

Tuesday, May 16, 2006

For KIM SEGAL:

This letter is to serve as a testimonial regarding the laser therapy that I've been receiving for the past several weeks.

Before seeing Kim, I've seen 2 Orthopedic Surgeons, 3 Pain Management Dr's, 2 acupuncturists, and 3 Chiropractors including the one Gonstead Specialist Chiropractor that I see in conjunction with Kim.

I've had chronic pain in my mid to upper left quadrant of my back for about a decade. The Ortho's simply referred me to the Pain Management Dr's who tried everything from steroid facet injections, botox injections and an epidural...all that didn't work to take away the pain. The 3rd Pain Management Dr. prescribed me on 80mg of OXYCONTIN/day, which, granted MASKED the pain, but didn't make it go away. Each visit to a pain mgmt Dr, I was asked to mark on a "pain" scale of 1-10 and it was always at a 9, because I believed it could be worse.

Since seeing Kim, I would honestly say that it's now down to around a 4-5 AND I've totally stopped taking prescription painkillers, albeit against my Dr's orders that I should have been weaned off the medicine and not stopped cold turkey, but I did it and the back is better and improving daily.

With Kim's advice of strengthening my core muscles in which I now do 400-500 crunches/day, I believe that her laser is helping to heal my back muscles from within starting at the cellular level and working its way out.

I hope to be pain free one day soon and hope that with Kim's help along with the precise help of my present Chiropractor, Jason Venn, that between the 2 of them, I'll be pain free and never to return to prescription medicines again.

Thank you, Kim, for caring and helping me learn about my body.

Sincerely,

A handwritten signature in black ink, appearing to read 'Tony Pennacchio', with a long horizontal flourish extending to the right.

Tony Pennacchio