

Patient Of The Month

Hi my name is Melvin. I have had chronic low back pain and leg pain for years. It had progressively gotten worse. I tried the gamut of medical care and therapy with no help. It got to the point when I was walking all bent over and moving with two inch steps. The pain was becoming unbearable and I was almost ready for the nursing home. I could barely walk.

I heard about Dr. Allen Unruh and decided to give him a try. I asked him if he could help me. He was honest and said, "Your back problems are really chronic and you have multiple degenerative discs. I have no idea if we can help you, but you have basically three options: 1. You can learn to live with the pain (not an option). 2. You can go live in the nursing home and cope with it by taking drugs. 3. You can try one last ditch effort to improve your health naturally. If you decide to try our method of care distracting the spine, it will take at least a two month commitment at about three times a week. Everything we do is natural and treatment will be modified to your individual motion of the spine. There is no risk to the care we give, and in two months you may improve but there are no guarantees it will help."

I decided to commit to two months of regular care as the nursing home didn't sound exciting, and with surgery I may never walk again. I also knew that I couldn't live with the pain. I admit, I was extremely skeptical but didn't have a lot of options.

After going through Dr. Unruh's recommended course of care, I can't tell you how my life has changed for the better. I am now golfing four to five times/week. I am able to go bowling. I can mow my own lawn. I can drive my own car. I couldn't do any of those things prior to coming to Dr. Unruh.

Now, consider this: The nursing home would have cost me over \$100,000.00/year just to live. The drugs would have cost me much more than the Chiropractic care I received. I'm not living on pain pills any more. Dr. Unruh emphasized that the human body can perform miracles if you just give it a chance. I'm glad I put my faith in the healing power of the human body rather than man made chemicals. I must also emphasize that the specialized care with the distraction instrument Dr. Unruh uses is gentle and it feels great to be stretched. I was so stiff I could hardly walk. Medicare this last year expanded prescription drug benefits for seniors. However, they are cracking down on Chiropractic care to help pay for more drugs. I am living proof that this is the exact opposite of the direction health care should be going for senior citizens. We need more opportunities to stay well naturally and enjoy life. Dr. Unruh has kept me moving and enjoying life again. I highly recommend anyone to get the care he recommends to get the results I did. The benefits are miraculous.