

I first started feeling pain in my **back** 30 years ago. Then it progressed to my **neck**. Over time the pain went to all the muscles in my body. I never knew what it was like not to have pain somewhere. I went from doctor to doctor trying to find an answer. I experienced many tests and diagnostic tools ...MRI, x-rays and so on. I took pain killers, muscle relaxers and other drugs. I still could not get any relief. Finally, the doctors said it must be in my head, since they could not fix me.

Here it is thirty years later and the pain in my neck has progressed to the point of headaches and my back was hurting so much I could not turn over in bed at night or walk without pain.

It was at the time that God answered my prayers. My friend in New York told me of an Upper Cervical Doctor in South Florida that had saved his father from a neck operation. I determined right then and there to seek this doctor. When I called him he told me that a very experienced Upper Cervical Doctor had moved to the Orlando area. I was delighted. This meant that I would not have to drive to South Florida for treatments.

I called Dr. Racine and made an appointment right away. Dr. Racine took lots of time explaining what my problem could be. Then he took x-rays. The next day he showed me my x-rays and pinpointed my problem. He gave me a treatment with a special machine, which measures everything for each individual problem. The treatment was completely painless. I really didn't feel it at all. Then he put a cervical collar on me and told me to wear it for several hours. That night he called me to see how I was. I felt wonderful! For the first time in years my neck was not hurting.

I have been back for several treatments, because after being out of place for so long it has taken time to heal. Now five weeks later I am pain free. I have energy. I sleep well. I thank God for bringing Dr. Racine to this area. He really cares about people and has dedicated himself to educating people and helping them to get well.

J. Jaramillo