



In Their Own Words

July 28, 2010

I have had severe lower back pain for approximately 11 years now. I drove a school bus for 25 years and all the bouncing around and repetitive heavy lifting finally got the better of my back.

I had bouts of soreness that I would treat and they would go away. Then, in 1999 I hurt it again and it never healed. I was seeing both a chiropractor and my regular family doctor. The chiropractor that I was seeing suggested possible surgery and gave me the name of the surgeon that he would recommend. When I went to my family doctor and told him that, he said "don't be ridiculous, there is no surgery that would help you." He sent me for a CAT scan which showed "moderate to severe degenerative changes at L4-5, with a vacuum disc phenomenon. There is a moderate diffuse disc bulge at this level as described above. There is a mild disc bulge posteriorly and slightly more to the left of midline at L5-S1." My family doctor kept telling me that it would get better, he just didn't know how long it would take. He put me on Tylenol 3's and an anti-inflammatory and told me to come back in a month.

The Tylenol 3's didn't help at all and so I asked him to send me to a pain specialist. After much discussion, he made an appointment for me. I went to see this pain specialist, and he too thought surgery was not practical and he put me on other medication that was even stronger (Codeine, Contin). It seemed to me that other than my chiropractor, everybody else just wanted to drug me up and stop me from complaining. Even with all the drugs I was taking, nothing was getting better. I was in pain constantly. I could sometimes barely walk, and sit for only very limited times. Doing anything at all became almost impossible.

I spent 10 years being so drugged that I could barely stay awake. I could not drive anywhere without the fear of falling asleep at the wheel. At home, I would be speaking with my husband or daughter and start to fall asleep. Any time of the day or night, it didn't seem to matter. I was so depressed and felt so hopeless, like I had nothing left to live for. I found no enjoyment in anything at all. My appetite was gone, I couldn't clean my house, and there was nothing left for me to look forward to. All I wanted to do was lay down and die as I knew it would be the only way for me to get away from the pain that was making my life a miserable hell ... mine and everybody else's I came in contact with.

A new friend of mine saw how much I was struggling with my back and asked if I had ever thought of having VAX-D done. I had never heard of it before. She brought me some information that a friend of hers had at home from a couple of years ago. I read over the info and gave this person a call. I asked her about her treatments and how she was now. I wanted to make sure that the problems I had with my back were similar to the ones she had. It turned out they were quite similar and so I looked up the website for Dr. Moore and e-mailed him right away. This was on a Sunday, and a couple of hours later Dr. Moore telephoned me. I was shocked that he would call so soon, never mind being on a Sunday.

He made an appointment for me to see him the next day. I went into his office and we discussed at great length what he could do for me. I showed him my CT scan results and he did his own x-rays to be sure that things were still the same. I had read about decompression, but was curious about exactly how it was done. I asked him to see the machine and he took me in the treatment room and showed me people who were having VAX-D done on them. I spoke to a couple of the people, and a few others in the office who had previously had the treatments. Everyone seemed to be excited and extremely happy that the treatments had worked for them and they were no longer having any pain.

That was all I needed to hear. My life could become worthwhile once again and for the first time in a very long time, I got excited.

I started the treatments and was pleasantly surprised to feel just how comfortable the decompression table was. I was a little apprehensive when I first saw them, but there was absolutely no pain involved. Dr. Moore had explained to me that some people take a little longer to notice the results than others. Of course, I was one of the people that took longer. I was starting to wonder about this miracle treatment, and mentioned to Dr. Moore that I thought I should have noticed an improvement by now.

VAX-D In Their Own Words

He reassured me that all was well and I should start to feel differently very, very soon. It was only a couple of days later that I noticed how much better my back was feeling after the treatment. At first it would only last a day or so, then it got longer and longer. Now I can honestly say my back has never felt better.

It was always a pleasure for me to go for my treatments. I looked forward to them and to seeing both Dr. Moore and Melissa . They are both wonderful people who make you feel very comfortable every minute you are in the clinic.

I have since finished the program that Dr. Moore set up for me on the VAX-D and am just going for chiropractic adjustments now to make sure my back continues to be free of pain. I have stopped taking my pain medication and have, in the last 4 weeks (since July 1,2010), not had a cigarette. I used to smoke more than a pack a day. I am very pleased and proud of myself. Dr. Moore and Melissa have both congratulated me on that achievement and also noticed how much better I am feeling and responding. I am no longer deeply depressed and I expect to come off the rest of my medications slowly. Now that I am feeling great, there is really no reason to continue to poison myself with drugs that only mask the symptoms anyway.

This program is one that I would highly recommend to anyone who is having serious low back problems and has been needlessly suffering with the pain. Whatever the price, it was well worthwhile to be pain free and to feel good about myself again. It is something that I never thought would happen and I am so very grateful to both Dr. Moore and Melissa. I can't thank them enough!



Brenda Ekins
Age 59