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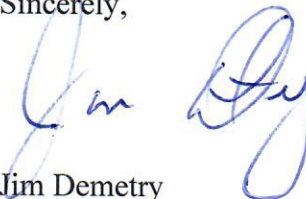
Three months ago, unable to walk with muscle spasms across my back and pain shooting down my leg, I asked our resident chiropractor, Dr. Carolina Tillotson of the Wellness Connection, if she could help me return to normal. Though I had never been to a chiropractor before, I am so thankful that she said yes.

Dr. Carolina arranged for me to have an x-ray to insure I had no structural damage, conducted an initial evaluation of my condition, walked me through the x-ray and evaluation results, and developed a treatment plan to correct the issues that led to my problem. Through Dr. Carolina's chiropractic treatments and the time she takes to explain the cause of my back issues with pictures and words, I not only am on the path to a full recovery but am also aware of the bad habits I developed that led to my back and nerve issues.

Dr. Carolina's treatments go beyond chiropractic adjustments. She focuses on the entire "Wellness" of her clients. With her guidance and instruction, I am using appropriate dietary supplements, have a series of exercises to strengthen important areas of my back, and understand the steps that I need to take to prevent my issues from recurring. At every appointment, she asks how I am, what has changed, where I am feeling pain, and uses the information to have me feeling better when the appointment is over.

I highly recommend Dr. Carolina of the Wellness Connection (www.twcatl.com). Whether you are injured and looking for help to recover or simply want to feel better or prevent injury, I am confident that you will benefit from visiting Dr. Carolina. It is no surprise to me that she was voted "Best Chiropractor of 2022."

Sincerely,



Jim Demetry