

Stick With It Because I Believe I Got My Life Back!

After living with pain for years Dell had given up. After x-rays, pain medicines and three months of physical therapy her pain had only increased and she thought surgery was her only hope. Dell had given up all of her favorite hobbies and she wasn't able to do day to day activities that required bending, twisting or lifting. She knew she did not want surgery and was looking for any other option. Fortunately a co-worker referred her to Revolution Chiropractic and her life has never been the same. Dell has been under care for about a year now and several times along the journey she would have pain flares up, which made her doubt that there was any hope of being completely pain free. However Dr. Kramer and Dr. Newsome kept reminding her all healing takes **TIME** and **REPETITION**. It took some time to really understand that 50 years of wear and tear on her spine couldn't be fixed in just one adjustment.

Since Dell stayed **CONSISTENT** and **COMMITTED** to her care plan, she can confidently report she has been completely PAIN FREE for THREE months now. That was huge accomplishment for Dell after living with daily pain for 2 years. Not only is she pain free, but Dell reports:

- **BREATHING BETTER**
- **IMPROVED DIGESTION**
- **INCREASED ENERGY**
- **MORE ALERT & FOCUSED**

On top of all those amazing health improvements, Dell is back to doing what she loves, gardening and even a little dancing!

Dell has been so happy with her results and wants other people who have similar struggles to know that you have to **STICK WITH IT**. That true correction will take time and repetition but the results are so worth it. Dell told us

"I truly believe I got my life back with Revolution Chiropractic... without surgery or prescription medication."

Dell has completed her corrective chiropractic plan and has advanced to maintenance care because she knows the value of chiropractic care.



Bring this testimonial in for a complimentary consultation today!
Revolution Chiropractic
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