

The logo for Vax-D features the word "vax" in a stylized, lowercase, blue font. The letter "x" is formed by two intersecting diagonal lines. To the right of "vax" is a grey, 3D-style pill capsule with a white dot in the center. To the right of the capsule is the text "In Their Own Words" in a bold, blue, sans-serif font.

# Vax-D In Their Own Words

I came to Dr. Moore sometime in late August 2009. I had a very bad lower back for approximately six years. I felt a sharp pain while clearing my lot of trees and from then on the pain just got worse! In the mornings I could hardly move to get out of bed. The pain was severe, sometimes 8-9 on a scale of 10. It affected every single thing I did. During those years my General Practitioner had given me every type of pain killer he could prescribe. I had two MRI's done and both confirmed a badly herniated disc in the lower spine at L4 and L5. This is a common area for herniated discs.

It was suggested to me last year, by my local doctor, that laser surgery at the Tampa Spine Institute may help relieve the pain.. What this surgery does is effectively remove the bulging protrusion from the herniated disc. I applied for the operation and I was told that I was an "ideal candidate" for this procedure. I then booked the surgery at a cost of \$30,000.00 American. Before going to surgery however, I went to the Medcan Clinic in Toronto and was referred to Dr. Ford at Sunnybrook Hospital. This was a wise decision because Dr. Ford explained in detail what they planned to do in Florida and it was not as I was led to expect. Dr. Ford said the surgery would remove the protruding disc material and while that may relieve the sciatic pain, it would effectively weaken the spine. He compared it to a bulge on the side of a tire and asked if I thought the tire would be stronger if that bulge was cut off. I thought that was a very good analogy. Dr. Ford then went on to say that there was basically and unfortunately, nothing he could do for me. He said the pain would persist but it would not get worse and I would have to live with it. It was debilitating, chronic pain that forced me into taking many painkillers, just to golf or even exercise!

I had a friend who had spinal decompression done about two years ago. He was very happy with the results and often told me about the procedure. Although very interested, I was also sceptical and did not act on the information during that time. Then, this spring, another friend went to Doctor Moore and started taking therapy. I talked to him at least twice a week while he went through the treatments and I was impressed with his improvement, as his injury was very similar to mine. I then met with Dr. Moore and he spent a great deal of time with me explaining the procedure and what it could do to help me. I actually could not believe that after all I had been through he could help me! Although still somewhat sceptical, I went through the program and putting it simply, I am amazed at the results. I have been finished the decompression treatments now for two months. Although I still go for a weekly correction from a local chiropractor, I have basically no pain. I will be heading to Florida in a couple of weeks and it is like I have my life back. I just got back from a golf tournament in Cuba with NO problems whatsoever! I have not taken any pain medication for two months. I was taking four Tylenol with codeine every time I golfed. I took pain killer on any drive over half an hour! I took pills as soon as I got up most mornings! I have shot two of my best rounds of golf ever and my handicap has dropped by four! I am back doing my exercises for 45 minutes a day and I've lost ten pounds!

Thanks to Dr. Moore and his extremely competent....and fun staff! I am enjoying the freedom of pain free days!!

Dave Beaton  
Age 57