August 2014

#### KAMERON KLAKOS

"I remember watching Kameron sleep in his crib, laboring to breathe with asthma & congestion. As my husband prepared to give him his first spinal adjustment, I was moved with emotion to have been given the privilege to positively impact this young life with chiropractic care."

-Diane Miladin



Kameron began care with us as an infant because of asthma and severe congestion that left this small child and his parents very unhappy! Since beginning chiropractic care in our office more than 12 years ago we have had the blessing to watch Kameron grow and thrive in life <a href="https://www.wirthout.com/WITHOUT">WITHOUT</a> the limiting effects of asthma. This young athlete is able to play basketball and baseball. He finds that regular chiropractic adjustments have lessened his discomfort and offers greater ability in playing prolonged sports!

#### December 2014

#### **ERIN MILLER**

"Adjustments keep your hips in place during pregnancy which keeps you comfortable."



Erin and her family come to Miladin Chiropractic and experience many the life changing benefits that spinal adjustments make! She and members of her family have been treated for chronic migraine headaches, wrist pain, back pain and sleeplessness! Six years ago Erin began receiving spinal adjustments at Miladin Chiropractic on her hands and wrists to help correct wrist pain. She says that chiropractic care has benefited her and she has seen how it has been working with her family...chronic migraines GONE, back pain GONE and sleeplessness GONE! Erin has received spinal adjustments during two pregnancies and says that "adjustments keep your hips in place during pregnancy which keeps you comfortable!" This great lady is due to deliver her baby this month and we are excited to have played a part in taking care of her again during this pregnancy.

Congratulations Erin & family!!

#### March 2014

#### **NORA HEESTAND**

"I recommend Chiropractic for everyone!"



Nora began care with Dr. Miladin 12 years ago, because of sciatica and hip problems. This awesome mother of six children understands the life changing benefits of chiropractic adjustments in her life as well as the lives of her children.

Nora and her six children are patients at Miladin Chiropractic! Dr. Craig & staff have been given the privilege to play a roll in the lives of this precious family by helping them to maintain one of the most vital possessions they own...their good health!

Nora recommends that everyone visit a chiropractor to wake up feeling great every morning!!

### PATIENT OF THE MONTH

April 2012

#### JAMES GRETTA

"The results from Dr. Craig have been immediate and lasting."



Jamie began receiving chiropractic adjustments as part of his holistic lifestyle. He came to Miladin Chiropractic with pain in his feet, hips, low-back, mid-back and neck, as well as severe headaches. These conditions kept this runner from doing what he loves to do.......RUN! The positive life changing results Jamie has experienced at Miladin Chiropractic has been tremendous! He is now able to run pain free and wake up each day without pain. Regular chiropractic adjustments have corrected the misalignments in his spine, thus eliminating the foot, hip, low back, midback and neck issues that had him suffering for a long time! Now he does not have severe headaches and enjoys his active lifestyle....without restrictions.

This active athlete has found health the natural way with regular chiropractic adjustments.

January 2014

### JENNIFER CLARKE

"I bring my 12 year old son with me now to help maintain a healthy spine!"



Extreme neck pain due to herniated AND bulging discs in her neck and upper back brought Jennifer to Miladin Chiropractic in 2010. Today, after three years of care, Jennifer follows a maintenance plan of regular monthly spinal adjustments and lives pain free! She absolutely recommends chiropractic care to others and brings her 12 year old son in for monthly adjustments to help maintain a healthy spine. This Mom has committed herself and her son to making chiropractic care a part of their healthy lifestyle!

"I suffered needlessly with severe migraine headaches for 35 years, now I feel better all over and am grateful to Dr. Craig"



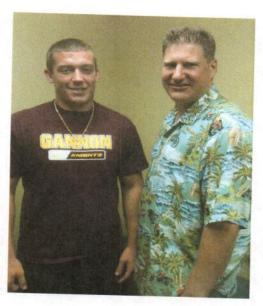
I suffered with migraine headaches that would last for 2 to 3 days at a time. I got these headaches weekly for the past 35 years. I have taken every prescription drug used to treat headaches, with no success. I began chiropractic care with Dr. Miladin 6 months ago and have only had 2 MILD headaches in 6 months!!! Much better compared to one a week that lasted 2 to 3 days at a time! I feel I have suffered needlessly with sever migraine headaches for 35 years, now I feel better "all over" and am grateful to Dr. Craig.

Date: 3/25/03

# PATIENT OF THE MONTH Sept 2012

#### **TYLER GIVENS**

"Chiropractic has helped my performance on the field and has allowed my body to reach full potential."



This talented athlete began chiropractic care at the age of 11 because of a chronic knee injury from playing football. Tyler suffered with chronic knee & ankle problems for over a year prior to beginning care at Miladin Chiropractic. Tyler had a quick and full recovery from the knee and ankle injuries that had plagued him for so long! When asked what chiropracitc care has done for him Tyler said "chiropractic has helped my performance on the field and has allowed my body reach full potential". Dr. Craig and staff are proud of Tyler and have enjoyed watching his journey playing football over the past seven years! We eagerly anticipate his performance on a college level as he begins playing football at Gannon University this Fall.

GO TYLER....GO GANNON!!!

November 2013

### LANEY MEEDER

"I love the affordability of the care, the friendliness of the staff and the quality of the care my daughter has received at Miladin Chiropractic!"



My daughter is 2 years old and has been seeing Dr. Miladin for about 8 months. She loves to go to her appointments and she has not had an ear infection since she began her visits! We were looking for an affordable alternative to tubes and I think we found it! I love the affordability of the care, the friendliness of the staff and the quality of the care my daughter has received at Miladin Chiropractic!

I would recommend Dr. Miladin to anyone and everyone!

-- Maura K. Meeder

# PATIENT OF THE MONTH April 2011

### **FAITH ANDERSON**

"Better performance in gymnastics after chiropractic adjustments!"





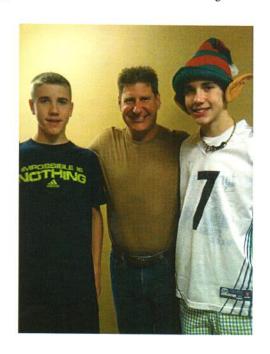
Faith became a patient at Miladin Chiropractic for injuries suffered while competing in gymnastics. This committed young athlete has had bi-weekly adjustments by Dr. Miladin for six months and when asked what were the results after her chiropractic adjustments she answered, "I now have no pain and better performance in gymnastics"! Chiropractic enables this athlete to excel in her sport!

# PATIENT OF THE MONTH

### December 2011

### **ZACHARY & JOSHUA KUGEL**

"Chiropractic helps athletic performance and makes injuries occur less often!"



Zachary and Joshua are identical twins who have had "identical" positive experiences with chiropractic care at Miladin Chiropractic! These two athletes began chiropractic care with us for conditions that were causing them pain and the inability to perform well at soccer. After 6-8 months of trips to many doctors (MD, Orthopedic), the use of Advil, ice, stretching, physical therapy and two months off of soccer....Zachary and Josh began receiving chiropractic care!! Today, these young athletes are both playing soccer better than ever, with no pain or restrictions. When asked what their results have been since beginning chiropractic, they both shared that they are recovering faster from injury, and they have gained the ability to move better, faster, and easier with less pain and swelling! When asked what chiropractic means to them, "one said love and the other said bones!?!?!"

# PATIENT OF THE MONTH

February 2011

# CLAY MCCLOUGH "Chiropractic is AMAZING!"!



Clay has been getting monthly adjustments at Miladin Chiropractic since he began suffering with low back pain from doing a dead lift incorrectly. After receiving a few adjustments, his low back pain was gone! Clay began noticing an immediate improvement with his running times competing in high school track. When asked to describe chiropractic he said "Chiropractic is Amazing!"

# PATIENT OF THE MONTH March 2011

### **TEAGAN MILLER**

"Teagan began chiropractic to stay HEALTHY"!

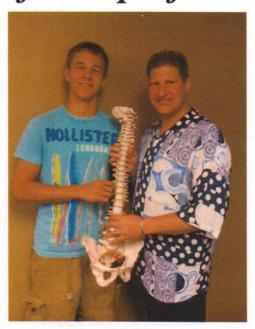


Teagan has been receiving monthly chiropractic adjustments since birth!
Chiropractic care has enabled this precious little girl to maintain her health, be happy, sleep well and be better able to fight any illnesses she might come into contact with!
Teagan began chiropractic to stay healthy and boy has it worked!!!!!

### PATIENT OF THE MONTH AUGUST 2010

#### **BRANDON LEHNERT**

"Chiropractic gets me through track season with faster performance times"!



I have been under care with Dr. Craig for ten years. I began care for sports related shin splints that I suffered from every track season. I would ice my legs, use heat packs and stretch to try to improve my performance, but got little help from it. Then I began getting adjusted and the shin splints were gone! Chiropractic gets me through track season with faster performance times!!

### PATIENT OF THE MONTH SEPTEMBER 2010

### Samantha Heestand

Chiropractic means "LIFE" to me!



I began chiropractic care with Dr. Craig one year ago because my pediatrician diagnosed me with 6th degree curvature of the spine. I tried heating pads, ice packs and relaxation to relieve my discomfort with little result. After 7 months of chiropractic care, I returned to my Pediatrician for a check up and found that I went from a 6th degree curvature to less than a one degree curvature in less than a year. My Pediatrician told me my curvature would only get worse, and Dr. Craig REALLY helped me!!!! Chiropractic means LIFE to me!!!

### PATIENT OF THE MONTH MARCH 2010

# NATHAN SOMMERS "Nathan is a much happier child"



For the last 18 months, Nathan has suffered with anxiety and panic attacks to the point of draining so much energy he couldn't get off the couch for two weeks! Nathan experienced 5-7 panic attacks a day, rendering him unable to complete normal tasks and schooling activities to include his favorite athletics! Nathan's anxieties quickly overwhelmed our family. Following our visits to Dr. Miladin, Nathan's anxiety subsided and we could go days without him suffering from anxiety attacks! Nathan has returned to athletics and is a much happier child!