

## CHIROPRACTIC IS YOUR BEST BET FOR BACK PAIN

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According to a recent survey by [Consumer Reports magazine](#), 80% of American adults experience back pain at various times. This is not a big surprise to me because back pain sufferers make up the largest portion of my chiropractic practice. In fact, low back pain is what led me to become a chiropractor in the first place! In my early teen years, I experienced multiple bouts of lower back pain that were so severe, I could hardly walk without completely “locking” up. The only thing that would relieve my pain was gentle chiropractic care.

So, when I came across this Consumer Reports article, I was happy to find that chiropractic care ranked #1 for back pain relief. In my practice, nothing makes me happier than helping people feel better so that they can go on with their lives. As president Abraham Lincoln once said, “It’s not the years in your life that count, it’s the life in your years!”