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As a long-time skeptic of chiropractors, after my back went into spasms while pulling weeds one morning 20 years ago, I went to see another chiropractor who was a friend. He took x-rays, told me my back was out of alignment, and over the next 6 weeks, adjusted my back periodically. He also gave me some physical therapy and stretching exercises to do on my own. As I did this program, I progressively improved and was fully healed at the end of six weeks. I still do the exercises every night and have not had any more problems.

However, still skeptical of the need to pay a chiropractor for x-rays and adjustments to keep your spine aligned and not pinching nerves, I never went back to a chiropractor until I met Dr. Mike Tumminello.

I went to Dr. Mike because of my digestion problems. Progressively over the past 30 years, I became allergic to many foods and my diet had become severely limited. There were many foods that would make me sick if I ate them. I had seen many Gastroenterologists and taken many different medications in an effort to manage my allergies. Yet, clearly, these medications were only addressing the symptoms, not the core problem.

After working with Dr. Mike for the last 2 months, my allergies to certain foods have gone away and I've been able to expand my diet. Most amazingly, my 30 years of taking medication and severely restricting my diet in order to stay healthy HAS TURNED AROUND! I am no longer taking any medication, and with Dr. Mike's guidance, I am adding new foods to my diet every week!

If you suffer from digestive problems, I highly recommend Dr. Mike. He is a highly researched nutritionist who also understands how human organs function. If anyone can help you improve your health naturally, it's Dr. Mike.



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