

June 6, 2018

Dear People who do **A LOT** of driving each day and as a result have severe hip and back pain, I've been in the sales industry all of my adult life. The constant getting in and out of the car coupled with the long-distance driving from place to place does a number to the hips and back. The constant pain I was in was almost indescribable. It was at least 10 + on the pain scale. Just sitting in the chair at our PowerCore meetings each week was excruciating. I wasn't sure I'd be able to continue PC due to the pain. I didn't see any relief in sight and thought I'd have to live with the pain. I went to a medical doctor and was told that my only option was to have hip replacement surgery. There **HAD TO BE** another option.....and thankfully, there was.

I decided to make the call to The Center for Health & Healing and make an appointment with Dr. Dady. She did an extensive exam, took x-rays, and after looking at everything, said, with confidence, that she could help me. Skeptical, I was. Here I had one doc wanting to cut me open and replace my hips and another doc telling me she could help me with adjustments and physical therapy. Given the two options, it was a no brainer in my book as to what to do. I decided to give chiropractic, or more specifically, Dr. Dady and her techniques a try.

From my very first adjustment, the change was substantial. Not kidding. My pain dropped from a 10+ to a 5. The difference was remarkable. I was able to sleep without waking up to get comfortable. Even though I was still in pain, I could tell I was getting better and the pain was diminishing. She took so much care and time with me at each appointment. Something I wasn't expecting but was pleasantly surprised to receive. The entire atmosphere of the office is one of caring and compassion. I look forward to every appointment.

After several weeks, my pain was GONE. Never would have believed it could happen and I truly believe it wasn't just chiropractic but Dr. Dady specifically and her technique. Unbelievable how good I feel.

In addition to fixing my back issues, Dr. Dady also addressed some blood pressure concerns. I can't thank her and The Center for Health & Healing enough for not only preventing me from hip replacement surgery but relieving the pain and making me the new high scorer on my bowling team!

If you suffer from back, hip, or other health issues, stop wasting time feeling like crap and make the call to The Center for Health & Healing. Best decision I could have made.

Sincerely,

Ted Kolwicz