



Dr. Michael Thompson, M.A., D.C., C.C.W.P. (314)432-2329  
10315 Clayton Rd.  
[drmike@vibrantlivingchiropractic.com](mailto:drmike@vibrantlivingchiropractic.com)  
Frontenac, MO 63131  
[www.vibrantlivingchiropractic.com](http://www.vibrantlivingchiropractic.com)  
[www.vibrantlivingchiropractic.com](http://www.vibrantlivingchiropractic.com)

### **My Health Story**

I first started coming to see Dr. Mike after a fall from a horse. A friend recommended me so I decided to try it for the pain from the injury incurred from the fall. During the evaluation I told the doctors about the 13 different medications I was on. I told him how ten years prior to coming to the Elevation Health office, I started a downward spiral of consuming multiple medications. I began taking anti-depressant for the blues, then, Ambien for lack of sleep, eventually was prescribed lots of NSAIDS (Non-steroidal anti-inflammatories) and finally added multiple muscle relaxers (Flexeral, Celebrex, Vioxx, Soma and Valium to name a few) for back pain. To top it off, after I started taking all of these pills, my arthritis began to get worse along with putting on a lot of weight.

I became suicidal from the anti-depressants and felt like the doctors were doing nothing to help cure me. They were just “keeping me comfortable” and sending me home with more pills. I was told if I went off the drugs I would die. I was also told the doses I was taking were non-addictive, however, it took four months of awful withdrawals to get everything out of my system.

My journey back to health started that day in the office when the Elevation Health doctors gave me hope. I was faithful with my adjustments, came to as many workshops as possible, and implemented many of the eating/ exercising strategies I learned at the workshops and written material in the office. I am now completely off all of my medications, I have lost most of the weight I gained, I have no more arthritis, and I’m no longer living in a fog with no energy! In fact, I am full of energy and feel younger than I did ten years ago!

Kathleen R.

