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## Chiropractic Care

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*Kendra A*

### "Back pain has disappeared!"

I began noticing increased pain in my lower back and stiffness in my neck when I moved to Calgary from the U.S. More so, my new job required me to sit a lot versus my old position that had me active and constantly in motion. I actually started to "rationalize" the pain. In addition I began to notice I was becoming very irate, tired, and losing my appetite. When Dr. McGuire recommended that I follow the 12 week regime I was a bit sceptical but glad that I followed through with his care plan. Now, after 12 weeks plus my weekly visits, I have noticed the stiffness is ultimately gone; my back pain has disappeared, and can work through the day without irritation.

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*The patients who get the best results, are the ones that follow through with their recommendations!*

*Want to be our next patient of the week? Follow through with your care, and tell your family and friends about the importance of chiropractic care for whole body wellness!*

*It's that easy!*