



July 16, 2008

Dear Dr. Darren:

I would like to take the opportunity to acknowledge and thank you and your staff for my progress to date.

I came to you in April this year with complaints of poor posture and backaches. I knew my posture was not good, but in recent months I had begun to receive comments from family and friends that it was becoming very noticeable worse. I was also getting quite self conscience of my posture. My backaches were causing me to lose a lot of sleep the last few years and I was averaging about 5 hours sleep a night, before having to get out of bed because of the burning pain.

Before April of this year and well into my 40's, I had never been to a Chiropractor. I must admit I had always been rather skeptical about treatment and to be quite honest, very nervous of adjustments in particular with my neck.

After having an assessment including a scan and x-rays, I attended your information session. I was impressed and enlightened by your chiropractic and medical knowledge and your genuine approach explaining the benefits of treatment and the fall out benefits associated with overall general health of the spine. I also appreciated being able to talk with other attendees of the session; listen to their personal experiences and benefits with chiropractic treatments. I have a greater appreciation and understanding for treating the cause, not the symptom.

After we began my treatment, I was quite surprised that within 2 weeks, I actually began getting at least 7 hours sleep and did not wake up with that burning back ache.

It is now approaching 3 months, and I have noticed a big change in my posture. The same family and friends that were concerned with my posture noticed the change and are quite impressed. I have also had many positive comments from colleagues at work that have no idea that I am seeing a chiropractor, noticing a change. This makes me feel good and definitely has restored a lot of self-confidence.

Thank you again for the progress so far. It is a pleasure to come to your office. I am always greeted by Theresa or Dee by first name and a smile. They are always willing to help and extremely accommodating with appointment times and/or questions.

Regards,

Dave Reddon