

Before coming to Nadeau Chiropractic and Wellness Center I had suffered from fibromyalgia and herniated spinal discs for about 7-8 years. I experienced pain, discomfort, lack of energy, difficulty walking, (in the past I have needed a cane, a walker and at times a wheelchair in order to be able to travel for any length of time). Most of the pain that I have experienced was in my back, hips and legs.

I would consider my condition to be very severe, especially during the periods when I required a cane or a wheelchair in order to get around. I sought many treatment options prior to coming to see Dr. Nadeau, including consulting with a surgeon who recommended that I have an operation on my back. Instead, a neurologist with whom I had also consulted referred me to the Nadeau Chiropractic Wellness Center. In the beginning I was skeptical that chiropractic care could help me, because I had already been to so many doctors and none of them could do anything. In the past I have been prescribed many medications to control the pain including neurontin and many others. I was always dealing with side effects and having to change medications because their effectiveness was limited. I finally decided to seek treatment at Nadeau Chiropractic and Wellness Center after I was referred here by a neurologist who was treating me for injuries I sustained in an accident.

My first impression of the clinic was very positive. Dr. Nadeau initially recommended that I detoxify my system with a “cleanse” and with the aid of a few dietary supplements. He also had me incorporate walking into my routine. Later on as my symptoms began to diminish and my body could tolerate new activities, Dr. Nadeau prescribed specific exercises and dietary modifications to help speed my recovery. In just a year and a half, I have made tremendous improvements. I can now walk without assistance, the pain is considerably reduced. I am able to take dance classes and do Tai Chi. I get occasional leg and back pain but I go to Dr. Nadeau and he fixes it right.

I have made such improvements that I have been happy to refer other loved ones that to Nadeau Chiropractic and Wellness Center. My brother receives care at the facility for a back condition and my father is treated for a shoulder and neck condition. The care that they receive at Nadeau Chiropractic Wellness Center keeps them out of pain, aids their mobility and prevents them from needing surgery. For anyone who is in pain, sick or suffering, I would recommend that they go to the Nadeau Chiropractic Wellness Center. It has been a miracle for me and my loved ones. There will be changes that you have to make to your life but they support you through the entire process and it is worth it.

I have told everyone about the benefits of chiropractic care. People who have known me for a long time will see me and say they can't believe how well I can walk and move now. They always ask what I'm doing and I tell them that it's all due to chiropractic care, dietary changes and acupuncture. In fact I think that regular adjustments should be a regular part of everyone's life. I think that most of the pain and conditions that affect us can certainly be helped by chiropractic care. I feel ten years younger and I can do everything that I want to do. I can even do things that I would have needed a scooter for in the past like, going to a museum or doing my shopping. I literally rejoice every time I

walk now. Thank you to Dr. Andre Nadeau and all of the wonderful people at Nadeau  
Chiropractic Wellness Center

Sincerely,

Lyn Rowden