



January 4, 2023

Dear Dr Quentre Shannon,

Thank you for much needed relief. I struggle with Costochondritis, which is inflammation of the cartilage joining your ribs to your sternum. While it is described as a "harmless" condition, it can be quite painful. I swim with someone who also struggled with it for a while, and she said the only pain she's ever experienced worse than it was childbirth... Having a flair up is painful.

I've struggled with this since 2011, and typically endured an annual flair up. After a few years, I figured out the "trigger" actions I did with my body, and the number of flair ups dropped. In fact, I didn't have one from 2019 until 2022. It was amazing.

In 2022, I had two. I've never had two in the same year. The second one was so severe I knew I needed to do something. I've been to massage therapists, while helpful, only treated the symptoms. I've seen a physical therapists, but without any seeming long term success. I decided to give ongoing chiropractic care a try!

I went in for the initial evaluation. You took X-Rays, looked me over, and asked if I could survive an hour while you looked over everything. At the exact moment, while in pain, I knew an hour was fine. Well, something happened in the hour as my pain level increased dramatically. When I came back an hour later, I interrupted you and said something along the lines of... *I really do want to hear what you have to say, but I in a tremendous amount of pain. Whatever you need to do, no explanation is needed. I trust you completely. Can you please do the adjustment so I can get some relief, and then we can sit down and go over everything...* Thankfully, you agreed!

At the moment of the first adjustment, I felt such a surge of relief course through my body, I began tearing up. My watch even notified me of a drop in my heart rate as my body began to relax.

Over the next several months of regular visits and care, we incorporated at home exercises and changes to my exercise routine. I've even caught myself accidentally performing the "trigger" actions without any flair ups! I expect at some point there will be another occurrence of the costochondritis. I am confident the next one will be easier to manage as we have a plan of action moving forward.

Dr Shannon, thank you for helping me with something plaguing me for over a decade and literally brought out tears of relief and joy. I know I can refer you with the utmost confidence.

Sincerely,

A handwritten signature in blue ink that reads 'Clay Jeffreys'.

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