

# SUCCESS!!

Print Name: Sherry S. Borener

My experience at Harbor Bay Clinic of Chiropractic has been life-changing. I don't exaggerate when I say that the combination of treatment, exercise and support in the journey from my very limiting injury to my current lifestyle has been worth every dollar and moment of time that I have spent with Dr. Dent.

When I came to this clinic I had participated in chiropractic treatment for over a year, with limited improvement. I had lost most of my mobility on my right side, and at some times walked with a cane due to the pain and difficulty I had standing and walking. Dr. Dent's treatment plan took my from being lopsided, experiencing headaches and debilitating back pain to a nearly pain-free existence with very significant mobility.

When I began the program I was unable to exercise effectively, I now can walk 3 miles a day with my dog, and do yoga classes (in some cases for 2 hours at a time) without limitations. More importantly, I am very aware of what actions, postures, or practices cause my back to lose its mobility or my 'atlas' to move around. This self-awareness is self-correcting in that I will even wake up at night and make changes in my sleeping posture to make sure that I wake up pain free.

Dr. Dent is an extremely warm and dedicated individual who is always willing to listen, make attentive changes to her treatments to stay in tune with what's going on with me, and help me to make progress. I have complete confidence in her and recommend that anyone who has the experience of pain that I have had choose her clinic and practice for relief.

I hereby give my permission to publish my success story in whole or to summarize its contents in any of the publications of Harbor Bay Clinic Chiropractic.

Signature

Sherry S. Borener

Date:

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