. My husband lost 3 pounds. It is easy and you feel satisfied. We got rid of our night time snacking. We are excited. – H.H.

One visit. I had less pain, causing me to have better sleep. Wife was happy, no snoring. I felt 50 to 75% relief. My morning walk I was able to have a more balanced stride, instead of pulling myself along. I was even able to clean out my gutters. I haven't been able to work for a couple of months. Now that will please my wife. – Mic

Turning 30 had quite the effect on me! Didn't realize I could throw my back out not really doing anything major like heavy lifting. Dr. Stan got me back to normal in no time! Thank you for working me in and getting me back to me again! Dr. Stan and Mis have been great with my girls and always let them have stickers and now tattoos! Thanks for working with Georgia and her funny scoot! She's now walking all over and doing great. – Julie M

I have put my back through a lot during my 32 years on this earth. All of the sports and activities, work and weightlifting, have taken their toll. Finally I could take no more of the sleepless nights and sitting on the sidelines. I had one other chiropractor before and while the technique he used made me better for a week or two, I would eventually suffer another injury and be right back at where I started. Since beginning treatment with Dr. Stan Schulte, I have seen marked improvement and sustained strengthening so that I have been able to make progress back toward my goal – staying in the game until the final buzzer! – Lee

I have been going to Dr. Schulte for a year and a half and my back pain is virtually gone. I have more energy throughout the day. He is running a great business. He and his secretary are always very cheerful when I come in. – Katie

I was lucky enough to run into Dr. Schulte at a home show at the Lancaster Event Center. He did a quick scan and explained how they thought they could help me. I am so glad that I took the chance and started care with them. After just a short time, my body felt different. My “normal” aches and stiff muscles began to go away. I have more energy and have a sense of being more in tune with my body. It is hard to describe, but I used to feel sluggish and “heavy”. Now I feel lighter on my feet and I have had a weight lifted off my body all over. I am very happy with my experience here and look forward to many more years of care with Dr. Schulte! The office is great to work with and everyone is very helpful. – RA

I went to another chiropractor for 20 years and had the same issues with my back and leg the whole time. Things would be fixed for a while, sometimes months, and then it would be back to square one. Now that I am at Schulte Chiropractic, and coming in twice a month, I feel like I have no issues with my back and leg at all. I recommend this to anyone who has been struggling over time with back issues. The talks are also very informative and worthwhile. So, all in all, this is the place to be. – Diane R

A friend told me to try going to a chiropractor when she found out that I took medication for migraines every single day. I have been receiving care here for just over a year and went from daily migraines to 1 or 2 a month. Aside from the drastic decrease financially, I feel better being off medication, and my quality of life is so much better!! – Rachel

I train horses and was thrown off 8 years ago. Fractured right hip. Pain ever since. I have been seeing Dr. Schulte for about 6 months. No more HIP PAIN!! – Lori S

Dr. Schulte’s ongoing treatment allowed me to get back to my active life-style quickly. He also helped to further educate me as to how to avoid future problems. I also benefitted from his periodic scans which could show me how my muscles were responding to his treatment. I would definitely recommend Dr. Schulte to my family/friends. – TW

I started treatment in January. I was experiencing lower back pain. After several adjustments the pain was gone and I was sleeping better. During summer I pinched a nerve in the back/legs. A few extra adjustments took care of it. Thanks! – Ken

It is hard to believe that a few “thumpings” here and there (along with a few well-placed “iron fingers” can result in any noticeable difference, but I did mention to my husband, yesterday (the day of my second scan) that I have noticed a feeling of moving much freer ...especially in my hips...when I walk. I feel like I am walking more uprightly. Don’t know for sure, but I’ve noticed that several times, especially these last 2 weeks. Hmmmm, could this really be helping that much? (Tis hard to argue and I’m looking forward to the balance of this year-long experience). – ST

I met Dr Schulte at the event center where I received a quick scan. He told me he could help me. Being skeptical I thought, yeah right. I thought that I would go to one appointment and that would be the end of it. I was learning to live with back pain, been doing it for years. After the first appointment I went 4 days without back pain. Long story short, I’m still seeing him and I’m feeling better every day. I have even gone on with more of the Maximized Living program. The support that I receive from him makes all the difference. – Ben W

Removed lower back and neck pain so I can turn my neck all the way left and right, without the pain. Helped me sleep better with less pain. Provided pain relief that therapy did not. Made work less stressful without the neck pain. Reassuring that we always seem to find a “sore spot” related to current problems felt, and that progress is made in the short-term. He always seems upbeat, positive and genuinely interested in your situation. Makes things better. – AM

Dr. Schulte is a great guy. He’s always been friendly in and away from the office. I physically haven’t noticed any difference, but according to my scans, the change has been astronomical. My fiancée’ has noticed more in the way that I have been sleeping since starting. – Ryan K

Being on the Maximized Living Nutrition Advanced Plan has lowered my cholesterol. I like that exercise, whole food supplements and training are given. Dr. Schulte has been very helpful to me. – Joyce U

Dr. Schulte helped me get rid of near constant low back pain and regular headaches have become occasional headaches. That makes me glad. I started attending here because I was not able to sleep, relax and seemed to be stiff all the time. Starting these exercises and vitamins have helped me to

overcome the above issues. However, there are many more. I am glad that I'm coming here. I feel better with more energy. Thank you very much. – David B

I was told to have my large bowel removed as a child. I had polio, then post- polio as adult. Mayo Clinic diagnosis was also fibromyalgia, chronic fatigue. Then osteoarthritis diagnosed 2013 and a loss of potassium. All areas I see improvement. I want complete healing which hasn't happened yet. Still working on it. This office, Susan and Dr. are very friendly and helpful. – Carla B

So far so good! The atmosphere here is so positive. I can't help feeling wonderful-er when I leave.  
– Olga

Dr. Schulte helps me get through dental school. He was the first and only chiropractor I checked out in Lincoln. He's very personable and really takes time to explain your options. I love the atmosphere of his office. Everyone is always happy! My neck and overall health are much better since seeing Dr. Schulte. Couldn't imagine going anywhere else. – Jennifer V

I encountered Schulte Chiropractic at the February Home Show. My back has gradually been getting worse the last 5 years. It was time to try something new. With the treatments I have been gradually getting better. – Hollis A

I've always been someone who exercised and ate healthy. When I started here I noticed I recovered from workouts faster and had better range of motion throughout my whole body. – Drew W

I have never been as healthy as I have been since starting at Schulte Chiropractic. My immunity seems "super charged"! – Nancy

I came into Dr. Schulte's office after about three years of constant pain in one area of my back. I couldn't take it anymore. Dr. Schulte was kind, informative and willing to work with my financial situation. Since beginning care I have experienced pain relief, better posture and an improved overall sense of well-being. I look forward to my adjustments and my only wish is that he would rub those knots out longer. – Becky

I think since coming here, I feel better. It most certainly has made me more aware of health issues and what I can do to make my life better. I hope to continue in my plan for a better and healthier life.

– Mary C

I came to Dr. Schulte because I was experiencing low back pain. With all the treatments he has done on my back, it has finally started to feel better. Working with Dr. Schulte has been a good experience. He takes the time to explain your scans and tells you about your improvements. – VH

I came in 2 years ago unable to sit, run or bend due to bursitis. I was able to bend after the first visit and run shortly after. I continue to feel the benefits after each visit. I look forward to my visits. I feel good and I am pain free to this day! I feel healthier as well. – Jennifer T

Great staff all around. Very friendly and knowledgeable Dr.! Always gives great, accurate instructions. Go miles out of their way to keep us healthy and happy. Dr. Schulte provides a lot of classes that are free and teach us how to lead a better and longer life. – Barb K

I was having extreme back pain that also affected my legs. I have had considerably less pain and have been taking a lot less pain relievers. Supplements like the liquid fish oil have helped with my cholesterol levels. I have also felt improvement by using the probiotics. I have also learned some exercises that help with these ailments. – Julie D

I have just started chiropractic care but I have already felt a huge difference. I have also gained a better understanding of how important it is to keep my appointments in order to maintain a healthy nervous system. Looking forward to the day when my body has reached that optimum level!

Enabled me to work a full day without getting worn down. Feel like doing something after work. Feel like working extended hours. Was in pretty poor shape the first time I met Dr. Schulte. After a year's worth of visits, I have little to no back pain. Don't get as stiff when I quit moving. Overall body functioning has improved. The muscle pull scan/test is pretty neat. Pain relief got worse before it got better, but has gradually gotten better. Surprised it has taken this long for relief, but well worth the wait. Explanation of care is good. – Dustin M

I started coming because I injured my back at work and was experiencing a lot of pain. Since then I have had a better experience and the pain is gone. I can honestly say my life is ten times better than before. I am much more comfortable being active and that's why I continue to come. Thanks, Dr. Schulte!!  
– Jose M

I came in for tension headaches which I had been having every day for about six weeks. It kind of wasn't cool. But, I'm happy to say that since going to Schulte Chiropractic, my headaches have been greatly reduced. That is pretty awesome. – Ashley

The reason I came in was because my wife was getting such good results. I now have also received good care. We have kept a trigger finger at bay, less backaches and lower cholesterol. –John

No more low backaches, yahoo. Maybe I should say fewer and they do not linger. Also, headaches are at a minimum. These trips also give my husband and I time to spend together talking. Also, have gotten better at watching what I eat and drink. Trying not to stress has helped. – Kathy E

Schulte Chiropractic is helping with my neck pain. After dealing with the pain for five years, I decided to try chiropractic care. It's been the difference. – SM

After chronic head, shoulder and neck aches, I met Dr. Schulte at the Home Show. His scan showed problem areas where my pain was and decided to begin having adjustments. I have worked as a pediatric therapist for 30+ years, and spend lots of time on the floor with kids and at my computer doing much required paperwork. Both take a toll on my body. After my 1st adjustment my neck and shoulders felt a little better, but a big surprise was that I could sit "crisscross applesauce" (tailor sitting) on the floor and jut my left hip out (the hand on hip posture), both without the twinge of pain I would always feel – my body's warning to change position. After 4 months of adjustments, my neck and shoulders are less tight and don't kill me after even several hours at the computer. Thanks, Dr. Schulte! – Diane

When I began seeing Dr. Schulte, my goal was to do my walking exercises again. Today not only did I walk, but I was able to jog. I never dreamed I'd be doing that again. Thanks. – Ronda F



Years of migraines and other aches and pains led me to chiropractic. Dr. S. and Maximized Living are the full package with the whole body outlook. Lower back pain brought me here and Dr. S. has kept the pain at bay. – Dee & Mike J

I am 61 and just had my second bone scan in 3 years. To my surprise, my density has improved since the last one. I owe it all to everything I do and have learned here. I want to continue in improving every area of my life. – Barb A

I have experienced much more flexibility and I have seen an improvement in the tension in my shoulder area. Thanks for relieving the original neck pain and for the stronger body which helped me through surgery. – Charlene S

Sleep is usually better. I am able to walk up and down stairs better. My back pain is mostly nonexistent. Overall I feel pretty good. – Alice B

I have struggled with my weight most of my life and after attending one of Dr. Schulte's seminars and starting on the Maximized Living and exercise plan I lost 7 pounds in the first 3 days! My husband lost 3 pounds in those first few days as well. It is easy and you feel satisfied. We got rid of our night time snacking. We are excited!! – DH

I love the Max T3 exercises. By alternating exercises every day, I feel my body gets the best workout. I do feel and see a change in my body "tone". – Murleen

I didn't believe in a bone popper! After coming to Dr. S. it has changed my life. I had a disc removed in my lower neck. I had pain all the time. Now I have a more normal life. I noticed my body functions better. I feel younger, as in back pain and neck that I can control. I look forward to getting it corrected. – Dan F

Success. I began my "year of health" with Dr. Schulte's year-long commitment. Toward the end of the year I began the Maximized Living nutrition and exercise program – advanced menu – beginner level exercise. Day 9 – got right into a dress I hadn't been able to fit into for 2 years. Day 14 – pants. 3 weeks – snorkeled and climbed over 250 stairs daily for 10 days! 68 days – chicken wing arms gone! – Heather R

My wife and I started the Maximized Living Program. My wife loves the Maximized power and protein drink. She drinks it every morning and claims that her hair is getting thicker and her nails getting stronger. – Ken K

My husband, Matt, has lost 5 lbs. and already feels better. His attitude has changed and he is motivated to stay focused. I also feel much better and am happy to be making a positive change in our home.  
– Jennifer D

Being a nutrition/exercise major I already had the background knowledge but it has been so much fun expanding my knowledge base. Also, with the exercises it has allowed me to avoid the plateau that comes with exercising. I've incorporated Max T3 into my weekly workout routine to keep things fun and exciting. – Kelsey T

Dr. Schulte helped me get rid of near constant low back pain and regular headaches have become occasional headaches. That makes me glad. – Tom A