

“Enough with the Aspirin!!”

For years, I had been living with numerous body pains. I had gotten to the point where I thought I would just have to live with the pain that I was experiencing. Constant leg pain, low back pain, headaches and neck pain were all beginning to get the best of me! I would sometimes have spasms in my left leg that would come and go, but would be VERY painful to cope with. The only thing that would help to ease the pain while my leg muscle was in spasm was to keep my leg moving.

I began to see that I was having a headache at least once a month that would usually knock me off my feet! Aspirin was used to treat my headaches, however I had started to worry about the effects it could be having on my body. A few years ago, I had been seeing a Chiropractor before I moved to Virginia. I had no doubt that if I was to visit another Chiropractor, that I would see results again.

I met Dr. Wimmer at a health fair held at my work. Dr. Wimmer did a mini screening at the event and we talked about how Chiropractic could help, so I set up an appointment. Dr. Wimmer and Kristin were both very helpful. My main concern was the cost of the treatment; however they were able to set-up a plan to help me. Dr. Wimmer recommended chiropractic adjustments to work on my leg spasms and neck. He also sent with me, exercises to do at home. Following through with his recommendations, I have not had a leg spasm since my 2nd week of seeing Dr. Wimmer and my headaches are getting better. I can now enjoy activities with less pain.

I would recommend chiropractic care to everyone. Everyone should at least have a consultation to see if relief is possible with Chiropractic Care. It has certainly been helpful for me and I am very glad that I sought help from Dr. Wimmer. I have already recommended care to my family and friends, and now it's your turn!

-Lori Macasa

