

Our Patients Speak!



Helen

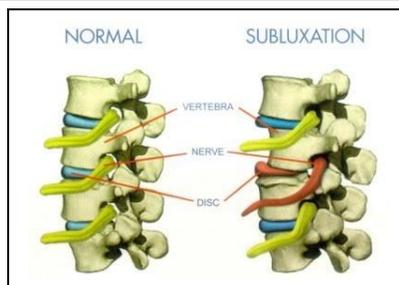


My name is Helen and I consulted with Dr. Valenti and Dr. Simonetti for severe pain in my legs and lower back. The pain also radiated from my hips and buttocks to my mid back. My complaints may have been caused or aggravated by the activities when watching my two toddler grandchildren. I had a similar episode of lower back pain four to five years ago. I had an MRI which revealed a disc herniation. I also have not been able to sleep well for many years. I, more often than not, fall asleep for one hour and then wake up one hour later and can not fall back asleep for sometimes hours.

I consulted with the doctors at the Cross Island Chiropractic Wellness Center on July 8, 2014. My spinal examination and x-rays revealed several areas of vertebral subluxation* in my neck, upper and lower back. (Even though Helen did not have neck pain her x-rays revealed phase two vertebral subluxation degeneration. The discs and joints had degenerated over several years along with the accompanying nerve irritation without presenting pain.)

For the first couple of weeks Dr. Simonetti performed specific spinal adjustments on my lower back and other areas of my spine that had chronic subluxations. The funny thing is my leg pain and lower back did not respond as quickly as I would have liked, however, a very interesting thing happened. After my first couple of adjustments I started to sleep so much better. It was remarkable! I now sleep straight through the night. It has been over three months since I started care and my sleeping is so much better. I feel so much more rested thanks to chiropractic, Dr. Valenti and Dr. Simonetti!

***The Vertebral Subluxation**



When the spine is aligned properly and has proper motion it stays healthy. The spinal bones, joints and discs do not wear out prematurely. More importantly the spinal nerves exit from the spine with a normal tone or stretch. When the nerve system has normal tone, energy flows uninterrupted from the brain to every cell of your body. Normal alignment of the spinal vertebrae allows for normal function. (As with any machine, structure determines function.) When our spines are subject to physical, emotional and chemical stress the spinal vertebrae will misalign causing an irritation to the spinal nerves. These vertebral subluxations can exist for weeks, months and sometimes years before the sensory part of the nerve is impinged and pain begins. Subluxations cause many health problems and are often never corrected.

Chiropractic adds years to your life and life to your years!