



I sought Chiropractic help after experiencing lower back pain and numbness in my leg and foot. I've had lower back pain since my early 20's. I'm now 45 years old. For years I took muscle relaxers and pills for the pain that made me feel bad all the time.

A few years back I tried Chiropractic care and it worked great! I started at 3 visits per week and was going only once per month in the end. I was pain free for the first time in years! I felt so good I stopped going for monthly maintenance adjustments, and did well for nearly two years.

Now I have started over again and am going once per week. Had I continued with my maintenance visits, I truly believe I would not have had this relapse. The adjustments aren't painful and make you feel good, so I had no reason to stop. I will be continuing from now on.

I appreciate all Dr. Bennett and her wonderful staff in Galax have done to rid me of pain and numbness. They are the best! The Galax area is fortunate to have Dr. Bennett and her great staff providing this affordable alternative to pills and surgery.

Mark Gillespie