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I came to see Dr. Thompson due to headaches I had been suffering with since I was a teenager. I suffered with headaches four or five times a month during high school and college, but a few years after I started working the headaches began occurring a couple of times a week. After having my first child the headaches were almost daily and at times it made it difficult to care for my daughter during the day due to the pain. A year after my daughter was born I returned to working a 40 hour week and the headaches worsened. I was taking 8 Ibuprofen daily just to get through the day and on the days the headaches were the worst, I would have to leave work early because I couldn't concentrate very well. Finally, my sister recommended seeing Dr. Thompson as she and her family had great success in getting healthier together and she no longer suffered with headaches and her kids were not missing school anymore because they rarely were sick. During my initial evaluation with Dr. Thompson he asked me a lot of questions about my past injuries from playing soccer and the two concussions I had suffered. He did scans that showed a lot of irritation to the nerves in my neck and noted he felt confident that he could help me restore my health.

Dr. Thompson provided a detailed plan including adjustments three times a week, a regular exercise plan and also helped me a ton with my diet. Over the first 6 weeks my headaches were 75% improved after years of suffering with them. After 6 months I may get one headache a month and this is mild. I don't miss work, I don't miss out on my daughter's activities and I don't take Ibuprofen anymore. My hope is that more people who suffer with headaches like I did realize that there is an answer and will call Dr. Thompson's office.

THANK YOU!!!  
Karen B.