



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

My PMS Story

I had suffered with bloating, cramping, headaches and lower back pain along with bouts of depression and lowered sense of self esteem since I was in high school when my period neared. My mother told me that it ran in the family and that I would learn to tolerate the symptoms. I began taking over-counter-medicine, including Motrin and Midol, for the symptoms and this seemed to help for a while. However after about 10 years of this, the symptoms worsened and the medicine didn't help any longer. I was put on Zoloft by my OB/Gyn to help with the symptoms and told there was no cure.

After two years of taking Zoloft and really not much of change in my symptoms, a good friend of mine told me of her experience with Dr. Thompson and recommended that I go see him for an evaluation to see if he could help. After meeting Dr. Thompson and going through my evaluation, he thoroughly explained the results and recommended a course of care for 6 months. Although reluctant, I figured I had nothing to lose and everything to gain so I decided to give it 6 months.

To my surprise within my first 2 cycles, I already began to experience decreased symptoms to the extent I didn't feel I needed the medication any longer. By the end of 6 months, I can honestly say that I didn't dread my periods because not only was experiencing only minor discomfort, I was able to continue to enjoy my life without putting everything on hold for a week as I had in the past.

I have made a commitment to make chiropractic care and Dr. Thompson's lifestyle advice a required part of the rest of my life.

Tammy T.