

# Grant Chiropractic & Wellness Center

## Health and Wellness Success Story

In a few sentences explain how Chiropractic and the knowledge of a wellness lifestyle that you received at Grant Chiropractic & Wellness Center, has changed your life.

When I came to Dr. Bert, I was just entering retirement & had just been diagnosed with Stage 3 disk degeneration in my neck. I was told that my future was pain meds & surgery. I admit that I was skeptical that it would make a difference, but had nothing to lose. Not only was there improvement in movement, but also had a nice bonus of no daily headaches! Now I rarely take even Tylenol. Even pain in sciatic nerve is gone - I thought that was part of "aging"!

Thank you, Dr. Bert,  
now I can enjoy being  
retired & doing most  
anything.



And thanks to  
friend Cindy for  
getting me to Dr. Bert ☺