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I first sought chiropractic care after a fender bender in April 2010. A time when I was also traveling almost every week and was under a lot of work-related pressure.

At first, I didn't have any symptoms after the accident and was cleared by my doctor. However, about two weeks after the accident, my left shoulder / side of the neck "froze" one morning, and I was in excruciating pain. Despite muscle relaxers, I barely made it through the weekend. I was desperate, thinking I would never recover properly. I immediately started to look for a chiropractor, relying on the recommendation of a good friend, who is very athletic and swears by chiropractic care. Meeting Dr. Thompson, I knew right away that we were on the same wave length, as he held the same beliefs as I do: a healthy body requires a healthy, happy mind. I started to feel better right after the first session, not because I was miraculously cured, but because I had met somebody who gave me the confidence that with the right attitude and willingness to work(!), things would be more than alright.

I consider myself a person who is quite in tune with her body, particularly because of my yoga practice but also my diet and workout regiment overall. However, chiropractic care made me even more aware, even of the slightest changes in my body. Because of this, I have developed a much more keen understanding of "bad behavior," such as bad posture, particularly when stressed, and it allows me to "auto-correct" some of it. I also am doing my neck and shoulder exercises "religiously," getting up from my desk every hour, no matter what. In addition, eating well and having fun in life is paramount. That said, chiropractic care is a lifestyle choice, not a quick fix. That's why I am on a regular schedule with Dr. Thompson. Chiropractic care is not an expense, but an investment in a healthy, happy body and mind.

Manon H.