

Testimonial

May 8, 2006

I have been an educator in Adams 12 Five Star Schools for thirty years. In April of last year, Dr. Greg Tomalin came to our school and gave a lecture on health and wellness and opened my eyes to the benefits of chiropractic care.

He described many different symptoms that are common to people in my age group. I felt totally healthy at the time, but he described many of the afflictions that my wife complained about on a daily basis. Specifically, shoulder and knee pain, were her most common complaints. Those complaints were interrupting our favorite activities of hiking in the mountains and walking in the city after work.

I came home after the presentation and shared my new knowledge with my wife, Mary. We decided to give it a try and enrolled in a year-long program. We attended several workshops and learned how to improve our diet and exercise programs. We kept every appointment and religiously followed the program set up for us by Dr. Greg.

At the end of ninety days my wife's chronic pain had almost disappeared. Her shoulder had returned to almost 100% movement and her knee no longer hurt at all! I was amazed! Years of pain and frustration, going to medical doctors, getting prescriptions and cortisone shots were all in the past. Best of all, I had my wife back. And oh, by the way, she lost thirty pounds and four dress sizes. This was not advertised by the clinic as a benefit by the way!

As for myself, I straightened up, gained movement in my neck, got more into shape and lost 10 pounds that I had been trying to lose for six months before coming to the clinic. I am 53 years old and feel like I am in the best shape of my life. Another benefit I had not anticipated was the fact that for the first time in my life my springtime allergies were non-existent. After every treatment I could breathe through both nostrils. I have lived my whole life breathing through one side of my nose or the other. This is also not advertised as a benefit.

I know there are people out there that will read this and be skeptical. I was skeptical myself. All I know is that Dr. Greg made sense when no one else did. Mary and I felt that we had nothing to lose and everything to gain. We are very glad that we took the challenge to change our lives. I would recommend the Health and Wellness Chiropractic Center to anyone that is ready to change their health and their life for the better.

Aside from the good doctor, his staff Katie, Wendy and Laurie made the trips to the clinic a pure pleasure. They are just plain good people. Thank you all for being so supportive and positive.

Sincerely,



Doug Ochs