

DISC DECOMPRESSION THERAPY

TESTIMONIALS

For the last five years I've been experiencing lower back problems. Episodes of disabling pain became more and more frequent. This was especially disconcerting because of my active lifestyle that included regular aerobics and exercise.

Finally I saw a back surgeon who took x-rays and showed me where the disks between my two lowest lumbar vertebrae had worn out. My physicians advise was to avoid any lifting, keep exercising and live with the pain, avoiding surgery (fusing the disks together) for as long as possible. I was given a couple long-term prescriptions for pain medication.

After regular ABS system treatments, I have reversed the degenerative disk disorder in my lower back and I'm now completely medication free. I still avoid lifting any heavy objects (which seems to reverse my progress), but otherwise my life is completely free from lower back pain.

Steven S. 1/03/06

I had sharp lower back pain that radiated down my right leg, sometimes numbing both legs a little. Any sudden turning of my body, like going up stairs or even just sitting in my car driving was uncomfortable.

After my 3rd visit, in about a weeks time, I was feeling relief. By the 4th treatment I was good to go. With this equipment and my chiropractor's advise my discomfort is all but gone. Everybody needs this treatment in their health care regiment.

Dave C. 11/02/05

I had a herniated disc, L5-S1. The ABS system helped me heal much quicker than I would have without it. The pain was greatly reduced in a short amount of time – about the 3rd or 4th session. I was on the verge of surgery but chiropractic care coupled with the ABS sessions helped me prevent that outcome.

Sheila G. 11/08/05

Being a dancer most of my life had really taken it's toll on my back. That, along with my fair share of heavy lifting, some brutal falls on winter ice, and a hurtful childhood injury to my tailbone, created a recipe for disaster. Three or four times my back has completely gone out. But it's managed to slowly recover to some extent each time. Then I hit pay dirt and injured my lower back on top of it all doing the

simplest movement. That was the point of no return. My back just surrendered to the ongoing stress and retaliated with very specific pain centered like a pool of lava in my lower back. This time, it was not going to just go away. It was instead, going to create for me a debilitating life style, and reassign me a new age of exactly 102 years old. I couldn't walk for very long without back pain. I couldn't stand in a line at all. It hurt to sit, and it hurt to lay down. Getting out of bed in the morning afforded me the opportunity to perfect a series of contorted facial expressions that Steven King would envy, and as far as posture goes, Groucho Marx had nothing on me except his cigar and stylish mustache.

Movement like dance and yoga were important to me and without being able to express myself in those ways, I eventually became depressed. Even my love for writing began to suffer, not only due to lack of inspiration, but it just plain hurt to sit for very long. It just wasn't worth the effort. I was a 53-year-old centurion. All I could think of was "Where was Dr. Kavorkian when you needed him?" The one thing I knew for sure was that I was not going to have someone cut into my spine.

Then, a friend of mine with similar back problems began to rave about the ABS decompression table that Dr. Birdsley has. He was seriously astounded by how much better his back was feeling after his experiences with it. This was especially relevant information to me because my friend is also a former dancer and happened to have a similar background to mine, as well as a history of severe back pain and trauma. I was amazed that he was so much better!

Well, miracles do happen even in this day and age. Long story short, I sprang into full hobble and paid Dr. Birdsley a long overdue visit. Along with Dr. Birdsleys wonderful adjustments, I was introduced to the ABS decompression table. My back began to slowly move back in time. The machine gently eased up and stretched out my poor smooshed up lower back into healthy alignment. As I was laying on the table, I could begin to feel the energy stirring in my lower back again. It was frightening to realize just how extensively a back injury can debilitate so many other areas of the body and mind. It can cramp up and block nerves to vital organs, grind into itself, and eventually break a person's spirit. Oh, what a feeling to walk straight again! I honestly didn't think I could feel so much like my old (younger) self again. I didn't think anything could help me this much. I had all but given up on ever feeling better or having a normal life. Now, I can take long walks again, sit for long periods of time, move and dance with so much more ease and so much less pain! I am regaining my limber body because stretching doesn't give me excruciating pain anymore. Now all I have to complain about is the price of gas, and the fact I didn't wise up sooner!

I have nothing but positive things to say about the ABS decompression table. It has made a huge difference in the health of my back and I will forever be grateful. Not only that, I would highly recommend it to anyone who has arrived at the point in which they truly believe there's no going back (no pun intended!). It would be better however, to save years of pain and get familiar with the ABS decompression table when the hurtin' begins!

Thank you so much, Dr. Birdsley for a vision and comprehension of healing that insists upon the addition of such a life saving device! Even R2D2 doesn't have this goin' on!

Cinda S. 12/01/05