

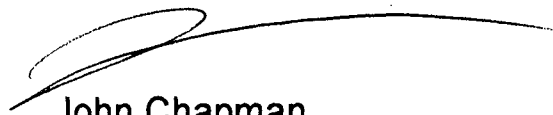
“I Can Touch My Toes”

For about two years I suffered from serious low back pain and headaches. This was accompanied by other discomforts including neck stiffness, sleeping problems, tension, irritability, “pins and needles” in my legs, my ears ringing or buzzing, and pain radiating into my left leg. I tried pain pills but to no avail. The pain remained.

I had prior experience with a chiropractor so I decided to go to Isdale Chiropractic and see what Dr. John could do for me. I had no doubts that chiropractic could work. Dr. John and his staff were very professional and helpful.

After committing to chiropractic I have felt much better. The results have been lasting. I can touch my toes for the first time in years. I can play with my kids without worrying about hurting myself. I have been able to quit the medications I had tried in the past. My parents also see a chiropractor for whiplash and they are able to get out and move around much easier. I would recommend chiropractic to anyone who is sick, suffering or in pain. I have felt great now that I have enjoyed the benefits of chiropractic care.

Sincerely,

A handwritten signature in black ink, appearing to read "John Chapman". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

John Chapman
Patient