

VAX-D In Their Own Words

April 2010

A New Dawn

April 27th, 2009 was a major turning point in my life. For on this day I met and consulted with Dr. Brian Moore at length. He reviewed all my x-ray images and requested an MRI to be done... It was unlike any other meeting I had endured over the years with other Doctors or specialists. The difference was this Doctor **really listened** to me, empathized with me and promised me he would help! I believed him and so began our 6 month relationship. The MRI results showed a bulging disc at C5, C6 protruding onto the spinal cord on the right side. This was apparently the cause of all my pain, numbness and tingling as well as loss of strength in my right arm.

A brief history just so you get an idea of the state of mind Dr. Moore was dealing with. I have been involved in 8 motor vehicle accidents from 1982 up to 2004 (all as a passenger just to clarify) suffering each time from whiplash of the neck side to side, numerous concussions from falls as well as numerous surgeries. These all led to severe migraine headaches, body pain, depression and anxiety disorders which the multitude of doctors and specialists felt should be treated with a vast array of prescription drugs...many of which I had allergic reactions to. So I wasn't very optimistic of my future. Since to this point the only options given to me were surgery (risky at best), injections into my neck to numb the pain indefinitely, or incredibly potent pain medications. I didn't care for any of these options so what did I have to lose? Yes it cost a lot of money but if it were to take away the pain I would pay any amount!

I had to wait until May 31st for my MRI, and then met once again with Dr. Moore June 19th to review this and arrange for my treatment schedule. I began the VAX-D program the following week, 4 days/week for 6 weeks then gradually lessened my visits until the end of September.

I can honestly say, still to this day, it amazes me how my life has been gifted back to me thanks to Dr. Moore and in infamous VAX-D therapy. I deliberately waited until now to write this testimonial to show how 6 months after ending my treatments ...it is as if I never had a problem in the first place!!! I just golfed for the first time in a year shooting a 74 and aside from a little soreness in my back that was the most enjoyable day I have spent. You see, golf is my passion and I happen to be pretty good at it, so being told I would never golf again wasn't something I wanted to hear.

Dr. Moore did so much for me during those months of treatment and the only way I know how to thank him enough is to write this in hopes that if you are reading this you will give him the opportunity to change your life also. He is one of the finest chiropractors I have ever met and I know a thing or two about chiropractors since I have worked for one in Whitby for the last 6 years. I believe in the chiropractic lifestyle and adjustments for treatment and prevention of disease.

In closing, I would like to take this opportunity to thank Dr. Brian Moore for his warmth, generosity, empathy and sense of humour in giving me back my active lifestyle free of pain and prescriptions. The care he gave me will remain in my memory for the duration of my life!

Dawn Munn
Chiropractic Assistant