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The end of my reflux!

I am a 62 year old grandmother of 7 and had been dealing with my reflux pain for years. I had been taking Prilosec daily for at least 2 years. I had assumed I was just destined to have this pain forever. I tried to be careful with my diet, but had all but given up chocolate, wine or spicy foods unless I wanted to really have a bad night.

I went to see Dr. Mike for a carpal tunnel problem and long term back pain and during the consultation he asked about any digestive problems I was having and I told him about the reflux. When he went over my scans and tied that to my scoliosis and also the carpal tunnel, back and reflux issues, it made total sense to me. Due to the problems with the nerves in my back my body was becoming weaker and as a result I ended up with the problems I had. My posture wasn't great as I would sit at my computer a lot during the day.

After 6 weeks my carpal tunnel was no longer a problem and my chronic back pain was much better long as I remembered to do my daily exercises Dr. Mike showed me.

However, I was really amazed at how much better my reflux was doing. In fact over the following few months it all but went away.

I have decided to see Dr. Mike every 3 or 4 weeks since just to make sure the problem does not return.

Thank you!

Beth H.



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### My Reflux Story

I had been taking Zantac for over 2 years due to my constant pain after meals, particularly after lunch. It was common for people to see me putting pressure on my chest area after my meals due to the discomfort. I tried several over the counter drugs to ease the pain and discomfort I was having. I am a very busy executive and work 50 plus hours most weeks. I just assumed it was something I would have to live with and also that it was just the fact that I just turned 40 and it was time for things to not work right.

I never liked the idea of taking medication, but didn't think and was never told I had a choice. I heard Dr. Mike speak at a health workshop at my work about stress, lifestyle and chiropractic. The way he presented the information and what I learned about how the body worked that day made total sense to me. We talked after the workshop about my reflux and he recommended an evaluation to determine if I was a candidate for chiropractic care.

Having only been to a chiropractor once in my life for back pain I had my opinions about what would take place. The evaluation was not what I expected. He took the time to explain not only what he was checking, but also why and the scans they used to assess my nerve function and stress was very interesting and helpful. He also took the time to assess all aspects of my life style from my diet (not so great), my exercise habits (not a big fan of exercising) and my stress levels.

When I returned for my follow-up visit we discussed the findings of my exam and his recommendations and options. I was impressed and excited to get started. Within the first two weeks I had no need to use Zantac and in the first 6 weeks only used it once (that was because I had missed consecutive appointments due to work). I am now over 6 months without using the Zantac.

I know I have additional things to do to truly get my body healthier and able to do what it can and I am excited for the coming year and all the positive changes I am implementing for myself and my family!!!  
I don't know why more people don't know about safe, effective and wonderful, natural alternatives to the mainstream approach to reflux, but I am always happy to tell anyone I can.

Thanks Dr. Mike!!!  
Sue J



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Reflux was controlling my life

I had been suffering with reflux for several years. I went from Tums to Tagamet to Prilosec just trying to ease that burning sensation in my chest area. I tried to be careful with my diet and that helped some, but didn't really change my reliance on the drugs. I was really starting to have problems with swallowing and had my esophagus stretched as I was also diagnosed with a hiatal hernia. However, the reflux continued.

My son and his family had been a patient with Dr. Mike for a while and he had mentioned a few times that I should consider a consultation and evaluation with his office. Finally, after a week of persistent pain after drinking or eating anything and not getting any relief, I called and scheduled an appointment.

I truly believe it was the best thing I have done for myself in a long time. Just meeting Dr. Mike I felt that I was in the right place. He explained to me what was going on with my body and why it was acting the way it was. He said he could help my body start to function better by eliminating the stresses and interference that were affecting it.

After beginning care, I learned so much more about how my body works and what it truly requires to express health, from my diet, exercise, posture and even my stress levels. I adopted the principles Dr. Mike taught me for my daily routine and also started using 2 supplements, a Probiotic and a Fish Oil, and getting adjusted a couple of times a week.

After the first month I noticed a lot of changes not only to my reflux symptoms, but my overall health. I lost almost 10 pounds, I was sleeping better and had more energy during the day. Over the next several months with continued care and lifestyle improvements I have no more medications to take as my reflux has not been a problem. I have now lost over 25 pounds and have started playing squash again and also cycling. My wife told me it was nice to see the "old me" again!!!  
Thanks Dr. Mike!

Ray T.