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As I write this, it occurs to me that it was almost exactly a year ago to this day that I was involved in a car accident that left my entire body in a tremendous amount of pain. Eventually the pain became saturated in my neck and back and continued to cause me incredible discomfort and irritation after many months of physical therapy and chiropractic care.*

Even before the accident my body had become abnormally distressed and overwhelmed with a list of ailments long enough to make a person's head spin. Extreme chronic fatigue made the simplest of life's daily activities into the battle for survival. I felt completely helpless; I felt dead. Having always had an active lifestyle, my poor state of health was personally devastating.

I had been to numerous doctors and tried many, many remedies to no avail. My frustration was paramount. I was consistently told by doctors that nothing was wrong with me; that no one should expect to be perfectly healthy. *Well I absolutely refuse to believe that anyone was put on this earth to expect anything less than perfect health.* That belief, coupled with the knowledge of the body's own exquisite intelligence and ability to heal itself, is what led me to Dr. Horning.

Dr. Horning is everything that I had been looking for in a *healer*, including genuine, open-minded, and enthusiastic. I can't begin to explain how relieved I was after my first consultation with Dr. Horning. Upon meeting him, I instantly *knew* that he was a good soul and that he could be trusted. Moreover, it was evident to me that we were very much on the same page concerning the process of healing. I didn't feel the familiar resistance towards him that I had experienced with so many other doctors. A visit to the doctor's office actually became a pleasant trip for me.

My drive to Horning Chiropractic is a little over an hour and I enjoy it each time I make it because I already know that I will have a positive and productive experience. In the short time that I have been in Doctor Horning's care, the pain in my neck and back has healed 90%. My strength and energy are returning. Overall, my health has improved. Most significant, to me, is this wonderful inner peace that I now have. I am only just beginning my journey with this healing process, but I am confident that as I progress along my path, I will achieve the health and well being that has long been in my prayers.

A million Thanks You to Dr. Horning and all of his wonderful staff!

Kristin T.

*Chiropractic care that I referred to here was a previous chiropractor and was not with Dr. Horning.