

VAX-D In Their Own Words

Hello my name is Pamela. I'd like to share with you how Moore Chiropractic and VAX-D treatment saved my life. I am a 41-year-old mother of 4 children who was almost literally dying at home on the couch.

My nightmare started in the winter of 2001. I decided Boxing Day that I'd join in with the children and their tobogganing fun. I never imagined that an afternoon of fun would turn around to haunt me for the next years to follow.

As I was just about to finish my turn down the hill I came to a very abrupt end. When I hit the bottom snow bank, there hidden in the snow was a small wooden post. No one really knew at that time exactly what had happened but rescued me and almost had to use one of the sleds to get me back home.

Now at the time I just felt that I had "put my back out" so I stayed home from work for a few days and rested on the couch. After a few days I didn't feel that things were getting any better and went to my family doctor for some relief.

After prescribing some anti-inflammatories and pain medication that gave me some comfort for a little while but really didn't feel that I was getting any better. I was unable to walk, lift, sit or bend without feeling extreme discomfort and was sent for x-rays. They showed that my tailbone was fractured and that I had shifted my sacral joint. I was sent to see my first chiropractor. I was also informed that this was one of the best clinics for back treatment and was very successful.

What was I to know, I had never been before. We started out treatment everyday for the first few weeks with ultra sound therapy then would finish up with some massage therapy. But as time would go on it would seem that I had become touch sensitive as well and could hardly take someone touching me so the Dr decided that we would try some electric shock therapy. During these treatments the Dr would try and "manipulate and align" my sacral joint and try to pull the tailbone back into place but nothing was budging. We pursued treatment for a few more weeks till the Dr had become as frustrated as I had that I wasn't getting any relief and he was unable to correct my back. So back to the family Dr I went. This time he sent me to the hospital for my first cortisone shot. I wouldn't wish that on my worst enemy. The thought of delivering twins at the same time was better than this. For about 2 days I was unable to do anything then when I woke up on the 3rd morning it was like wowww I didn't have those grumps and groans that usually followed as I was getting out of bed and walking down the stairs.

Life went on as normal for the next year and half. We moved in the fall into another house and after we cleaned the carpets we put the plastic runner back down on them. This would turn out to be a big mistake. I was heading down the stairs to do some laundry one morning with socks on and it was like something out of a comic book. I ended up slipping down the stairs, the basket went one way & I went the other and at the end I was at the bottom of the stairs wearing the laundry on top of me unable to move again. I was able to get myself to the couch and make a call to my husband to come home and help me. We went to the family Dr who again prescribed pain meds and anti-inflammatories for me, that was only a short fix. The medication wasn't doing anything, so we decided to give me something stronger.

The next year or so I was taking between 60-120mgs of morphine daily.

During this time as well we were taking matters into our own hands on how to get rid of this pain as this wasn't any way to live. I went for every kind of treatment and tried to see every kind of doctor. All to no avail. It was only after insisting to the Orthopedic surgeon that he take out my broken tailbone did we also find that I had 2 lower disc herniations as well. At the time of surgery he didn't want to touch the herniations as he felt that once the tailbone was out that everything would kind of fall back into place. I wish it had been that easy. After surgery I was now placed on more morphine based medications as well now wearing a morphine pain patch. In the beginning we started with a 50mg patch but close to 8 months after surgery I was now wearing 150mgs. Along with being very highly medicated my pain was worse now than it had been before my tailbone removal. The next alternative was to go higher on the meds if that is what I needed to help me just get up out of bed and take care of the few things that I could do and that was slowly becoming nothing. I had become a vegetable at home on my couch and now unable to look after my house let alone be there for my children.

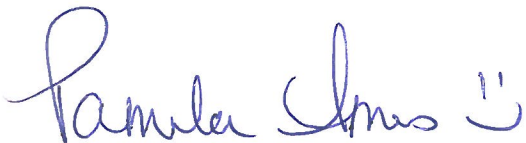
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It was then as a last resort we had seen the sign out front of Dr Moore's office. Alternative to back surgery. My partner was the one that pushed me to come in and see him. I on the other hand had seen more than my share of Dr's and having to repeat all the treatments that I've tried, all the Dr's that I had seen were more then I felt I really wanted to handle. I just wanted to go back home to my couch and pull the cover over my head.

Well we were able to get in and meet with Dr Moore over the next few days and he felt that if I would allow myself to let him treat me that he WOULD be able to help me gain my life back and cure what was happening to me with the help of VAX-D. The first time I went in and got hooked up I felt as though I was going bungee jumping not going in for treatment. Sophie and Dr Moore were so patient with me. At the beginning of treatment I was hardly able to make it to 5 or 6 pulls without being in pain and was assured each and every time that this will get better. It was around the 2nd week of VAX-D treatment that I was actually starting to feel the difference, my walk was almost normal, I didn't seem to be dragging my one leg as though it was cement. Each day during the 5 week VAX-D treatment got better and better. I was able to make it to the 15 pulls that were required and even made it up to 60lbs that I never thought that I'd be able to. It was very hard during this time of treatment to not do ANYTHING because I was now feeling better in myself and in my body I wanted to get back to the way of life that I had been missing for so long. I'm usually a very independent person and don't like to ask for help very often, kind of stubborn I guess you would say and a bit of a work horse. I had now come off of all the morphine I was on, that was a battle in itself at the same time I was having treatment.

I can't say enough about how Dr. Moore and VAX-D saved my life when I felt there was nothing else for me to do except live with the pain, stay highly medicated and hope that I wasn't going to be in a wheelchair by the time my next birthday rolled around.

Dr Moore has also got a wonderful team of ladies working for him, the care and concern that they have to offer to each and every patient is genuine and you don't always find that all mixed up in one office.

A handwritten signature in blue ink that reads "Pamela Ames" followed by a smiley face ":)".

Pam Ames