



About six years ago I had injured my back. I let this go one and on for six years and never did anything about it. Two and a half months ago I woke up on my couch and found that I could not move. I felt paralyzed. I yelled for my five year old son until he woke up. I was in so much pain, I was crying so hard, I almost couldn't breathe.

My son brought me a cane and I managed to push myself off into the floor to be able to crawl to a chair and pull myself up. An hour later I was at the ER, being given a shot of Demerol and sent on my way. The Demerol knocked me out but did not fix any part of the problem. It was suggested that I finally go see a chiropractor. I was in so much pain I could barely walk so I figured it couldn't hurt.

If I only knew that coming to see Dr. Bennett would've changed my life this much I would have come six years ago. Not only can I walk now, but I get outside in my yard and play Frisbee with my son. That is something I haven't been able to do in a long time.

I recommend coming to see Dr. Bennett everyday if you can. It's not like a dreaded doctor visit at all. First you walk in and see Teresa and Judy who treat you like a person not a patient. They are very nice and understanding and don't rush you. They actually listen and talk to you as if they have known you their whole lives.

After some therapy from them you go see Dr. Bennett and it just gets better. She does my adjusting, and I know that sounds scary but believe me, after all is done, I feel like I have been to a spa. I truly do not want to leave. It's not like treatment at all; it is so relaxing and comfortable.

I can never say thank you enough for giving me my life back, I'm able to play with my son and that means more than you will ever know. So once again, thank you for me and those yet to come and for those who don't say it this truly has helped me. I am on the road to recovery faster than I could have dreamed of. Even though it was a bulging disk and uneven hips that brought me here, I couldn't have met such nice and caring people without it.

Now I can stand up, walk straight, play with my son and do the dishes. I am still not sure about being able to do the dishes, ha ha. May each and every one of you be blessed for the great work you do because I have truly been blessed by you.

Sincerely,
Sabrina Arnold