

Pain in my lower back

I have had pain in my lower back and left hip for many years, and have gone to different chiropractors but to no avail.

I started seeing Dr. Jeffrey Horning in February, 2006, with initial visits of 3 times per week. I gradually experienced less pain after each visit. Of course, this did not happen overnight. I think the key to feeling better is a combination of factors: you must be faithful with your visits, exercise, eat correctly, have a positive attitude and, of course, find a good, caring doctor like D. Horning.

He not only helps you physically, but keeps you well informed regarding many different subjects through his newsletters and programs.

Thank you Dr. Horning. I feel fortunate, I am now visiting Dr. Horning every two weeks and continue to feel better each day.

Maryann B.