

April 10, 2012

DO YOU BELIEVE IN FATE?

The day I met Dr. Nate and Dr. Beth was the day my life changed forever. My initial problem was actually a medical emergency, I had injured my neck very early on a Monday Morning (like 5:00am early) while doing some cooling down stretching after work. While stretching, I heard an incredible cracking sound come from inside the back of my neck, and in the next instant I had shooting pain through the whole left side of my body. The pain was so excruciating, that I had to wake my fiancé to try to rub or do whatever she could do to alleviate the pain. She suggested I see a chiropractor immediately. I had never been to a chiropractor before, although I do have several relatives and friends that get adjusted regularly, and they swear by their chiropractor. I asked her to call around and see if there was any office that could accept me as a new patient today, while I went to bed and tried to get a couple of hours sleep.

When I awoke, she told me that Back 2 Health in Scotrun could see me that afternoon. I was very happy they were willing to see me, and was hoping that this problem could be solved expeditiously. I certainly didn't expect what was about to happen next.

My initial consultation with Dr. Beth was very thorough. She took the time to get to know my medical history, my family background, what kind of activities I participate in, x-rays, the whole nine yards. She showed me my x-rays, explained about the physical implications of a mis-aligned spine, and that it was not too late to start a corrective therapy plan to get my back into shape! My plan called for a month of visits 3 times a week, followed by 3 months of visits 1 time a week, and even a couple of sessions of some deep tissue massage therapy. (Johanna is excellent by the way!)

Here's where it gets interesting. After a week or so of my corrective therapy my neck was starting to feel much better, but I started to notice that there were other things going on inside my body that were indicative of a positive change. The most remarkable is this:

About a month before I had the problem with my neck, I had gone to the emergency room because I was having weird chest pains that felt like a heart attack, but I was not dizzy, nauseous, sweaty, lightheaded...nothing. Just sharp, stabbing pains periodically in my left chest, along with numbness in my left arm and left side of my face and neck. These pains lasted for days maybe even weeks...until I couldn't take it anymore. After several hours in the ER, and being hooked up to a couple of machines, the ER doctor came in, told me it wasn't my heart, and told me to follow up with a cardiologist, which I did. It turns out, that for a fat guy, I have a very healthy heart. THIS WAS MY WAKE UP CALL AND YOU'LL UNDERSTAND IN A MINUTE.

I noticed after a week or so of adjustments, my chest pain started to go away. I couldn't believe it! Although it's never really been diagnosed, the general consensus seems to be that it was a muscular/skeletal problem and Dr. Nate's adjustments to my neck and back

re-aligned my spine thus making the muscles that were spasming in my chest wall causing the pain settle down and stop. WHEW!! What a relief!

I also noticed some other things that were affected as well, including:

- *No more stuffed up sinuses
- *I'm walking straighter-my feet don't point out like a duck anymore
- *I've GAINED a half inch in height since the last time I had a physical
- *I'm sleeping a lot better
- *Knee, hip, ankle and shoulder pain have virtually disappeared

AMAZING!

My initial intention when I first visited Dr. Nate and Dr. Beth was solely to relieve the pain that I was suffering from. What happened next was never expected, and will never be forgotten.

I am a fairly heavy man. I am 5'7" and at my heaviest, not too long ago, weighed close to 320 lbs. You could say I'm fairly obese. I have always had a problem with my weight. I did have some success in high school, 25 years ago, at losing about 30-40 lbs and getting my weight down to about 180-185. I was healthy and I looked good. Then, I got lazy and blimped up over the next 25 years, put on some happy weight after living with my fiancé for a few years, then one day was absolutely shocked when the scale said 318lbs!!

Factoring in the incredible amount overweight I am, and the fact I had the crap scared out of me making me go to the ER, I decided the time was NOW to finally, once and for all, lose the fat that had plagued me all those years. I figured if I don't lose it now, while I'm in my early 40's, it will never go away.

I had already lost about 30 lbs. Simply by cutting out soda and white foods (i.e. rice, enriched bread, salt, etc) By the time I began to see Dr. Nate and Dr. Beth. I had plateaued at 290 lbs. I was still in no shape to begin exercising yet, between my weight and my back, but the good Doctors introduced me to a purification/detox diet that was guaranteed to help me lose a few pounds. Shockingly, I was able to lose 25 lbs on the purification, and as of this date, have lost 20 more for a total of 45 lbs!! Not only that, but my fiancé jumped on board too and she has lost 40 lbs to date, and she looks fantastic! It was the extra push we both needed. Now, I'm healthy enough to walk a couple of miles a day, swim a fairly hardcore workout, do a light resistance training routine and am only a few pounds away from beginning P90X. Never in my wildest dreams did I EVER think I would be able to do P90X...come on, I was 320lbs!! It's opening the door for my fiancé and myself to really enjoy life. We are talking about doing things we never dreamed we could do such as scuba diving, rock climbing, water skiing and hiking.

Dr. Nate and Dr. Beth have really changed my life, and my fiancé's. For that we are eternally grateful and will never forget the advice, guidance, and support that we received from everyone at Back 2 Health. THANK YOU, THANK YOU, THANK YOU!!!
