

## I am finally "out of the fog"

I have tried so many times to write my success story, but I just can't find the words to write to really make anyone understand how Dr. Horning changed my life. I am twenty-nine years old. I had been on a psych med for about 11 months. I was in a really bad relationship, but dealt with it because the meds allowed me to. I used to walk around in a fog watching everyone live their lives, and I just could not understand how everyone seemed to find happiness, except for me. I was depressed, tired, worn down, and dealing with a life I couldn't believe I was living. My friend had been telling me about Dr. Horning for years, but I never went to see him. There finally came a time when I was just plain tired of having to take psych meds to get through a day. I refused to believe that was going to be my life, so I made the call, and that is when my life changed.

Dr. Horning helped me to get off the psych meds, he put me on a diet that left me feeling energized, happy, and feeling good all around. He introduced me to a lot of information that helped me to finally find happiness.

I am finally "out of the fog" and living a life I never thought I was capable of living. When I look back at the person I was, and who I was being told I was by "other professionals," who just gave me medicine to allow me to deal with things, I want to scream!!!! Dr. Horning helped me see that by getting chiropractic work, eating better, and learning all I can about the way your body works, is basically all you need to live better. I see so clearly now, and I have never felt happier.

Dr. Horning, I owe all of my happiness to you, and I thank you and your staff from the bottom of my heart. You will never know what you did for me.

Thank you,  
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