

PATIENT STORIES
The Gonstead System of Chiropractic



{ Michael A. Pickens, D.C. }

GONSTEAD CHIROPRACTIC PATIENT STORIES

J. HOWELL, AGE 76

Feels 20 years younger since back, neck, jaw, shoulder and foot pain gone

I started going to Dr. Pickens only a few months ago, and already I am feeling much better. I had aches from head to toe, and Dr. Pickens has helped me feel 20 years younger instead of 20 years older. He's fixed my jaw, lower back, neck and my upper back muscles. He even put my shoulder back in the socket, which has been out for a very long time. I couldn't even use my arm, hardly at all. Now I have full use of it again. I was also having problems with my feet, and with only a little chiropractic treatment, my foot is much better. I truly believe in chiropractic treatment.

A. HARRIS, AGE 33

Pregnant within 2 1/2 months after starting chiropractic care and acupuncture, after 8 years of trying and failing.

After trying to become pregnant for eight years and having many fertility treatments that failed, my husband and I decided to try the natural way. I decided to go to Dr. Pickens along with an acupuncturist. Dr. Pickens did some alignment treatments, and between the two, within two and a half months I became pregnant. I continued to see Dr. Pickens throughout my pregnancy and stayed very comfortable and had an easy delivery! I would recommend Dr. Pickens to anyone in my situation and to anyone with back discomfort. He is very caring, listens to your discomfort, and eases your pain without pain.

Dr. Pickens actually listens to his patients and is dedicated to helping them achieve good health. If one cooperates and avails oneself of his guidance, suggestions and recommendations, not only relief and freedom from pain, but an overall sense of well being and fitness is the ultimate reward. - C. Cooper, Age 48

C. COOPER, AGE 48

Relief from neck pain after other approaches failed and told to, "Just live with it."

Introduction to Chiropractic Care for me came through the solicitous urging of my podiatrist, who had been treating me for recurrent foot ailments. On learning of my chronic neck problem, he strongly encouraged me to seek Chiropractic help.

I had sustained a cervical injury approximately seven years earlier and was unable to rotate my neck without severe discomfort. After several visits to internists, physical therapy sessions, muscle relaxants, and being told, "You will just have to live with the pain," I felt this as yet unexplored avenue of medicine might be the answer.

However, being in the medical profession for over 20 years, and having heard nothing but "horror stories" about Chiropractors, I was most apprehensive! My fears were allayed almost immediately. After only two treatments with Dr. Pickens, pain was considerably reduced and flexibility tremendously increased. On examination, a mid-lower back problem was also detected, and both are currently responding, as well as the cervical area. I would not hesitate to endorse Chiropractic Care and can truly say I have never felt better!

Anyone seeing Dr. Pickens, has chosen not only a health care practitioner skilled in chiropractic, but also one having expertise in nutrition and exercise. Dr. Pickens actually listens to his patients and is dedicated to helping them achieve good health. If one cooperates and avails oneself of his guidance, suggestions and recommendations, not only relief and freedom from pain, but an overall sense of well being and fitness is the ultimate reward.

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J. DANIELS, AGE 57

Not satisfied with results from local chiropractors, drives over an hour to get to Toledo for relief from back, neck and extremity problems.

I've been coming to Dr. Pickens for 5 years now, and I travel over an hour one way to get to his office in Toledo. I've gone to local chiropractors, but the results have not been nearly as effective, so to me it's very much worth the extra time and travel expense.

Dr. Pickens has helped me with various problems. The first and most annoying was a tickle in my throat. It would keep me up at night, and all throughout the day I was extremely bothered by it. I never related it to an auto accident until I first came to Dr. Pickens, and he told me of others who had the same problem after an accident. He adjusted the vertebrae that was causing the problem, and what a wonderful relief. Whenever my tickle spot flares up, I know now that I can get relief just by a simple adjustment.

Another problem I had was tennis elbow. For years I suffered with burning pain in my elbow, then after a few adjustments, my pain was gone. It too flares up now and then, but is controlled.

Heel spurs were also very painful when I would get up from sitting or lying down. My feet are now pain free after having them adjusted properly.

Dr. Pickens also keeps other problems I suffer from in check, such as a herniated disc in my lower back. I believe I would have had to undergo surgery for this, had it not been for him keeping me in alignment in that area. Not only has the chiropractic aspect of his practice helped me, but I have also definitely benefited from his supplement and nutrition programs.

I have personally recommended many of my own dear family members and friends to Dr. Pickens, and they too have had great results. I truly recommend him to anyone with any kind of health problem, as he is definitely unique in today's health profession. He takes great care, concern and time with each patient, and has a very strong desire to cure, or at the very least, relieve each of his patient's ailments. I sincerely have great respect and admiration for him, and consider him to be a good friend.