

# vax-D In Their Own Words

May 13, 2010

Hello - My name is Marcy and I would like to tell you how the Vax D program has helped me. Special thanks to Dr. Brian Moore and Melissa Moore.

I have always had problems with my neck and back, so when I was in my early 40's, I went for back surgery for scoliosis. I was told if I did not do this, I would eventually end up bent over. After several consultations, I agreed to have this surgery done. I was off work for one year. I have now Harrington rods in my back from T4-L2. I was told that I would probably have trouble in my lower back/hips a little later on, but there was nothing that could be done about that. Over the years, pain in the lower back just seemed to be a part of life. That's just the way it was. It seemed my neck started to get worse, but once again, I just thought that's the way it is. Nothing you can do about it. Just deal with it. Take the Ibuprofen and if necessary, the Tylenol 3's for the bad days. So I did. I also went for chiropractic care, but it just wasn't doing enough.

It was just recently my daughter told me about the Vax-D program offered by the Moore Chiropractic Clinic. I agreed to check it out. I discussed options with Dr. Moore and decided that I should try this out. I went to my family doctor and told her that I would like to have a CT scan done - since I cannot have an MRI due to the rods. She agreed and an appt was made. The CT scan showed degenerative disc disease and degenerative changes at multiple sites for both my back and neck. Dr. Moore assured me that he could help. I thought to myself...even if it helped some, it would be worth it. Imagine being able to be in a car for several hours without having to stop and get out and stretch because you couldn't stand it anymore. That in itself would be worth it.

I entered into the 6 week program mid-March for both my back and my neck. While I was undergoing treatment, there were others doing the same thing. I heard them saying how much better they felt, that the pain was non-existent when they were on these beds. They seemed to have instant relief during the sessions; I didn't feel that way at all. I thought maybe something was not working for me, but I was assured that things would move along, that everybody heals differently. About two weeks into the treatment, I went home for the weekend, and when I woke up in the morning, I swung my feet out of bed and away I went. Then it suddenly hit me. I just "went". There was no need to stand up and stretch and recite my little mantra "let the spine re-align"...I felt nothing. Some people may not fully understand that to feel nothing means you feel FABULOUS. No pain. Nothing. The way it's SUPPOSED to be. That was the turning point for me. It just kept getting better and better.

I started to notice my neck was feeling really really good. When I left the clinic after a session, I would get in my vehicle and start to move my neck back and forth and to the sides...I was waiting for the pain and stiffness to come, but it never did. I had gone to the massage therapist and it felt really good, but it never stayed. It went back to its old self later on in the evening. But now, I felt nothing. Just like my back!

I have now completed the treatment and I feel great! I am so glad I made the 1 ½ hr. drive to Aurora. My neck simply does not hurt. Yes, it will get strained a bit as I work on a computer all day, but it is totally different. I still go for massages, but not because I have to. I go because it feels good. My back is great. I know I will still have a bit of trouble due to the rods, but it is nothing like how it used to be. The best part for me is being able to get up out of bed in the morning and just "go"! AND...what's even better, I have not taken any medications in weeks!

# va<sub>2</sub>D In Their Own Words

So I say to anyone who is sceptical about this treatment, it really works – even if you have rods in your back. You have nothing to lose ...except for some pain!

Once again, thank you Dr. Moore for everything. And a thank you to Melissa as well for helping in the process.

Marcy Anderson