

Until one week ago, I had a myriad of symptoms that I considered to be normal. Until one week ago, I *thought* I felt wonderful! And truly I did - except for my stiff neck, tight back, sore sacral joint and fatigue that stripped me of any motivation to do things I used to enjoy. In spite of having been under chiropractic care for many years, I accepted all of my symptoms as the norm.

One week ago, I had my initial appointment with Dr. Waldt. Being seasoned to chiropractic, I thought I knew what to expect. Then I had my adjustment.....

While I wasn't accustomed to such a strong adjustment, I found it to be surprisingly comfortable and so very effective! Once Dr. Waldt finished my adjustment, I stood up and then the unexpected happened: my body felt so limber! The tension and discomfort that I had been feeling for so long was gone! The idea that I could feel this perfect all of the time made me giddy!

After one week (3 adjustments) of treatment, I feel that I'm at 100% optimal health! First, I feel normal. My neck and back are free of sore spots and tightness while my knees have not made a popping sound for two days! Most importantly, I have an amazing amount of sustainable energy and have completely eliminated the need to give in to a mid-day nap with my son! I have the energy and motivation to do things that I had been putting off for a time "when I'm not so tired." In general, my quality of life this last week has been 100% better than it was before my first visit to Accent on Health Chiropractic.

Chiropractic has been a way of life for me for a long time, but even this late in the game, I still learned a valuable lesson: **Not All Chiropractors are Created Equal!** Thanks to Dr. Waldt, I feel better than I ever remember feeling and I'm looking forward to better health as a result of his expertise.

With Gratitude,
Amanda Eckenrode