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February 5, 2014

I became acquainted with Dr. Thompson in the course of driving my husband to radiation treatment with Dr. Beat. We were invited to a meeting with 10 other couples for the purpose of discussing life during and after cancer presented by Dr. Thompson.

Eight of the couples signed on with his program - impressive!

What a break through his program has been for me. I have trouble putting into words the difference in how I feel since beginning this program. Wellness at this time of my life is essential. Between the adjustments, exercises, dietary and supplement recommendations and the professional "pep talks", I am well on my way to achieving what is important to me. I had been gaining weight gradually over the past several years and found myself unhappy with my sleep, energy level and overall level of health and well-being. I have now lost 20 lbs, am eating much healthier, exercising 6 days a week (even running a couple laps during my walks on the track) and overall have a much more positive outlook on my longevity.

I have run into other couples at Dr. Thompson's office that began this program when I did and I couldn't believe the changes I was seeing week to week. This program has been proven to be vital to all of us!

I am a retired MT ASCP and my last job was with Cancer Care and Hematology Specialists of Chicago and I wish this program was available for them as so many would have benefitted from Dr. Thompson's program. In fact they would have thrived and likely had similar benefits as mine. Medicine has advanced in so many ways, yet at the same time not to have a program like this in which a wellness chiropractor and MD can work together for the greater good of their patients would be a shame. Working together with this program can accomplish so much for the best outcome for their patients.

I want to thank Dr. Beat for introducing me to Dr. Thompson and for being heads above the rest. What you are doing together is making a horrible journey with cancer not only more tolerable, but providing the hope, guidance, education, and inspiration to empower anyone on this journey to better outcomes and greater health!!!

Sincerely,

Julia M.



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January 13, 2014

To Whom It May Concern,

May 29, 2013 I celebrated the completion of the last of 44 radiation treatments for prostate cancer. The treatments were designed specifically for me and administered precisely by Dr. Michael Beat and his excellent staff at the Arch Cancer Care Center.

A short time later my wife and I were invited to attend a wellness program at the Cancer Care Center. Their job of administering the radiation treatments was complete but now it is important to understand how to maintain a wellness program for the future of good health.

We were introduced to Dr. Michael Thompson, assistant Nicole and his Vibrant Living Chiropractic program. The program sounded like good common sense so my wife and I decided it would behoove us to participate.

To this day Dr. Thompson's services have been so enlightening and beneficial, far beyond our expectations for physical, mental, health education and social support. Dr. Thompson and Nicole are always there to advise and guide us with any and all health and preventive issues. I call it preventive maintenance. The recent Mayo Clinic health letter (January 2014, page 7) stated, "health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity." "Why not focus on building health instead of fighting disease."

This is what Dr. Thompson's program is all about and my wife and I have benefited tremendously from his direction to improve our health mentally and physically.

Sincerely,
Carl F.



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To whom it may concern:

I was referred to Dr. Michael Thompson at the beginning of my radiation treatments for prostate cancer. This was in July of 2013. In my 45 year experience of arthritis pain I have been treated by chiropractors and have had mixed results. I have been through radiation therapy only once, so I have nothing with which to compare, however I went through nine weeks of radiation with almost no discomfort. I have had serious back pain for at least 30 years for 80 percent of the time. I am experiencing medium back pain for about 15% of the time at present.

I attribute my lack of weakness or lassitude during radiation therapy to Michael Thompson's treatment. Manipulation is not the whole of his treatment range. First of all, he explains things in a way that I can understand. I imply no complaint with Dr. Beat who was patient and explained things very clearly. I recommend him highly to anyone with prostate cancer. I saw Dr. Thompson twice a week during radiation. Our sessions involved my physical reactions to radiation as well as dietary recommendations. He is a teacher as well as a chiropractor. With 35 years of experience as a teacher, combined with endless reflection on the methods and means of reaching students, I believe I can spot a real teacher when I see one. Dr. Thompson understands that we are complete organisms and it is critically important that the brain be involved in any healing process.

Medical treatment can be potentiated by education, education that medical doctors do not always have the time to provide. Dr. Thompson is a skilled and amiable communicator who takes time to explain what's going on with cancer treatments, the bodily responses, bladder, bowels, etc. (which can be a little scary). He explains nutritional benefits and encourages greater reliance on vegetables, while not excluding meat sources of protein. I have fallen by the wayside over the Christmas holidays, but I know that I feel much better on a plainer diet. I believe that the supplements of vitamin D, fish oil, and probiotics supplied by Dr. Thompson were of enormous help in my recovery.

In sum, I believe that Dr. Michael Thompson's treatment was an integral factor, not an adjunct, in helping me to successfully deal with my prostate cancer.

Sincerely,

Jerome B.