

# Wonderful Adjustments

*“There is no doubt in my mind that I would not be enjoying the health that I have today without Dr. Maguire’s expertise and encouragement.”*

My husband had been receiving care at Mount Royal Village Family Chiropractic for several months and introduced me to Dr. Maguire about 6 months ago. I had been experiencing lower back pain for a few years and the pain was getting worse. I never really thought about visiting a chiropractor so it took some persuasion on my husband’s part to convince me to make my first appointment. I had always thought that my back pain was just a temporary condition and that one day it would just go away, perhaps if I exercised more, stretched or reminded myself to have better posture. I was even starting to resign myself that this pain would just have to be an everyday thing.

Well, my initial evaluation with Dr. Maguire was a real eye-opener. After a thorough spinal examination and a series of x-rays on my first visit I attended my second visit to the clinic where Dr. Maguire gave me a complete report of findings. It was during this visit that I was shown the x-ray image of my spine and saw in black and white (literally) that there was a serious reason for my pain. Fortunately, I also came to learn that it was not too late to stop or even reverse some of the degenerative changes.

I started my sessions immediately. Remarkably after the first adjustments I felt better and after several weeks my pain, that had been with me for years, was practically gone. I am now attending Dr. Maguire’s clinic on a wellness basis to keep my spine and nerve system healthy and I feel so much better on every level. I still get myself in trouble by acting unwisely, working in the garden for hours without even a short rest or forgetting how to lift things properly. I have a lot of bad habits! But I know my spine is getting stronger and healthier under Dr. Maguire’s care.

A couple of weeks ago I injured my neck while doing some yard work. I dismissed the initial stiffness as one of those uncomfortable but innocuous “kinks” we all seem to get from time to time. Once again, I thought I would just wait it out. After three days the pain was so severe that not only could I not sleep at night but I wasn’t able to lift my head in the morning without using my hands! I also felt pain in my left shoulder in addition to my neck. This time it took quite a bit more effort to undo the damage but I can actually remember the exact moment when things adjusted back into place. Right after the session I could feel relief and the next morning I knew I was already healing. I now know that if I had made an appointment right away it would have been a much more simple matter of an adjustment and the problem would have been fixed. Instead I waited too long and this resulted in inflammation and worsening of my symptoms.

Well, every time something like this happens I learn a new lesson about me but there is no doubt in my mind that I would not be enjoying the health that I have today without Dr. Maguire’s expertise and encouragement. I just wish I knew about the benefits of chiropractic care years ago.

Margot M.

