

County native competes in London Marathon

On April 23, Kasey O'Neal accomplished a feat that many can only dream of — crossing the finish line of the renowned London Marathon in front of Buckingham Palace. Her remarkable journey from adversity to triumph is an inspiring tale of determination and resilience.

Initially, Kasey hesitated when her friends proposed the idea of participating in the prestigious London Marathon. While she was an athlete, she had never ventured into the realm of marathons. Nevertheless, the persuasive influence of her friends eventually won her over, and she decided to take on this audacious endeavor. However, the road to the starting line was far from easy.

To even have the opportunity to compete in the London Marathon, Kasey had to secure a spot through a highly coveted lottery. Though she applied with modest expectations, fate smiled upon her, and she received the news that she had been selected.

Reality soon set in, presenting Kasey with a series of formidable challenges. Yet, just as this victory seemed within grasp, fate dealt a cruel blow. At the pivotal moment of her training, Kasey's old injury resurfaced, threatening to shatter her dreams. The excruciating pain in her leg screamed for her to relent.

In a fortunate turn of events, she stumbled upon an advertisement for Live

Well Chiropractic, a local chiropractic office offering innovative treatment options. Under the care of Dr. Randy Tabita at Live Well Chiropractic, Kasey underwent chiropractic adjustments and utilized cutting-edge S-wave technology. This technology, utilizing sound waves, had yielded remarkable results in healing past injuries for professional athletes.

Kasey became one of the first recipients in this area of this revolutionary treatment, and the effects were nothing short of miraculous. After a mere 15-minute session, she experienced immediate pain relief and was able to resume her training without discomfort.

Supported by regular chiropractic adjustments and three additional S-wave sessions, Kasey reached her peak training mileage and embarked on her journey to London fully prepared for the marathon.

Kasey used the inspiration of other runners, the crowd cheering and the sights of London (Tower Bridge, The Tower of London, The London Eye, Big Ben, and Thames River) to propel herself forward.

As she approached Buckingham Palace, the crowd's jubilant cheers grew louder, signifying the proximity of the finish line. Crossing that line, Kasey's elation knew no bounds. Her thoughts turned to her family and the remarkable support she received from the Live Well team. Astonishingly, her

earlier leg injury had long faded from her consciousness, and she experienced no discomfort whatsoever.



Photo submitted

Kasey O'Neal competed in the London Marathon this past spring.



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Dr. Randy Tabita, of Live Well Chiropractic, is pictured with Kasey O'Neal, who ran in the London Marathon in April.