

PATIENT STORIES  
Nutritional Reflex Technique



{ Michael A. Pickens, D.C. }

## NRT PATIENT STORIES

### S. KINNEY, AGE 58

#### **Hair loss reversed, plus feels great due to supplement program.**

In October 2003, I started noticing a few extra stands of hair in the shower and on my vanity. This continued for several months, steadily getting worse. It was very obvious my hair was falling out! The texture was changing to dry and brittle. My scalp was showing through.

I made an appointment with my medical doctor. She wasn't too concerned, but did do blood work for thyroid function. It was OK. She recommended a dermatologist. He also didn't seem too concerned, but commented that situations such as extreme stress, dieting, divorce or death of a loved one could cause this. I had none of these! My hair was getting thinner, and my beautician was concerned. She stopped applying color and perming my hair, hoping that would help.

By now it was January, and I was very concerned. My niece suggested I see Dr. Pickens to see if he could help solve the problem. Of course, I was skeptical of NRT, but no-one else had helped me, and my niece was very encouraging.

Dr. Pickens listened and was very optimistic that he could help me. I started on a program of supplements to get my system in balance, and soon I started seeing less hair falling out. I was amazed how Dr. Pickens could pinpoint my weaknesses!

It's been over a year since my first appointment with Dr. Pickens, and my hair looks better than ever, and I feel great. I am on a "maintenance" program now and would suggest to anyone to try Dr. Pickens and NRT!!

I began treatment with Dr. Pickens, and am pleased to say that with NRT and Nutrition, he has helped me to control my Irritable Bowel Syndrome, along with other health issues such as high cholesterol, weight gain, bloating, and hiatal hernia.

- T. Randall, Age 35

### T. RANDELL, AGE 35

#### **After 3 years of suffering from Irritable Bowel Syndrome, with no relief from Medicine, symptoms are under control with NRT and Nutrition.**

After suffering for over three years with digestive problems and going through every medical test imaginable, I made the decision to try Alternative Medicine. I wanted a more natural, drug free way to become healthier.

I began treatment with Dr. Pickens, and am pleased to say that with NRT and Nutrition, he has helped me to control my Irritable Bowel Syndrome, along with other health issues such as high cholesterol, weight gain, bloating, and hiatal hernia.

I truly believe that nutrition is the most important way to help support your body and immune system. By giving your body the nutrients, vitamins, and minerals it needs, you are more successful in correcting the cause of health issues, instead of just masking the problem with medications.

### R. JONES, AGE 32

#### **Relief from headaches, neck pain, digestive problems, and fatigue.**

I came to see Dr. Pickens specifically for headaches and neck pain, but have also had digestive and colon problems for several years. Through chiropractic, my headaches and neck pain are gone. The NRT has stopped the roller coaster symptoms of bloating, cramping, constipation and fatigue. I am now on the right nutrition specific for my body's needs and have never felt better.