

I was diagnosed several months ago with fibromyalgia. The doctors subsequently put me on a pain medication and muscle relaxers to help me sleep at night. The pain, fatigue and stiffness were being managed with these medications but I really didn't want to be on anything if i could help it. I started coming to Friends and Family Chiropractic in September and within just a couple of weeks I was feeling MUCH better ! I started weaning myself off the medication which didn't take long at all and now i am proud to say i am not taking either medication! Even the headaches that i was dealing with just about every day have subsided to my just once a week.

Thanks you guys very much! I feel my health is getting better and better. I feel stronger, have more energy and am sleeping better i feel that its definitely a credit to chiropractic care.

Sincerely,

-Lee