

The logo for VAX-D features the word "vax" in a stylized, lowercase, blue font. The letter "x" is formed by two intersecting lines. To the right of "vax" is a grey, 3D-style circular icon with a white dot in the center, resembling a disc or a button.

VAX-D In Their Own Words

My name is Fran, and I have just successfully completed my 25 VAX-D treatments with Dr. Moore over the last few months. I suffered with lower back pain for a large part of my adult years, but this last time was the clincher. I virtually woke up one morning, and could not move. If I tried to sit down, I was in agony. Even lying down in bed was intolerable. The pain continued for at least a week, with such intense cramps radiating down my hip and upper leg. I tried every pain killer I could with little change.

Fortunately, I have a cousin in the U.S. who has used the VAX-D system in his office for over seven years. Constantly being in touch with him by phone, he mentioned that the treatment was now available in Canada. He mentioned Dr. Moore as one of the participating individuals in the health care system using the VAX-D. Knowing from experience just how well the treatment is for lower back issues, I was encouraged to try it.

Well, the rest is history, since I discovered that I had two bulging discs which given time, would disappear with the decompression. I began coming to the clinic, and with the experience of Dr. Moore's capable staff, and helpfulness of Sophie and Linda I knew I was in good hands! It took about 3 or 4 treatments to start noticing the improvements. I was very anxious to be back to my usual active self, since I am an avid walker, golf and tennis player.

I gradually started to really feel the difference in how I was improving. My family and friends could see that I could actually WALK again...since I could manage only a few steps and then have to sit down. My attitude really lifted....with slow and steady progress, my confidence was renewed. Although it was awkward to be strapped into the apparatus needed to stretch my back, I looked ahead. I even asked Dr. Moore when I could play my first nine holes of golf again!!

Today, I feel so much better. I am back into a routine of exercise combined with my sports. I have hired a trainer to help me adjust the right amount of exercise that will strengthen, and help maintain a healthy back.

VAX-D was the right treatment for me. Between running for acupuncture, and physio-therapy this method eliminated the bulging discs which were the source of my problems. I hope to continue my contact with Dr. Moore so that the major issues will not begin again. The office is so professional in their care, and this is such an important factor when considering treatment.

I want to thank everyone again for the excellent care. Sophie, Linda and naturally, Dr. Moore for changing my life, and helping me really LIVE!

Fran Sturm