

**10 years of Serious Neck Pain completely turned
Around in 2 weeks!
(With qualified Chiropractic adjustments and analysis)
Read Michael Stoddard's Testimony
Michael works for PA Hospital
(Researcher/Systems Analyst & Senior Project Manager ICT
Master BIS, PhD LPIT, Degree Bus Admin Health)
Yours faithfully Graham Healy**

31st may 2012

Dear Graham,

I would like to tell you a story about my life.

When I had just turned 19, I had left home and lived in a share home with my University friends in a near city suburb.

One Sunday afternoon I went to buy some milk at the corner shop, to avert a crisis as we had run out!

The last thing I was thinking about was a spate of knifings and brutal attacks that had been happening on the streets over the last 3 months, at night. It was close to the city and there were a few nightclubs around.

As I walked out of the shop with a litre of milk in either hand 3 pm in the afternoon, I cannot remember much until about a week later. Waking up in hospital feeling dazed and terrible headache, bruised and swollen face and what felt like burning on my back and neck was like waking from a nightmare and still being in it.

Apparently as I had left the shop, the psychopath who had been active for 3 months decided to pick a daylight victim..... me. I suffered multiple contusions, cuts and abrasion, a ripped trapezium neck muscle and chipped vertebrae, bruise nerves in my neck, severe concussion. The doctors said I was lucky to survive having been sucker punched, and kicked in the head and neck and head smashed on the concrete foot path. When I came in by ambulance hospital staff did not think I would pull through or possibly be a paraplegic, such as one of his other victims.

After a few weeks in hospital, a criminal compensation case in my favour I spent the **next 10 years going to doctors and physio 2-3 times a week. My symptoms was basically no degree of movement in my neck, constant pins and needles in my hand and a heavy feeling on my neck that usually wound up with a constant dull headache. Sometimes I would have neck spasms that were incredibly painful, a few times I accidentally turned my neck to answer a question and found that I was lying on the ground with people frantically trying to bring me to.** I survived though, had a young family, worked and put myself through university, I realised you do not have to be a victim and fought it, most people had no idea what I was dealing with, it was personal.

One particular day, working in a hospital one of my staff said I looked tired. Unusually I told them how I felt and that my tolerance level was wearing out, I had had enough. then she told me her story, she had a birth defect, a bad back a curvature of the spine and that she saw a Chiropractor. **I had worked in a hospital for 10 years, doctors had warned me that I had to be careful of my neck, and never mentioned the benefits of Chiropractics. That day I made an appointment with the Chiro who I will call JD. The first 2 visits a couple of days apart he was carefully giving certain bones a bit of a massage and pushing on them gently, I felt safe but somehow whatever he was doing seemed to give me relief more than I had experienced since the attack. On the 3rd visit he told me that the next thing he did would feel a little strange, manipulated the vertebrae in my neck with his fingers? I felt very weird like he was somehow rotating the disks individually, but only gently and slightly. There was no pain and I felt safe, it felt okay.**

To this day I look back and know that was the time when I got my life back on track. Yes I still see Physio's and Doctors, but maybe every 6 months or so for a check up only. I now have a Chiro I see once a month....

Looking back, it was JD, who gave me 50% movement in my neck, stopped the headaches and made me feel human again. Don't get me wrong, even with these massive injuries , I recovered to a certain extent, I was young, I kept myself fit running , martial arts , but I knew my limits, keep my back straight and don't turn my neck!. What I also realised their were limits to my exercise , if I pushed it too far I would pay for it and have to take pain killers for my neck. **Until the day of meeting JD keeping fit impacted my neck negatively, like pushing a broken engine, leading to tiredness or risk of spasms – After JD, my exercise became positive and there were no side effects, no more daily intake of pain killers, it was like a weight lifted off of me.**

I could enjoy getting fit, knowing now that until JD had sorted me out I could do so much more and not risking further injury to my neck.

Graham this is my story, if it helps anyone to improve their situation, that feeling of being trapped with no escape I am happy. Don't get me wrong, life with my neck is not a bed of roses, I still have my days, maybe a month at a time where things are good, **but the knowledge that I am only 30 minutes away from someone who can fix it, is something that is hard to express in words.**

Michael Stoddart

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Graham Comment : these kind of testimony's abound as the Doctor of Chiropractic total focus is **muscular skeletal** rather than 'drugs' to mask the pain without sorting the root cause of the problem which in most cases is nerve impingements and postural/spinal alignment issues, which obviously flow onto other parts of the body.

The Healy's system of responsible postural analysis and close co-operation with Doctor of chiropractic, lower limb specialist and clinically trained acupuncturists, offer a service that is holistic and unparallel in any Health centre in Australia.

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