



Major Health Improvements

Lori is a Graphic Designer for In Loving Memory, a print shop that specializes in the funeral industry. When she's not at her day job, she likes to manage her small Etsy shop, watch Netflix, and see live music. We didn't want to steal her thunder, so we wanted her to share her story about chiropractic here at Revolution...

"I've been in three major car accidents, resulting in three totaled cars. Surprisingly, I came out of all of them without a scratch...this led me to believe I was perfectly fine, but I came to find out that I was only fine on the outside. I had trouble sitting down comfortably and had to lean to the right to reduce my pain. I started having little pains near the top of my chest, and thought everything I was feeling was normal, because I was aging, but I was only 30.

I had a lot of trouble doing physical activity, because I always felt certain bones "scraping" each other and felt like I was physically hurting myself just trying to work out. So, I limited my physical activity, and no matter how many people I told that it hurt to work out, they didn't believe me and told me to push through the pain. "No pain no gain." But now, after seeing Dr. Jason, I can physically move my body and it doesn't hurt anymore. Nothing is "scraping" against each other anymore. I can move around without any physical restrictions!

I initially didn't seek chiropractic care just because I never thought about it, and it wasn't even suggested to me before, despite my car accidents. I found out through a presentation Dr. Jason gave to my employer at the time and thought I'd give it a shot. I was in pain, so I figured it wouldn't hurt to try. It was the best decision I made. Some other things that have changed after starting care have been my headaches and menstrual issues. I was taking Ibuprofen for my headaches, and a medical provider suggested I get on birth control. I hate the idea of taking pills and I have been so glad I sought a different way to address my issues...Since starting care, my menstrual cycle has been more consistent and healthier.

My physical health and mental energy have all improved; I feel better all around. And all the smiling faces at Revolution Chiropractic make you feel welcome."

~ Lori