

I had come to the end of my rope! I had seen family practice physicians, neurologists, gastroenterologists, acupuncturists, all to no avail. I was diagnosed with chronic fatigue syndrome as a teenager and it began to take over my life. I also suffered serious chronic headaches and migraines to the extent that codeine, even several pills over the course of a day, did not alleviate the pain. On top of these symptoms there were a host of nagging stomach problems and bodily aches no one had answers for. Doctors gave me the pat, catch all answers that really never applied to me or my situation. It came to a head last spring, the pain and fatigue forced me to quit a very lucrative sales position. After resigning my health further deteriorated and I was bedridden for almost three months. This was completely unacceptable. I was a very active 28 year old husband, and father of two, and I have been involved in youth ministry for many years, when all of a sudden I could no longer function physically, emotionally or mentally.

Then by chance my mom ran across an ad in Cornerstone magazine describing Dr. Racine's practice. We figured we may as well give it a shot, what have we got to lose? Now I urge anyone suffering from my types of symptomology or problems that have not been addressed or helped by mainstream medicine by saying, "Hey think what you have to gain!" My first week of treatment caused a dramatic improvement in my struggle with headaches. By the second week my migraines were gone and the tension headaches were few and far between. As my headaches lessened, the drugs that were suppose to "Manage" my headaches were not necessary and my stomach problems began to clear up as well. As I continued the treatments my body was given the opportunity to heal itself. Through the wonderful and clear explanations of Dr. Racine and the staff, I realized that my problems did in fact have a cause, and the cause could be treated. The treatments and or adjustments, have given my life back to me.

I am once again able to function at levels I had nearly given hope on ever seeing again. My energy is up, my immune system is stronger than it has been in ten years, and my migraines are gone completely! I still occasionally have a slight tension headache, but an Excedrin is all it takes to get me through to my next adjustment. Dr. Racine is one of the very few doctors I have dealt with that took the time to get to know me and my medical history. His care and concern, combined with his knowledge have gotten me back on my feet, and I wholeheartedly endorse his treatment and his practice. Thanks Doc, my wife's husband, and my children's father came back! I am actively raising my children and ministering part time in a local church, none would be possible without the care I have received from Racine's Chiropractic!

Ken Adams