



November 21, 2007

I met Dr. Waldt at a class called Handling Hormones Naturally. I signed up for the class with the idea that I had nothing to lose. Since I turned 40, my menstrual cycle had been irregular, and each year when I had my physical exam, the gynecologist would tell me I was "at that age." He wanted to put me on a "low dose" hormone which would regulate the cycle. I talked him out of it each year because I had heard nothing good about hormone therapy – either from friends or the news (the side effects sounded scary). I was at the point where I was cycling as often as every two weeks, and I knew I had to do something. That's when I saw the pamphlet with the class on hormones and figured I had nothing to lose. Little did I know how much I would gain by meeting Dr. Waldt!

At my exam and consultation, Dr. Waldt did x-rays and showed me the problem areas in my spine. He explained that he had helped women in the past with their cycles and thought he could help me too. He said he couldn't guarantee it, but asked if I would be willing to let him try. He explained that there might be a subluxation which wasn't letting me cycle regularly. At this point, I was willing to try anything because I wasn't comfortable with hormone therapy.

I was on my second week of adjustments with Dr. Waldt when I realized my cycle had gone 27 days (that's almost a month!). I hadn't gone a month in about five years! But, I thought it was a fluke. How could chiropractic help your hormones? I kept up with the adjustments and went to a few of Dr. Waldt's health talks and started understanding how the nervous system controls everything in your body – every cell, tissue, and organ. And, if there were any pinched nerves (subluxations), something would not be working correctly in the body.

My cycle has now gone another 27 days and I know Dr. Waldt has "fixed" my problem. I went from thinking I had nothing to lose to believing in a lifetime of chiropractic. And beside the benefits of chiropractic, Dr. Waldt is a kind and caring doctor and wants only the best for his patients. You can definitely feel the warmth when you come into his office. His staff is so warm and friendly too.

Thank you, Dr. Waldt, for being a blessing to me!
Merilee Weller