

VAX-D In Their Own Words

July 2010

Following an accident in 2000, I was taken to the hospital with severe back pain. X-rays indicated to injury. What happened was 10 years of constant and debilitating back pain. After retirement (RCMP) I started my own business making custom furniture and renovating our home. I also worked for my brother-in-law at his farm and sawmill. I've always enjoyed being active and working physically but my back pain was getting worse and worse. After a day in the wood shop I had to lay down with the heating pad on my back and take several extra strength aspirin. This went on for years. I had had enough. I went to see our family doctor who requested an MRI and a CT scan. Both revealed a herniated disc at L4/L5. My doctor suggested I see an orthopaedic surgeon. The orthopaedic surgeon did not feel that I should have back surgery at this time- he said that would be the final option if nothing else worked. What followed was a year of physiotherapy. That didn't help. I then went to a local Newmarket chiropractor for about 6 months. That didn't help. My back pain was getting to the point that I found it hard to breath at peak pain levels (10 out of 10). My back pain felt like a hot poker being jabbed into my lower back radiating down my legs to my feet. This was seriously affecting my family and social life. I didn't know what to do next so I thought I had to grin and bear the pain, which I did for some time. Early March 2010, I was laying down with the heating pad on my back and eating aspirin, when an as came on A-Channel (Barrie) advertising VAX-D and Dr. Moore's clinic. I had a look on the Internet and thought maybe this could help me. I mentioned the VAX-D to my family doctor who was very sceptical that this chiropractic treatment would help me. Having several friends in the medical profession, I asked them what they thought about VAX-D. None of them knew what I was talking about and doubted it would help me. I was at the point that I didn't care what they thought. I had to do something as the pain was getting chronic and constant.

On Thursday, April 1, 2010 at 10:30 am I first met Dr. Moore at his Chiropractic and Wellness Centre in Aurora. I met with Dr. Moore and provided him with my detailed medical history. He spent a great deal of time with me explaining the procedures involved. Following several x-rays and a physical exam of my back, I was ready ro start the program. After 15 treatments, I started to have less and less pain in my back. I was feeling better than ever but I had to give my back a chance to heal. Dr. Moore made it imperative that I not lift heavy objects or twist my back. This was a hard thing to do as I felt really good at this point in the program. The next 10 treatments and my pain curve went from a 5/10 to a 1/10. Unbelievable! Following another few weeks of adjustments, my back pain stopped. Yesterday I helped my brother- in - law at his farm. Pain Free!

I would highly recommend VAX-D to anyone that has a similar back problem that I once had. The VAX-D treatment was painless to the point where I could understand why some people actually have a snooze during the treatment! Dr. Moore and Melissa are very professional and caring in what they do. Thanks to Dr. Moore, Melissa and VAX-D I can now so what I only dreamed of these past 10 years!

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