

## **My Chiropractic Story**

**Name of disorder:** Unknown

**Symptoms:** Pain and Pressure at the base of my neck, ringing in my ears, pain in my lower back and hips

**Location/Duration:**

Lower back and hip pain has been going on for years

Pain & Pressure in neck started in the winter of 2017-2018

Ringing in the ears started in January 2019 as a result of a severe head and sinus cold

**Severity:**

Back pain – went from dull ache –to severe that it was hard to walk/sit

Neck Pain & Pressure – Very severe, hard to sleep and move.

Ringing in ears – LOUD – often interfering with sleep

**Previous treatment and Results:**

Chiropractic (not Dr. Khalil) adjustments for lower back pain and then monthly 'tune ups'

Saw a MD and a Chiropractor for neck pain and pressure and ringing in ears. MD treated for sinus infection. Chiropractor (not Dr. Khalil) was able to get some movement after several visits but never fully resolved. Ringing in ears as not resolved at all and was advised that it likely never go away.

**Drugs/Medication:** Nothing long term, aspirin, antibiotics, sinus medication

**Led to my decision to try Chiropractic/Have I been to a Chiropractor**

My first experience with Chiropractic was when my son was 6 (he is 36 now) and was having regular bouts with asthma, bronchitis and pneumonia. A friend suggested that I try his chiropractor, and I was desperate for an alternative to repeated hospital stays and round the clock breathing treatments. After only a few visits he had a marked improvement and soon after that completely off all medication and no further instances of bronchitis or pneumonia. Sadly, the success that I had with my son didn't immediately register with me, that I could also experience that kind of healing. I still viewed Chiropractic as a means of

pain relief and figured that if I wasn't in pain, then I didn't need an adjustment. I also decided to leave that chiropractor to go to one closer to home. He did a good job, but really did not have the technology to show the actual improvement that is happening when you think that you "feel good." Finally, the DC that I was going to, retired and sold their practice and the guy they sold it to had extremely limited hours (a few hours a day – a couple days a week) and so I went out in search of a new DC.

### **Did you have any doubts about chiropractic?**

Honestly, Yes. I had doubts initially when I took my son. And then again as relating to my care, I thought that DCs that had you commit to a treatment plan were making a money play.

### **My first Impressions of Chiropractic, this Office and this doctor?**

Dr. Khalil has a big personality, he is genuine and very kind. We immediately hit it off. He gave me all the data, scientific and medical support that I could handle. Plus he uses technology to show what actually is going in that is causing the problem. Even with all that I was still a little unsure if I wanted to commit to a year plan. Dr. Khalil does not pressure, just gives you the facts to make a good decision and is patient, even with the most diehard skeptic

### **Recommendations made:**

He gave an immediate adjustment, took X-rays and thermal imaging and recommended that I come in for regular adjustments advising that the more often that I can come, the quicker the results.

### **My Results and time involved:**

As I mentioned, I have been coming about a year. The first 7 months or so, I was only able to come once a week, because of my work hours and the proximity of my work to the doc's office and truth-be-told my skepticism to how much more frequent visits would really help. Since the beginning of the COVID lockdown, I have been working from home and so had an opportunity to come more often. As a result, I have seen a major improvement in my amount of pain (none now), flexibility and the ringing in my ears is mostly un-noticeable. In addition, I think the adjustments kept my body working the way it should and supported my immune system and I have not even had a cold since early 2019.

## How do I feel about Chiropractic now?

*Would I recommend Chiropractic?* Absolutely, YES! If you want a solution to whatever ails you, that puts right whatever is wrong using your body's natural mechanisms, then chiropractic is for you.

*Would I recommend you go to any Chiropractor that you can find?* Let me answer this way: In every profession there are people who stand - head and shoulders above the rest and there are those that just "get by." There are people who have high ethical standards as well as those who are unscrupulous. Dr. Khalil is an extremely skilled technician, with an excellent understanding of human physiology that would stand up against medical professional. He is an exemplary example of what a medical professional should be. He is scrupulous and he does stand Head and Shoulders above the rest.

Respectfully,

Darlene M. Chiappetta