

The following is a testimonial by a practice member that has been in care for three weeks.

HuMpTy DuMpty meets tHe MaGiciaN

I arrived here at the Vitality Center skeptical of the whole process of Network Chiropractic yet desperate to find relief from the nagging pain, muscle spasms, and pinched nerve in my neck that had refused to let up over a period of several weeks. Rather, I viewed the process as unnecessary and redundant based on my experience with other types of chiropractic.

I was grateful that my first entrainment (network adjustment) met my initial expectation's in that it gave me relief from those symptoms I had been enduring yet, it was the numerous other changes and dynamics that occurred after my first few entrainments that drew my interest, curiosity, attention, and commitment.

After my initial entrainment, along with relief from the stiffness and pain in my neck, I also experienced an overwhelming sense of ease and grounded-ness within my being/body. I felt a lightness and poise in my stance and in my stride that surprised me. I noticed that instead of chronic pain and clicking in my right knee that I had had for years, I could actually feel my quadriceps muscle functioning without pain. My lower back felt suppler as the stiffness I often felt seem to dissipate.

I was pleasantly surprised the first time I did yoga and the first time I went for a run after my entrainments. My body had seemed to regain some of the energy, vigor, and flexibility I thought had been lost forever to the aging process!! Instead of feeling as though my body was a series of rusted joints and overused, worn out levers, I was astonished to feel my muscles, joints, and bones working in unison without any pain!

I notice other changes as well. My energy level felt more consistent throughout the day. I felt less need for a glass or two of red wine at dinner. During the week at work, I hadn't the desire for that second cup of coffee in the morning and after several days realized I'd forgotten about my frequent mid afternoon diet coke.

I started sleeping better, more soundly, and woke feeling more rested than ever. I started dreaming again or rather, remembering my dreams again. I noticed emotions and old memories long forgotten percolating to the surface infusing my days with subtle and sometimes, not so subtle clues and hints to the design and fabric of my life which I am becoming more engaged and enamored with again. I can feel breath in places I couldn't before and can begin to sense places where my breath becomes restricted or blocked.

Each day brings something different as various feelings and moods move through like waves, undercurrents, or rib tides. Some days I just feel more calm and centered. Sometimes it is more a sense of vitality and engagement with my life. Sometimes it's feelings of rage or remorse.

Above all, there is an overwhelming feeling of recognition and reunion, of coming home to myself, within myself; of being lighter, more awake and at home in my body and in my life. I have more energy for my physical disciplines and overall a much better outlook on life than I did just a few short weeks ago.

The skepticism in me has been replaced by inspiration, optimism, and curiosity.

-G.D.

FedEx employee