

Our Patients Speak!

Cross Island Chiropractic Wellness Center
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Albina

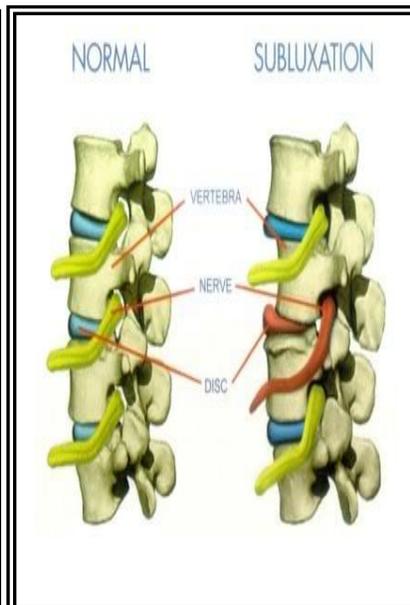
My name is Albina and I consulted with Dr. Valenti and Dr. Simonetti in early September for pain in my neck, shoulders, stiffness and lower back pain. My symptoms started the day after I had a car crash. The ironic thing is that the accident happened directly across the street from Dr. Simonetti's office. I also experienced frequent headaches for more than 10 years. I had lower back pain also in the past which got worse in the cold weather.

My spinal examination and x-rays revealed several areas of vertebral subluxation* in my neck, upper and lower back. Dr. Simonetti explained that the accident caused some of the spinal bones (vertebra) to misalign (subluxation) in my neck and lower back. There were other vertebral subluxations that were likely in my spine for many years as the x-rays showed subluxation degeneration, or osteoarthritis, throughout my spine.

As I started my chiropractic care I was amazed how quickly my neck and lower back pain started to go away. What was most exciting was the fact that the headaches I experienced for years also stopped almost immediately. In the past the headaches often stopped me from functioning, and now without taking any medication my headaches are gone and my quality of life is so much better. So sometimes bad things, my automobile accident, happens for a good reason. My life is so much better now that I discovered chiropractic!

***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. So when your nerve system functions without interference your digestion works at its best, as does your immune system, your hormonal system and



every other function of your body. Our spines are subject to physical, emotional and chemical stress which misalign the spinal vertebrae 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. Be sure that your family and other loved ones are not suffering needlessly. Be sure to tell them to have their spines checked!

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