

VAX-D In Their Own Words

There is a Japanese proverb dating from the eighth century that says:

“Kurushi toki wa histosu”

Translated into English, it means, “When in pain, it is best to be alone”.

Alone is what signifies pain. Pain can be all consuming, filling your days and your nights and becomes your new, surrendered existence. It defines every waking hour of each and every day. Like a thief, it steals your vitality, robs you of pleasure and deprives you of what's rightfully yours.

I first experienced “true” pain one summer day (not true, I've had “bouts” of pain in the past), when I was suddenly and unexpectedly crippled and found myself bent over the back of a couch at the ripe old age of 43, in what I can only describe as excruciating agony. It lasted for three miserable days. I sought treatment, the quick fix, of massage and acupuncture. In the following weeks, I sought out regular chiropractic care, consisting of a series of spinal x-rays, which were then followed by twice-weekly adjustments. This lasted for a year. I concurrently visited my family physician who diagnosed my then-present condition as sciatica, the compression of the sciatic nerve.

My first experience with true pain was characterized by a constant, throbbing pain down the length of my left leg, culminating in the inability to walk for even short distances. The pain prevented sleep. The constant, nagging and, sometimes shooting pain resulted in my passing through each day sleep deprived, cantankerous and moody. My family and friends noticed the difference. I noticed the difference. I didn't golf, fish, garden or hike. My passions were laid to rest with my newfound pain. Pain was now my constant companion.

The worst aspect was I couldn't sleep. Sleep is highly underrated by those who can sleep a full night's sleep. Sleep is a necessary gift. It keeps us vibrant, it keeps us cognizant, it keeps us effective. Sleep keeps us sane.

I was sent for a CAT scan, where it was revealed that I had degenerative disc disease with moderate to severe herniation of four of my spinal discs. Rheumatoid arthritis tests were negative, nerve conduction studies were inconclusive. When the pain reached the level where I realized it wasn't going to dissipate, I turned to prescription painkillers. Oxycontin was prescribed, but was ineffective. My family physician then prescribed as stronger, narcotic painkiller – Talwin.

Talwin numbed the pain and allowed me to function, albeit on a decreased level of awareness, but I was left too wound up to sleep through the night. Still sleep deprived after almost a full year of regular chiropractic treatments, massage therapy and acupuncture, it was suggested that I seek a surgical solution to my lower back pain. A lumbar laminectomy was the next step. Not my top choice of treatment options, obviously.

On a fishing trip up North, I spent a total of 72 hours awake and in pain. I “slept” in a wooden high-back chair (on the porch) in order to allow others their needed rest. When I returned home after that week, I went to inquire about spinal decompression therapy. Drugs weren't doing the job and my symptoms were not improving. I was turning into a pain –wrecked, sleep deprived junkie.

I made an appointment with the most well known and advertised practice in the GTA (the competitor to VAX-D). Although I was impressed by the website and the technical information, upon a visit to the local office and a subsequent meeting with the practitioner, was not impressed by the cookie-cutter, one-treatment-fits-all regime of spinal decompression.

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I sought out Moore Chiropractic Group and after an in-depth examination and consultation with Dr. Moore, underwent 35 VAX-D treatments, a customized treatment regime. To my surprise and delight, I found that spinal decompression was painless. During some of the appointments, I actually fell asleep while on the decompression table. I never missed an appointment for fear of losing what I'd gained.

The absence of debilitating and constant pain is something that I, at one time, swore I would have killed for. Just one night's uninterrupted sleep, just one night with no late-night television and the alarm set for 5:00am.

I now sleep through the night and have no nagging pain to remind me of what my life was like, and had deteriorated to, for what amounted to one full year. It was all a bad dream, a wasted year. I wish that I'd found the answer sooner. VAX-D works, make no mistake. I still go for regular adjustments, but those too are pain-free.

I still go for massage therapy, but only because I like it and my wife thinks I need it. Some things we can't give up, others we take too long to act upon.



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