

In March of 1999 was the first time I was introduced to Dr. Gus and Dr. Jacqui. It all began when I decided it was time for a career change. I applied for a job in the local newspaper, which stated, "we are looking for a pleasant person (that's me), who has six arms and six legs". Little did I know this "job" would change my life (of course I got the job!).

Let's start at the beginning... At 12 years old I became a migraine sufferer. I went through every test imaginable- MRI's, CAT scans, even allergy tests to see what was going on inside of my head.

Without any answers, but most importantly no relief, I began my relationship with painkillers. At first my relationship was exclusively with Tylenol, but after several years, the spark was gone. Tylenol just didn't do it for me anymore. So I moved on to Advil- even though I had read numerous magazine articles about stomach bleeding that Advil had caused. My average dosage-3 pills a day, 7 days a week for over 10 years (for a grand total of approximately 11 000 pills!).

At this point, I decided to try again, and set up an appointment to see a neurologist, since Advil was no longer helping. The neurologist's advice- a prescription for some drug that had about 25 letters in its name that I was to take daily before going to bed. The result- I was unable to get out of bed in the morning was constantly nauseated, and very, very irritable! I actually took those pills for over 4 months before giving up.

My journey with Vaughan Chiropractic begins with one of my job requirements (who knew?), which was to have my own spine examined. Dr. Jacqui began my exam with what felt like a mini-massage of my back, a thermal scan, and x-rays. This was very different from any exam I had in the past- it was painless!

Dr. Jacqui then told me about something called a subluxation, which could be the reason I was having migraines. Apparently this subluxation thing (hey-I was only an employee for 1 week!) could be damaging my spine and nervous system.

So, then Dr. Jacqui adjusted me for the first time, and demanded I stop taking painkillers. I had headaches every day for 1 full week. Then one day, my headaches went away, and haven't been back since. That was 10 months ago!

This is why I am sharing my story. If chiropractic can help me, hopefully someone, somewhere will give it a shot (hopefully you). There is no harm in trying-if you do decide to give it (chiropractic) a try you will be amazed at how your body will know exactly what to do with each adjustment!

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