

I'm 47 and, for the last 5 years, have had my life controlled by severe heel pain. I had tried everything that I could think of; rubbery heel cups, stretching exercises, wearing daily, custom made orthotics from my podiatrist, as well as multiple rounds of steroid injections. Nothing helped. I needed to take Advil daily, which would only take the edge off, to help me through my day.

Life became severely limited as my pain would dictate what I could do and for how long. I could no longer do walk aerobics or go on walks with my family. Grocery shopping was put off until someone would be able to go with me to help. Shopping with my kids had to be done in multiple brief trips as "doing the mall" was impossible. I couldn't even dance at my daughter's wedding! Life was literally passing me by while I sat. Unfortunately, even sitting or lying didn't completely relieve the pain.

One evening, while flipping through the TV channels, my husband paused on Dr. Waldt's info-commercial as we were looking for a chiropractor. We listened as a woman was sharing how she too had suffered with heel pain and how Dr. Waldt had been able to relieve her pain by adjusting her feet. I was very familiar with chiropractic care but had never heard of a chiropractor adjusting feet! I was desperate and curious to say the least.

On the very next business day, I called and spoke with Dr. Waldt. He arranged for my first visit stating he was sure he would be able to help me. After taking x-rays that revealed other problems with my spine that were on the verge of becoming as painful and limiting as my heel, I received my first adjustment...including my feet! Following that very first adjustment, my heel pain was reduced by 25%! I was faithful to follow Dr. Waldt's care plan for the success of my overall health improvement and now, approximately 2 months later, my heel is 95% better. I still have periodic, mild, residual pain (that does not hold me back from anything!) that I'm sure will go away with continued care.

As thrilled as I am to have my life returned to me, I am equally as angry that so much of my life was needlessly wasted in excruciating pain, I could cry. I'll always be grateful to Dr. Waldt for helping me get my life back. I only wish there was a way to let others know they don't have to continue to suffer.

In gratitude,

*Cheryl Holmes*

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