

Why Dr. Racine ROCKS!

My Unrelenting Pain

In August 2004 I contracted Viral Meningitis. As a result I was left with debilitating migraines and a daily, constant sharp pain in my right eye. No matter how many doctors I was referred to, no one could give me an explanation or offer any solutions other than medication.

By December 2006 I was on seven different prescriptions for migraine prevention and ended up in the hospital with unexplained entire body "muscle spasms." With continued migraines, no answers from the medical community and an insinuation that it was "all in my head" I became depressed. Not knowing how I could continue to live my life in such pain, my Primary Care Physician put me on anti-depressants, bringing the total to eight prescriptions a day. I was only 34.

In May 2007, my husband and I moved to Orlando from CT. With an effort to eliminate stress, I was now working from home. One day as I sat at my desk trying to work, tears rolled down my face in defeat. I just could not handle the pain any longer. Sobbing, I begged my husband to please help me.

Again, he searched the internet for anything that sounded like it might remotely help. Having already tried a Neurologist, Migraine Specialist, a Neuro Ophthalmologist from Yale (which included a misdiagnosis and more meds), CAT Scans, MRA's, MRI's, Physical Therapy, Cranial Sacral Therapy, Yoga, Meditation, Massage Therapy, allergy testing, a plethora of prescriptions and eliminating any food/drink that was known to cause migraines, we were open to anything.

Neuromuscular Dentistry

We stumbled across a site about TMJ and Neuromuscular Dentistry, a progressive treatment that claimed to help people with migraines resulting from severe TMJ. (TMJ causes the muscles in the neck, shoulders, and jaw to overcompensate and strain, causing painful headaches and migraines.)

After meeting with Dr. Castellini and undergoing the testing, I was certain this was the answer. Every symptom I had made sense to her and she was confident that NMD could help me. The treatment consisted of re-aligning my bite, to allow the muscles in my jaw to relax, and aligning my Atlas if necessary. I had no idea what "my Atlas" was and to be honest, I didn't care. Whether it had something to do with the Rand McNally Road Atlas in my trunk or not, all I cared about was feeling better.

After one month of wearing a retainer to re-align my bite I was feeling well enough to come off of three prescriptions meds that I had been on for four years! I continued my monthly visits for Tensing and personalized adjustments but my improvement seemed to plateau. Since I was still having pain in my right eye and intense muscle pain in my neck and shoulders I was referred to Dr. Racine for further evaluation.

Upper Cervical Care: The Road Atlas to Me

Having been to so many doctors I was a little cynical and skeptical. I thought for sure once I had finished telling my story, Dr. Racine was going to think I was a nut-case. A pain in my eye everyday for four years... How many times can I be asked if I've had my eyes checked? The complete opposite, Dr. Racine VALIDATED everything I said and gave me solid explanations! Everything I said made sense to him too.

We confirmed with x-rays that my Atlas was indeed mis-aligned. Dr. Racine suspected that most of my symptoms would begin to go away once we aligned my Atlas. Given I had been suffering for four years Dr. Racine suggested that it may take a while for my body to fully heal and that I should be patient. (Right about now is when my cynicism kicked

backed in. I'm thinking to myself, "Is this guy just trying to drag out my treatment for money?" Even though I never got that impression from him, I have to be honest, I thought it.)

As it all turns out Dr. Racine has been right about EVERYTHING! When I had my Atlas adjusted he told me I would probably feel pretty crapy for a few days since I had been on so many medications for so long. I thought, "Yea, ok. How could one tiny bone affect me so much?"

He was right, I felt like crap alright. I felt like I had the flu, every part of my body ached. By the fourth day I started feeling better AND the pain in my right eye was less intense. I couldn't believe it! Even my Massage Therapist commented on how relaxed my muscles were.

I continued my treatment, religiously. Along with checking to make sure my Atlas was still in place, Dr. Racine addressed a past injury to my neck and my scoliosis. It's all connected...

By the end of the second month of treatment I had come off the remaining migraine prescriptions and was only experiencing mild migraines with my period, more than likely hormonal related.

Dr. Racine suggested I start a detox program to help my body cleanse itself from the years of medication. Again, he said I would feel like crap. This time, I believed him. And again, he was right. After the first week I started to feel really good both physically and mentally. There something wonderful about feeling like your insides are clean after taking so many medications.

When it came time for me to move my treatments out to once every three weeks, I of course tried to push it out to four. I came crawling back begging for mercy. It's like Dr. Racine knew my body, what it could and couldn't handle and how long it would really take to heal. His knowledge that our bodies are "self-healing" allows him to treat the body, and not the symptom. This allowed me to heal, on my body's time, and not mask the problem.

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What I really love about being under Dr. Racine's care is that I never feel alone, in the dark about what's going on with my body, afraid to share how I'm really feeling or like I'm being taken advantage of.

Doc has all kinds of wonderful "supplemental" suggestions and I never feel like he's trying to sell me anything. He tells me where I can find it either online or in a store. I like that, it makes me feel like he's really sharing something that he thinks would help, no matter who I buy it from. His sincerity is refreshing.

He's a indispensable resource for all things good for me. His Health Class is packed with information and helpful tips for living healthy, an absolute must. No matter what I ask, he takes the time to share with me what he knows. Just one person trying to help another, and that my friend... is why Dr. Racine ROCKS!

With Deepest Gratitude,
Tia :)
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