

I turned **twenty-six** and my body decided to completely rebel. I was confused and frustrated entering every almost every day with the feeling of my body ripping itself apart inside. Hopelessness had started to set in as it seemed like **every time I ate**, it would send my body into **an inflamed pain-filled nightmare** that just **never seemed to end**.

I lost about 40 lbs. [beginning at 113] on a 5'2 frame, leaving me just over 65 lbs. My body was deteriorating in front of me, **I was in constant pain and had been to numerous doctors to no help avail.**

My husband had been to Dr. Bonebrake for his chiropractic abilities and quickly noticed his extensive expertise in an array of other areas, so we finally decided that I should consult with him.

Turns out, that decision was one of the best of my whole life. **Not only did he help to alleviate my pain almost immediately**, he guided me through the entire process of healing, which was not an easy task. He saved me in multiple ways, **including correcting my body weight back to normal**, and I am forever grateful. **Lana Beck**