

While our family has always gone to traditional doctors and taken our share of prescriptions, I've always believed there's merit in the holistic healing methods that are available too. That being said, I never really understood how powerful chiropractic care can be until my family started going to Friends & Family Chiropractic at the end of May 2010. All three of us were dealing with frequent headaches and taking Excedrin and/or Advil almost every day, sometimes twice a day. Joel and I both had chronic back pain, and we weren't in the best physical shape of our lives either. Taylor was struggling with school, emotions, ADHD and wasn't in the physical condition he should be for his age. I was taking meds for high blood pressure, ADHD and anxiety; Taylor was on meds for ADHD and depression; and Joel's doctor had just prescribed high blood pressure meds for him as well. In short, we weren't doing so great, even though most people would think we were fine because of the "normal" prescriptions and over-the-counter relief.

I'm not sure what prompted me to stop by Friends & Family Chiropractic in late May – maybe because they're right across the street from Sprayberry High School and so convenient to where we live. Maybe because I'd made the decision to join a local gym and was ready to make the commitment to taking care of our "whole" selves. Maybe because it was painful to do the things I enjoy like hike, play basketball, play the piano, make jewelry. Maybe because I was sick and tired of feeling sick and tired. Maybe it was one of God's little taps on my shoulder saying "ahem, are you listening??? You're not taking care of the body I gave you!" Whatever it was, I'm thankful for whatever made me stop and take action.

Our whole family has benefitted from chiropractic care. Literally, within two weeks of starting with Dr. Dan and Dr. Jamie, I threw away my ADHD and depression meds. I've not had a headache since the second week of June. We've been exercising, eating right, losing weight, and I personally have more energy than I have had in probably 10 years. I've not taken Advil or Excedrin since the end of May. Joel's back pain has virtually disappeared, as has mine. I can now sit at the piano and play like I used to because it doesn't hurt to sit up straight on the

piano bench! Taylor is outside more and is as physically active as he was when he was playing football.

And our spines aren't the only things that have been adjusted... our attitudes and awareness have been adjusted as well. We're all much more conscious of the foods we use to nourish our bodies, whereas before it was mostly garbage. We feel better about ourselves, we exercise together, we play together, and we support each other in all aspects of our lives, including becoming more healthy. Joel and I both cook healthy meals instead of relying on takeout – it takes just as long to prepare something healthy at home as it does to drive thru! Taylor feels empowered and more self-confident; he started this new school year off with a fantastic “I can do anything” attitude. He is more open and communicative, and he has shown personal responsibility for the choices he makes and the habits he forms. All three of us are more “on” - with more creative energy as well as physical and mental energy. But most importantly, we are closer as a family because we're taking this journey to health together!

Thanks guys – you really will never know the depths of our gratitude for what you've done to restore our health!

*Love and hugs,  
-Dana, Joel, Taylor*