

## Sharon Dunlap - Testimonial

OMG! What is this sharp pain shooting down my back and leg? I've never felt anything quite like this – what can I do to ease this? Do I sit down? Do I try to straighten up and walk it out? These were questions going through my mind when I shifted my foot the wrong way while working out with weights at the gym! I could barely walk, so I decided to sit down and see if the pain and burning sensation would subside. It did eventually ease off but would not go completely away. I made it home and put ice on my lower back – excellent advice given me by my all-knowing husband!

After a sleepless night, I knew I had to have an intervention... but what? Where? Being a health conscious person and one who does not like to take prescription drugs, I decided to go out on a limb and see a chiropractor. (Yes, at the time I felt that seeing a chiropractor was “going out on a limb”!) I had a friend who saw Dr. Deane Mink, so I decided to give his office a call. Much to my surprise, after explaining my dilemma, the kind person on the phone told me to come on in, that Dr. Mink would work me in that very morning! (That's pretty awesome in itself – taking into consideration that I was not an existing patient.)



I had barely sat down in the chair at his office when I was called back. This was the first time I had ever met Dr. Mink. He asked me a few questions and said he would like to take an x-ray of my spine just to be sure how my discs looked. I agreed. A few minutes after the x-ray was done, I was back in with Dr. Mink. He explained that what I was experiencing was a condition called sciatica and went into detail – he then asked if I had any questions. I had one....can you help the pain? His reply...”young lady, I can stop the pain!” Awesome! I love self-confidence when it comes to someone I need help from!!

He saw me three times that week and for a couple of weeks following, then we dropped back to twice a week, then once a week. Honestly, I felt relief after the first visit – I had some soreness from the adjustment – but the pain was remarkably better. Each visit thereafter the pain continued to lessen. Finally, it hurt no more. This was some 15 years ago.

Now, I see Dr. Mink once a month because life is good, but life – back pain free is awesome!!  
Thank you, Dr. Mink!