

Severe Back Injury

One of the most painful days of my life happened about 6 months ago when I was changing a tire on my car up north. Somehow, I twisted and suddenly felt a sharp stab of excruciating pain which was later diagnosed as torn ligaments. Words cannot describe the severe pain that gripped me. It was like someone reaching into my spine and squeezing with great force. I was in tears as I lay on the grass for several minutes unable to move. Fortunately, strangers driving by saw my situation and changed my tire. My wife drove us home.

I quickly called Justine to see if she had any time to see me. She agreed to take me first thing the next morning. Sleeping that first night was agonizing. I was virtually unable to move due to the wrenching contractions. I needed help getting into and out of bed. Pain killers barely touched the pain.

The next morning as I was driven to Justine's office I felt pain as I had never felt it before. I booked time off work knowing that I would be unable to function for weeks to come. Even with help, it took several minutes for me to move from the car to Justine's office and even longer to get positioned on the treatment bed.

Justine commented that this was one of the most severe back injuries she had seen but she began treatment gently and continued for nearly 2 hours. At the end of this time I was able to stand without help and to walk back to my car on my own. While pain was still present, there had been a huge improvement. I was able to move, and walk on my own.

I returned the following day for another session with Justine. In addition to treating my back, she taught me strengthening exercises. I could not believe how much better I felt. I was able to return to work just a couple of days later.

I have continued to use the exercises that Justine taught me and I have been pain free for several months. I am very grateful that I have found Justine and know that she is an amazing healer. I would not hesitate to recommend her to anyone suffering from back pain or any chronic condition.

Chris P. – Toronto April 2011