

July 20, 2004

All of my life I was led to believe that Chiropractic was not a science. Even though some associates have experience excellent results having received attention from a chiropractor, I only heard the horror stories. Having been in construction for over 30 years I have experienced numerous episodes of severe lower back pain. My philosophy has always been "if you ignore it, it will go away". I even declined to seek formal medical attention. Over the years I just assumed my pain was just a part of life. As I got older I assumed my bad back was just an "old man's syndrome".

About three months ago I had another episode of my back "going out". I came to work bent over and again my co workers suggested Chiropractic care. Again I declined. After several days the pain, no matter how much I ignored it, just wouldn't go away. I ate my humility and asked a co worker for a referral for his Chiropractor. He told me that he too had been extremely skeptical but reluctantly, out of weakness, succumbed to the services of a chiropractor. He told me it had changed his whole life. Well, I had heard that song before. At any rate, I got Dr. Crusade's business card from my co worker and made an appointment for that day.

That was a day that indeed transformed my whole life. She explained through my x-rays the years of misalignment my spine had degenerated to and how she would be able to start correcting my problems. All I was interested in was straightening my spine out to relieve the pain. She was able to do that rather quickly but what I didn't realize was how my whole state of health would begin to improve! I used to have to get up in the middle of the night to pee. I thought that was just being an old man with prostate problems but my medical doctor said that I have a healthy prostate. I didn't realize that my misalignment was keeping me up at night. I now sleep quite soundly all night and wake up refreshed!

My appetite has greatly increased and I have lost over 20 pounds since I've been seeing Dr. Crusade. My mental health has greatly improved and coworkers are inquiring of my "good fortune and amicable behavior". I have begun to exercise on a regular basis. My general mental and physical health has never been better since my childhood days.

I know nothing of Chiropractic other than the excellent results that I have received from Dr. Crusade. I completely trust her care, advice, and friendship and hope to continue to be under her care.

David Digardi
56 year old stubborn American male

