

THE WORLD'S GREATEST HEALTH SECRET REVEALED

PART II



Dr. Lynne Sullivan, DC

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in in the cause and prevention of disease.”

— Thomas Edison

The World's Greatest Health Secret Revealed, Part II

Dr. Lynne Sullivan D.C.

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Introduction

Does pain interfere with the quality of your life? Do you want to learn how to be not just pain free, but truly healthy? Are you clueless about how to do this? This book will arm you with the information you need to achieve outstanding health and wellness. Learn to identify the cause of your problem and fix it naturally, not just mask it with pain killing drugs. Feel better, have more energy and enjoy a higher level of health.

I wrote this book to help people regain their health, live the life they want and deserve and improve the health of our country. It can be devastating living with pain and illness. Open to chapter one to start your journey today.

Chapter 1

My History

Interviewer: So, Lynne, tell me a little more about you as a child, and activities, and personality. All that good stuff.

Lynne: I'd say that I was definitely a tomboy. For a typical afternoon we would collect all of our basketballs, softballs and tennis rackets and go down to the park and play. What the boys were doing was much more fun than what the girls were doing, so I played a lot with the guys. I was fun-loving. I loved life. I was a horse nut, but I didn't get to own a horse. Fortunately, I had friends with horses, and I got to ride. Life was good, mostly, until I lost, even against the boys. I expected to win every time, crazy!

I was always one where I had to be the best at everything. In fact, when I was a kid and we lost a soccer game, it would be devastating. I'd cry afterwards. Since, I've learned to lighten up quite a bit on myself.

Interviewer: So you were competitive!

Lynne: Very competitive, yes. I played competitive soccer until I was 50.

Interviewer: That's great.

Lynne: I was valedictorian of my class at Life Chiropractic College West. I had to have straight A's. If I got one 'B' I was destroyed. If I did it all over again, I would be easier on myself. My husband, Frank always says, "C's get degrees."

Interviewer: Exactly.

Lynne: I would have played a lot more. But I'm making up for it now.

Interviewer: Awesome. And so, as you were growing up, I'm hoping and assuming that you had some influential people in your life.

Lynne: I did.

Interviewer: Can you tell me a little bit about them?

Lynne: Well, the first one I could think of would be my mom. Basically, you talk about unconditional love. She made me feel like I could do anything I wanted to do. So, that was nice. Then, my aunt CeCe, who is an attorney, I looked up to her professionally very much, and she was always one who was a stickler for manners. I remember when we went to her house for dinner. I got to show up in jeans and play with the dogs for a while, but then I had to put on a dress for dinner. She also introduced me to skiing. She had a cabin in Tahoe, and I got to go there and learn to ski as a young kid.



Mom, Aunt CeCe, Me

When I was young my father was an inspiration in teaching me to pitch softball. When I first started in high school I was the first “windmill” pitcher and many times they had to stop the game to check the rules. At that time most girls did a sling shot pitch. I went on to play at UC Davis. I also played soccer and basketball there.



My Dad and I

The next person is my husband, Frank. When I grew up, it was just my brother and I. So, we had a very small family. I wasn't used to huge family gatherings of everyone just showing up and camping out wherever. I was used to the table being set; everyone had a place, which had many pieces of silverware that all had to be used. His family was very different. They would just bring sleeping bags and camp out at the house and eat or sleep wherever. At first, that was really hard for me, but I've gotten over that, and learned to enjoy the company and camaraderie of a big family.



Frank and I on our Wedding Day

Interviewer: That's great.

Tell me, in your childhood, did you find that you had a natural inclination to want to help people in any way?

Lynne: I used to do a lot of tutoring of my fellow classmates. There was me and one of my friends; they would call us Miss Smarty-pants. I can remember when I got a little older, I used to go back to my ~~jun~~ high school and help the kids with their music. I played the saxophone, and another influential person was the teacher at the time, Jerry Lapinski, who really instilled in me a love of music. I used to go back and help with his students when I was in high school. I enjoyed doing that. I'd help the younger kids with their sports as well.



Interviewer: So, can you tell me a little bit about marriage, kids, and all that good stuff?

Lynne: We've been married since 1983 and we have three children, four grandkids. They are awesome and are fun to have around.

Interviewer: Yeah, I bet.

Lynne: When we get them up here, we spoil them. So, that is fun. We've taught them to ski, and they ride my horse. They're really cool. Instead of Grandma Lynne or Grandma, they call me Gram Lynne.

Interviewer: Aha, great. I love that.

Lynne: We have a big yard in the back, and we'll take them out and play ball. They say: "Gram Lynne, you're not moving fast enough, or why didn't you get that ball!" Those are two twin 9-year-old boys, and they're all over the place. I would say, "You guys, I'm doing the best I can, okay?"



My family

Interviewer: Tell me about the horses and golf and skiing. What do you guys like to do for fun? Hobbies, that kind of thing?

Lynne: Lots of things. In fact, the lifestyle up here is perfectly suited to me. I play tennis, golf, pickleball, and snow-ski. Let's see, what else do I do? Ride my horse and play my saxophone. I've been in a little group where we've performed a few times up here, so that's been fun. During the summer, we have a wonderful lake to enjoy swimming and kayaking. I'm really involved in the community, so that's been nice. And our community is unique. Where I live, there are only 2,000 homes. So, everyone pretty much knows everyone else. After a while, you get to know everyone that you're doing these activities with, which is great. Our motto, "live where you vacation and vacation where you live."



My horse Scheherazade

Chapter 2

Why I Choose Chiropractic

Interviewer: So, take me to the time when you discovered or realized you wanted to be a chiropractor.

Lynne: My freshman year, at UC Davis, I was going to be a research scientist. Well, Chem 1-A lab killed that idea. I struggled with getting the chemicals correct. When I graduated from high school, I said, "I'm going to make a great scientific discovery one day!" Well, that didn't happen.

My second year, I was going to be a teacher. I thought, "Oh that might be a good thing to do." I had decided that they worked way too hard for what they get paid for. Then, I was going to be a physical therapist, and I had worked in the physical therapy department at Davis for my junior year, I found that I didn't like the routineness of it. At the time, I was playing basketball, and I had hurt my back. I tried everything that the school had to offer, the medical doctors, the physical therapists, and all the medical profession had to offer. Then they said, "You should probably not play basketball anymore." I said, "I'm only 21."

A friend suggested that I go to a chiropractor. "Well, okay. I'll try the chiropractor." It was fantastic because two weeks later I was back out playing. This particular doctor, Dr. Bruce Presnick, was the acting president of Life Chiropractic College West at the time. He was awesome. He would show me X-rays and case studies, and just really got me involved in chiropractic. So, that's why I decided to become a chiropractor.

Interviewer: Awesome. I love that. And I think that's like a lot of other people, by the way.

Interviewer: So, tell me. Here are two questions. What is it about being a chiropractor and/or what is it about helping people that you enjoy the most?

Lynne: I would just say the changes that you see in their lives. For example, one young gal, she had seizures, 20 or 30 of them a day. She couldn't go to school. In just 3 visits, they were gone. Her nervous system was able to heal the body naturally. The family was very appreciative and I got lots of hugs, it's amazing. I most enjoy the bonds that you form with the people and the changes that you make in their lives. It's a very rewarding profession.

Although most patients start care with some symptom, it's great to see many other aspects of their life change for the good after getting care.

For example, let's say a patient comes in with mid-back pain. You discover through the case history that they've had asthma all their life to the point where they're on inhalers and can't play sports. Then all of the sudden, their asthma clears up. So, it's much more than just, "My neck hurts and my back hurts." It's about improving the quality of life, improving patient function and improving their overall health. And I find that children who grow up in the office typically are not sick very often. Our kids missed very little school growing up.

I was very fortunate when I went to Chiropractic College. There was a group of dedicated young doctors who taught the Gonstead chiropractic method or technique. It is a tough technique to master, but to me, it made the most sense. I was very fortunate to hone my skills with them.

So, I feel I was very blessed with developing the skills involved to recognize spinal dysfunction or spinal subluxations in a very efficient way.

Interviewer: Do you have a specific protocol for athletes as well?

Lynne: Yes. In fact, my husband's been a football coach for 40 plus years and he also taught at the college fitness center. So, I have a good support system for knowing protocols for athletes as well.

Interviewer: When it comes to healthcare, what are the mistakes you see people making with their healthcare?

Lynne: I get the question, "Doctor, which exercise should I do?" well, the one that you will do. So, the first thing that I think is just getting a commitment to be more active or exercise. And, obviously, getting a buddy helps because you hold each other accountable. On a day when you might not feel like exercising but your friend is waiting for you, so you better get there.

I think people mistake activity for exercise. Now, they'll say, "Oh, I get plenty of exercises. I take care of my land; I clean my house or do yard work." But that's not truly exercise. There are many types of exercise. Aerobic exercise means with air. This might be walking, cycling, swimming etc.; anything that gets your heart beating 60-80% of its max and maintaining it for 20 or more minutes. Interval training is also a good form of aerobic exercise. So after a warm up period, you will go for short bursts as hard as you can and then go slower. Weight training is also very beneficial. Women, don't worry, you won't get bulky. When weight training, people make a few common mistakes. First, many do not lift heavy enough. Second, they may not use correct form. The third mistake is to do the same lifting routine over and over.

Your body adapts every six weeks or so; you will need to change up what you're doing. It's helpful to have someone who is knowledgeable to help you so you're lifting with proper form, you're not hurting yourself and you're doing the exercise correctly.

I believe Americans as a whole eat too much processed foods, sugar, and not enough fruits and vegetables. People are always looking for the latest, greatest diet. I tell the patients, "The first three letters in the word 'diet' are 'die.' Who wants to do that? ", I think what they really need to do is develop a lifestyle that is healthy, including a good diet.

People will spend lots of money on products or advice and will initially lose weight. Unfortunately, they can't maintain it. A year later, they are right back to where they were or worse.

I see as one of my roles is to change people's perceptions about where health comes from and helping them make positive lifestyle changes. Another problem is, thinking that a magic pill will solve all their health problems. Many people go around abusing their body, and think, "Oh, a magic pill," will solve my problem. That's not good. If you consider the side effects of medicine, it's awful. It's sad how many people, who went from one problem, and now they have seizures or worse problems rather than dealing with the headaches or with whatever they were dealing.

Some people worry too much. Fear can be an acronym for, False Evidence Appearing Real. For example, in the middle of the night, you'll worry about something. When you actually get up and do something about it, it's not as bad as it was. So, I think people worry and stress too much. They don't take enough time for themselves. In fact, I read an article that said just 20 minutes with a nice walk outdoors would do more to make you feel better than the best medications.

Another is not having balance. I know I was guilty of that early on. That's why I love life here at Lake of the Pines in Auburn CA. I work far less, I play a lot more, and it's much better.



My Home



My Backyard

Interviewer: Are there any deep changes happening that you see in the world of healthcare or the understanding of healthcare, or in peoples' minds regarding their own health? And could you talk about what's causing people to reach out for help now, perhaps, versus what may have been 10 years ago or something like that?

Lynne: I think our parents, had the white-coat syndrome. "Whatever the doctor says, it's what I should do," rather than looking at it a different way. So, I think people are looking for better ways for health. They're looking to be more proactive about their health and not relying on pharmaceuticals. That's chiropractic right there. We are mentors and guides.

Interviewer: Can you tell me as a chiropractor, what do you stand for? What is it that you think you want you and your practice to stand for in the mind of the public?

Lynne: I would like my patients to think that I am a guide for wellness. Not just a way to correct the nervous system for interference, but as a guide for exercise, diet and lifestyle changes. I'm not their boss, just their guide. They're going on this journey with me. I believe the body works best having no interference, being subluxation-free. That's why I encourage all of my patients to come in, once they're better, on more of a maintenance or wellness schedule rather than waiting to have symptoms.

Research has also shown that patients who enjoy wellness or maintenance care don't get sick as much; they're healthier and they're happier. In fact, there was an interesting research study. This was actually done by an insurance company. It showed that the patients who utilized the chiropractic benefit through their insurance didn't cost the insurance company as much, because they didn't have to go through other procedures. But on the flip side, this insurance company won't pay for maintenance and wellness care; doesn't make a whole lot of sense to me.

So, I would like to see everyone utilize chiropractic like you would diet, sleep, exercise, or anything else where it improves your overall health. Chiropractic works because we are a self-healing organism, controlled and regulated by your nervous system. The master control; our brain sends and receives millions of instructions to every organ and tissue in our body by way of your spinal cord. Precise chiropractic adjustments are intended to improve mind-body communications. Health often returns with improved nervous system control of the body.

Interviewer: That's awesome. Is there a misunderstanding, or common practice that blocks or prevents people from realizing your vision of health.

Lynne: Over utilization of drugs, medication, to “heal” whatever ails them. Take aspirin for example. It does not “cure” the reason for a headache. It can only mask the pain temporarily. It spreads the drug to the entire body. It does not find the underlying cause of the problem.

We should avoid taking over-the-counter pain relievers or prescription drugs to relieve headaches to no more than two to three days a week or 10 days a month. Doing so could trigger rebound headaches that spiral into chronic pain. Medication overuse can quickly transform episodic headaches into daily ones. Whereas, a chiropractic adjustment can correct the cause of the problem, eliminate the symptoms, while being much safer. In fact, a New Zealand government inquiry found chiropractic adjustments are “remarkably safe.” A thorough examination helps identify the rare individual for whom chiropractic care might not be suited. Compare the statistics. Adjustments are about 100 times safer than taking common, over-the-counter pain relievers. This is not to say that all medicines are “bad.” Many patients lives can be enhanced, pain and symptoms relieved with proper use. I would like patients to think of chiropractic and lifestyle improvements first, rather than to rely on a drug.

Chiropractic does not cure anything! Nor is it a treatment for disease. If there is going to be any curing, your body will do it. Not doctors and certainly not drugs. The best doctors reduce the interferences that may be preventing your body from expressing its inborn healing capacity.

A dentist is interested in proper dental hygiene first and foremost. Invasive procedures for decay and degeneration are performed only when necessary. An orthopedic surgeon has patients work with a physical therapist to try to strengthen the musculoskeletal system first. Surgery being the last alternative.

This is why I chose chiropractic. Instead of artificially changing a patient's blood chemistry with drugs, natural chiropractic care simply helps the integrity of their nervous system. With a revived nerve supply, the bodies self-healing abilities are unleashed.

Furthermore, the advertising for pharmaceutical companies is very well "funded". We must be careful to not allow the profit motives of these organizations to dictate what is best for our health and wellbeing. Many people are not aware of the potential, harmful side effects of medicine.

Chapter 3

The Laser



Interviewer: Lynne, I think you're the only chiropractor in your region that uses a specific laser treatment. Can you tell me more about that?

Lynne: Sure. It's a low-level or cold level laser. It does several things. It works on the cellular level. So, it increases the cell's ability to produce ATP or energy, which rapidly accelerates the healing process. It also increases the body's or cell's ability to produce oxygen again, which rapidly accelerates the healing process and it cuts healing time in about half.

Interviewer: Wow.

Lynne: The way I found out about it ... I was at a seminar and they

were saying how great this laser was and I'm thinking, "Yeah, right" At the time, I had been struggling with plantar fasciitis for 10 years from playing soccer and I had tried everything, taping, orthotics, cortisone injections, and therapy. You name it, I tried it. I got to the point, especially in the morning I couldn't put my foot down.

It felt like someone put a dagger in my heel. I could hardly walk. I used the laser at the seminar during a break and the pain went away. I said to myself, "Oh, I got to have this thing." It's great for sports injuries, such as tennis elbow, achilles' tendon inflammation, neck pain, back pain, again the plantar fasciitis, headaches, people that have head injuries from concussions, whiplash injuries, shoulder pain, hip pain, knee pain, finger pain etc.

It actually improves brain function. It decreases inflammation to help with neurological diseases, autoimmune diseases, pulmonary diseases, cancer, cardiovascular disease, Alzheimer's, dementia, stroke, memory, Type 2 diabetes. So, what it does is it just helps the body to heal itself faster and decreases inflammation.

If you can increase the oxygenation to all tissues in the body, it accelerates the healing process and that's how it works.

Interviewer: Can you maybe share with me a little bit about how you became trained to be able to provide this laser treatment?

Lynne: Sure. I went to several official training sessions or seminars where experts in the field taught. I also read a lot of books and manuals to help out as well. They have a great website, www.Erchronia.com that has a lot of great information as well.

Interviewer: Got it. And how many patients would you say you've used this laser treatment on?

Lynne: Oh, gosh, probably over 15,000. I've used the laser for over 20 years, and I've upgraded it as improvements were made available.

Interviewer: Got it. And are there any negative – any side effects?

Lynne: No. That's the beautiful thing about it. It takes about five minutes. Usually, it works in about six treatments and its nontoxic. There are no side effects at all. I even use it on my horse.

Interviewer: Perfect. Awesome.

Lynne: It's one of the few lasers that the FDA cleared.

Interviewer: FDA approved?

Lynne: Yes, absolutely

Interviewer: Awesome. Excellent. Well, I'm sure that in addition to the lase that probably helps your chiropractic care.

Lynne: Sure. It helps in reducing pain and inflammation, which helps muscles to relax, which makes the adjustments go a lot easier.

Chapter 4

The Gonstead Technique



The Gonstead Clinic
Mt Horeb Wisconsin

Interviewer: Can you tell me a little bit about the chiropractic part of your practice?

Lynne: I use a very specialized technique. It's called the Gonstead Technique. It was developed by Dr. Clarence Gonstead. He was actually an engineer and he had a huge clinic in Mount Horeb, Wisconsin, out in the middle of nowhere. He had his own hotel, own airport, people would fly from all over the world to receive care there, and obviously, they'd care for not just neck pain and back pain, but all kinds of health conditions and problems. They also do a lot of clinical research. They have a lab where blood analysis is done.

The Gonstead System is unique because it is thorough, complete and specific in both analyzing and treating the spine and other joints of the body. It addresses the entire spine when evaluating for the presence of vertebral subluxations (spinal misalignments producing nerve interference or irritation) which causes ill health.

I use five criteria to detect the presence of subluxations.

1. X-ray films enable me to visualize the entire structure of a patient's spine. This is also helpful in evaluating for any disease processes, fracture, posture, joint and disc integrity and vertebral misalignments.
2. I use an instrument called the Nervoscope. It detects uneven distributions of heat along the spine which can be indicative of inflammation and nerve pressure.
3. I use static palpation to feel for swelling, tenderness and any abnormal texture or tightness in the muscles and other tissues of the spine.
4. I use motion palpation to see how a patient's spine is moving. Subluxations will cause abnormal motion of the spine.
5. I use visualization to check a patient's posture.

So, all this gets tied together in a very specific way to determine exactly where patients' problems occur. The adjustments are very specific, accurate and precise in the way that it corrects the spinal misalignment. Great care is taken to ensure a mechanically correct position and precise thrust to provide the most accurate and painless adjustment possible. The goal is to restore and maintain optimal health by locating and correcting any interference to the nervous system caused by vertebral subluxation.

Interviewer: Good. Lynne, how many other chiropractors in your region are as specialized and as well-trained in Gonstead as you?

Lynne: There's only one that I know of and he's my chiropractor. We take care of each other.

Interviewer: Can you share a little bit about how the Gonstead Technique compares to most other chiropractic techniques or no?

Lynne: Other techniques aren't as thorough and specific.

Interviewer: And is this a technique that's difficult to master would you say?

Lynne: Absolutely. I was very fortunate when I went to school my teachers were a group of doctors who actually trained at the Gonstead

clinic and trained under doctors who worked with Dr. Gonstead and they were able to teach us. We covered the Gonstead Technique every single quarter, which is unheard of nowadays in schools. They just don't do it that in-depth.

I was very fortunate to have one doctor who took a group of us under his wing. We would go to his office and he would help us adjust each other. This technique is very difficult to master because it requires a lot of skill, a lot of knowledge, and it's a lot of extra work. So many doctors don't use it because it's not easy.

Interviewer: In fact, I think you've gotten to the point now where you teach other chiropractors this technique. Is that true?

Lynne: Yes. I taught at Life Chiropractic College for many years. I've done many seminars for doctors – especially female doctors because we have smaller hands and it does make it a little bit more challenging. So, you have to be even better with your technique and be able to deliver a good adjustment.

I have a funny story to share. I was covering for another male Gonstead doctor and there was a gentleman who called for an appointment; he then realized that I was a woman and canceled his appointment. Anyway, he calls back the next day and says, "Well, you know, I'm a big muscle-building body dude. Do you think you could adjust me?" I had a little fun with him. I said, "You know I don't know but, I'll try." So, he comes in and I adjust him, and he says, "Oh, my God. That was fantastic. Thanks."

Because my husband coaches football I see many of the athletes. I also see many different types of patients from infants to senior citizens.

Chapter 5

My Wellness Program

Interviewer: I know that you have sort of a wellness practice within your office. Can you tell me a little bit more about that?

Lynne: Yes. I like to take a look at the patients as a whole. So, in addition to the laser and the chiropractic services, I offer help and guidance for those who want it in nutrition, exercise and lifestyle. I have patients fill out a very detailed questionnaire about what they eat and do, then I design a program specifically for them. I monitor many parameters along the way, such as weight, percent body fat, percent water, BMI, and bloodwork if necessary.

I make specific recommendations individually tailored for each patient. I outline a meal plan, exercise protocol and offer guidance on lifestyle changes to reduce stress. It's a comprehensive life changing program.

I did a survey on my wellness club members, and this is the result:

Sullivan Chiropractic Health Center

Results of Wellness Survey



In the last year, how many times have you been sick?

Average 1.5

National Average 5-7

In the last year, have you lost any time from work or school?

Average .74

National Average 5-7

In the last year, how many times have you had a flare-up of your original condition?

Average 2.1

National Average 7-10

What are some of the benefits of chiropractic care?

Better range of motion, agility, athletic performance, pain free motion, flexibility, energy, comfort.

Enables one to reach peak performance in-walking, weight training, back packing, baseball, motorcycle riding, soccer, all activities, softball, childcare, work.

Patients no longer have bladder infections, ear infections, frequent urination, headaches, asthma, allergies, swelling, sinus infections, stomach trouble, PMS, ringing in the ears, pain, bedwetting, hyperactivity, ulcers, etc.

“It’s much better to deal with a flare-up early, then to let the problem progress! I feel better most of the time versus before when I felt bad most of the time.”

“Regularity in getting adjusted is very important to maintain what had been achieved and to moving on to what may yet be available.”

“It has enabled me to resume the activities I had lost due to an injury. I have my life back!”

“Invaluable”

Conclusion

There are better ways to be healthy than to wait until symptoms appear and take a drug. My hope is that you will become more pro-active by eating a healthy diet, get adequate rest, exercise, have a positive attitude and kept your nervous system functioning at its best through regular chiropractic adjustments. Take charge of your own health and well-being.

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” World Health Organization 1948

If you have any questions about your health, you can contact me at (530) 718-4102, or send me an email drsullyls@gmail.com or check out my website at www.drSully.com and watch my video of the “World’s Best Kept Health Secret Revealed.”

Real People, Real Stories

It's a miracle! It's a miracle I tell ya! I have had back pain for some time. I saw my doctor who gave me pain pills. They helped as long as I took them but they upset my stomach so I decided to stay with the pain.

I went to a chiropractor. I saw him several times and the pain didn't get any better. So I asked him how many more visits did he think that I needed until I was better. His comment was, "maybe one hundred."



Needless to say, I quit him and went back to my pills. All this took place six months ago. About two weeks ago it all started all over again. Mucho back paino! I took my pills and they did help but then I thought why not call Lynne Sullivan. She has her practice near my home, I met her through Gold Country Trails Council and we ride together, so what the heck.

After Lynn finished with me (I know that doesn't sound quite Kosher) but after only six visits, I have zero back pain. I am riding and skiing and lifting heavy objects again and am feeling like a youngster.

So all I have to say is Lynn Sullivan is a miracle worker for me. I thank her for getting me back to where I wanted to be, feeling no pain. I highly recommend her to anyone with back pain.

— Irv Mazur

I initially sought chiropractic care for relief of extreme low back and neck pain. As most people I did have some questions if it would work or not, however, I took a leap of faith and have never doubted my decision.

Dr. Sullivan is extremely kind and positive in her approach which sets any fears at ease. I have found relief in my troubled areas and can go about my normal daily functions. I also stretch and walk. I am much more aware of overall health and its relation to my issues. For others, try not to look to medication for relief of your pain.



By chiropractic methods you will find an easy and complete solution.

— Susan Camarlinghi

Why did you seek chiropractic care?

Susie: I had been having back and hip pain for years, probably related to a fall at work. It was beginning to affect my knees and ankles and feet too. I was at a point where I needed to try something new.

Kelly: Because my wife dragged me in....No, in all honesty, I used to see a chiropractor while in High School. My parents have seen one for the longest time. My lower back is messed up (carrying 600 lb. beams by oneself is not advised). Last summer I had slid off a cabin roof and injured my shoulder. Needless to say, I need work done.

Did you have doubts or fears before starting chiropractic?

Susie: My biggest fear was that it was not going to help at all.

Kelly: Not at all. I am actually relieved to have a reason to continue care. If it wasn't for my wife Susie needing any help she could get, and wanting me to drive her to Dr. Sullivan, I probably wouldn't be going (I am a boy/man, so I am supposed to suffer the pain, Right?).



Did Dr. Sullivan help with those fears?

Susie: I am not sure I mentioned it to Dr. Sullivan, but as soon as I met her, and she completed my first evaluation, I was at ease, and knew I was on a path to help heal my body.

Kelly: Dr. Sullivan has a way of explaining what is going on with the bone alignment.

What other measures had you taken to help with your condition?

Susie: I have done several rounds of physical therapy, anti-inflammatories, but mostly I had accepted I would live with the pain for the rest of

my life.

Kelly: Ibuprofen helps, but that is all I use. I am not the one to go for any meds unless I am forced to, and most time not even then. More than anything, I do a lot of stretching.

What improvements have you noticed?

Susie: I am moving better, the pain has significantly been reduced, and I can tell when I need to see Dr. Sullivan for a re-alignment.

Kelly: My lower back is still in need of a lot of work, but I am experiencing greater range of motion in my shoulder.

What can you do now that you couldn't do before?

Susie: I don't get as tired as I did before treatment, nor does my back and hip start hurting as quickly as while doing physical activity, climbing stairs, lifting heavy items. I also feel more flexible, and don't wake up stiff in the mornings.

Kelly: Nothing, but the pain is less and my range of motion is much better though.

How has your overall health changed?

Susie: I feel like my health is on the up and up. I am more conscious about what I put into my body as well as my posture through the day, and I am having less pain.

Kelly: I can't say enough how happy I am with the care I am receiving from Dr. Sullivan. She is kind, compassionate, and knows her stuff. I love that she takes the time to explain anything you need explained, as well as imparts tidbits of healthy wisdom through e-mails and information at each appointment. She also takes the time to work on other problems that may arise, for example, she has been helping with adjusting a knee that I twisted. I also appreciate that she can see my husband and I at the same time, because it helps simplify our busy schedules.

— Kelly and Susie

I was experiencing numbness down my left leg as well as lower back pain on a daily basis. The pain was so constant that it was also interrupting my sleep at night.

I found Dr. Lynn Sullivan on Next-door, the neighborhood website. I called her one afternoon and she had me in to see her 2 hours later. She took one look at me and said that I could definitely be helped by her. I was given an adjustment and felt immediately relief.



To date, I have experienced no more numbness ankle pain or Restless Leg Syndrome, and sleep well at night.

I enjoy hearing the little health facts during my visits. They are encouraging and informative.

— Toni Moots

Lynne Sullivan is a consummate pro. She has vast experience that allows her to evaluate and treat your condition quickly and accurately. I go back regularly for maintenance, and I have eliminated recurring issues. She is a gem among a sea of rubble. Strongest recommendation.



— Joe Conyers

I am an appreciative patient of Sullivan Chiropractic! I believe in chiropractic completely. The care given in this practice excels others. Since I was a young girl the chiropractic business has saved me from so many ailments. It can keep one from unnecessary surgeries, unnecessary pills and can keep one fit physically with the tools the doctors recommends! I highly stand behind Doctor Sullivan's care of the whole body and person. I have been to many chiropractors over my lifetime and her care stands out of all the rest.



— I. Haugen

Dr. Sullivan's office is comfortable and she is extremely professional and efficient. She came highly recommended by our previous doctor. I came for neck, shoulder and lower back pain. With Dr Sullivan's care, these are much better and I am able to move and walk. I even have more energy. My husband and I are both happy patients.

— Collen and Tim Sands
Board Trustees
Sutter Auburn Faith Hospital



While working under my car I had craned my neck to look at possible problem. I crawled out and upon standing, I endured extreme ongoing vertigo. I knew I had harmed my upper back, because of my back problems most of my life. I didn't have a Chiropractor since moving here 3 yrs. ago. And living on SS, I had limited funds to find a good Dr. as I had been treated by.

While doing net search, I found Dr. Sullivan and thank God I did. We were in contact immediately. And appointment same day and after our appointment driving home realized my vertigo was already improving. I had 3 more appointments a day apart last week and 2 this week and could not be more pleased with her service and abilities. Her rates are very reasonable and she processed my confusing insurance forms for me.



I have been treated by numerous Chiropractors over last 50+ years, some very good and some horrible. I rate Dr. Sullivan, 10+ she knows what she is doing and does it well. I will be her patient here forward.

— Robert Howe

Dr Lynne's office is quiet and unassuming... Very pleasant. I had no doubts that chiropractic could help. It's helped me before. My body is very responsive to adjustments over the years which drastically helped me.

I had no fears at all because most of my past experiences were positive. While the adjustments can be difficult to handle, I know that ultimately I would be getting the needed help. I had faith in the process and my confidences were justified.



Dr Lynne did a good job at helping me understand the long term process of my treatment. Everything she said has been right on point.

Dr Lynne definitely responds to my needs and concerns and gives me the answers I needed.

My main issue stems from a congenital anomaly called sacralization. This condition did not become an issue until my 40's and 50's. My body/spine has compensated for a life time. Dr Lynne diagnosed me with a subluxation of the S/I Joint.

Under Dr Lynne's care, my treatment has been a huge success. I no longer feel deformed or crippled. I still have stiffness in the mornings, but my mobility has improved so drastically that it has been life changing. I'm still mistrustful at this point to move as freely as I can because I suffered for so many months. I had gone to other chiropractors who could not figure out my issue and failed to treat me in a way that actually handled the issue. I did not improve under their care unfortunately. I'm thankful I found Dr Lynne!!!! She's the only one who made my pain disappear.

I have SO MUCH more energy now because I don't exhaust myself with processing so much pain as I had before. I do not have to go as slow with my projects because I'm not as fearful of injuries like before. Life is a pleasure!

I can currently do so much more because my mobility has improved so much. I can do light garden work, clean, watch kids etc. I am confident about being able to travel again now too.

I do believe children should be looked at and possibly receive adjustments. I sort of wish we did that with my daughter who has scoliosis.

I do have many family members who definitely could benefit from chiropractic.

— Neena McNulty

I've always been a big believer in Chiropractic as I've been under the care of probably a dozen chiropractors over the past 30 years, several of whom I worked for in the 80's and 90's.

I can honestly say Dr. Lynne is exceptionally gifted, compassionate, and kind.



I was recently challenged by a debilitating muscle spasm. It was affecting my quality of life, sleep, and functioning and no amount of stretches, exercise, supplements; magnesium, Turmeric or anything else that I tried was reducing the severity. A few times it was so bad in the past few weeks that I was in bed in a fetal position unable to move. I was getting so worn down from the pain that I couldn't think straight. I was even dreading how I was going to get through the holidays.

I have a high tolerance to pain and have had three natural child births but this pain was completely wearing me down.

After one adjustment from Dr. Lynne the pain was 90% better and the spasm resolved. It was, literally, a miracle.

After two adjustments I was 100% pain free for the first time in 6 weeks.

I have much to be thankful for this holiday season but Dr. Lynne's extraordinary care is at the top of my gratitude list. I've been telling everyone I know how great Dr. Lynne is.

— Carmel Mooney

I sought chiropractic care for a pulled muscle feeling in my right rib cage that had been going on for 2 ½ years. The injury was so severe I didn't think I had a chance to heal. I felt I was
At a point of no returns, and even
thought I might have cracked ribs.
I had tried exercise, rest and healthy
living and the pain would not go away.

Dr. Sullivan was very comforting and
since the initial round of 5 to 8
treatments I've noticed a world of
improvement.



I can now hit golf shots without stabbing pain and I'm a lot happier with
a brighter future for my golf career. Dr. Sullivan is quick, thorough and
has a great attitude.

— Pat Shaw
Head Golf Pro LOP

Anne's Chiropractic story started at age 21 (unfortunately, instead of at birth like the children). She has an S-curve scoliosis which has caused numerous symptoms such as breathing issues, chronic pain, and infertility. She was introduced to the Gonstead Approach at age 34 and within a year she was pregnant.

Steve's Chiropractic story started when his oldest son was born 15 years ago. He struggled with chronic cold sores which have now been minimized to 1 a year.



Christian, a gift to us through adoption is 15. He has been adjusted since 3 months old weekly. He has only used antibiotics one time in his life. Weekly Chiropractic has created a strong immunity to illness.

Jack, Chiropractic success, is 12 years old. He has never needed antibiotics and is adjusted weekly with no health problems.

We are forever believers in this holistic approach to life and very much appreciate Lynn's Family Wellness Plan.

— The Erickson Family

About The Author



Dr. Lynne Sullivan graduated as the class valedictorian from Life Chiropractic College-West in 1983. In a short period of time, she built a very busy family practice specializing in wellness care. The readers of the local paper have voted her office “Best” for over a decade.

Dr. Sullivan provides care to the spine and nervous system which helps restore optimal health. In practice since 1986, she discovered specific systems that launch ordinary people to extraordinary health... Youthful and energetic health at most any age. Using her special technique, she has helped thousands of patients achieve great results where other methods have fallen short or failed.

Dr. Sullivan is a sought-after expert, speaker and media guest. She has been a college instructor as well as authored many published articles. Dr. Sullivan’s work has been featured in numerous media including newspaper, magazines and TV. Her first book, “The World’s Best Kept Health Secret Revealed” has been a best seller with over 25,000 copies sold.