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Asthma Relief

I have suffered with asthma since I was a child. It created difficulty playing high school and college sports. In fact, it kept me out of the military. I had used various medications over the years and was using an inhaler every morning and at times 2-3x a day. I was not in great shape and had gained almost 20 lbs because I could not exercise as much as I like due to my asthma. It became a chore to even walk 9 holes of golf on a par 3 course because of my asthma. I began seeing Dr. Mike for a neck/upper back problem I was having from a previous sports injury and as I got older and sat more at work the problem worsened. After about 3-4 weeks my neck and upper back pain were 80% better, but what I really noticed was that I was only using my inhaler every few days.

As Dr. Mike explained to me the nerve interference in my upper back was effecting my lung function and as my scans started to clear I started noticing greater improvement in my neck and asthma problem. After 3 months of regular adjustments and using the lifestyle improvements we talked about, I was using my inhaler about 1x a week.

I have now been under care for over a year and am happy to report that I have used my inhaler only 1-2x the past 5 months. I have more energy now that I am breathing better and am in better shape than I have been in several years as I can now exercise as long as I like. I also can walk 18 holes of golf with my sons now.

Ray T.