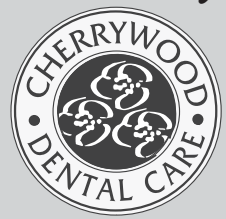


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I have had several improvements in my health and well-being. The most recent one was my ability to go off a medication that I have been taking for 1 1/2 years. This medication has been a migraine saver for me for a long time. If I would miss even one day of this med, within 12 hours I would be suffering with a migraine. Several times I wound up in the hospital when I didn't take this medication. I was very dependent on it working and fearful of discontinuing it.

After all of the other wonderful changes my body has experienced over the past five months, I knew I had a good shot at getting rid of this drug. I went off it on a Thursday and was migraine free for four days! I am now migraine and medication free. God is our healer. I thought I would be dependent on that drug for the rest of my life, but it feels so good to be free.

~Jillian K., Otsego, Minn.

I chose LifeForce Family Chiropractic because the doctors and staff are both exceptionally knowledgeable and caring. Dr. Lofton & Dr. Zimney use a special technique called Torque Release Technique – and after just five adjustments I've noticed great improvement. I came to LifeForce Family Chiropractic because I heard Dr. Lofton speak about how stress can decrease our body's ability to work effectively. Since I had been under a lot of stress at work, I knew I needed to make an appointment. I drive 1 1/2 hours each way for my adjustments, because the environment and treatment I receive at LifeForce Family Chiropractic is awesome! I highly recommend LifeForce Family Chiropractic. We all deserve to be healthy. Thank you LifeForce Family Chiropractic!

~S.D., Albert Lea, Minn.

Before my daughter Ava began treatment at LifeForce, she would sneeze at least 40-50 times a day and always had a runny nose. It wouldn't matter what season we were in or where we were at. I always had a large supply of Kleenex wherever we went. I would say within one week she maybe sneezed a couple times a week – and I cannot remember the last time I wiped her nose. Ava has also experienced great improvement in elimination, sleeping and concentration in general.

I wasn't sure what to expect after my first visit at LifeForce Family Chiropractic, but I certainly can tell you that what I experienced was almost unbelievable. My anxiety level went from being around a 5 to about a 2 in the first week. I'm now in my second week and have not had to take any anti-anxiety meds - in fact I don't even feel like I need to bring them everywhere I go. I truly believe that Dr. Wade & Dr. Lance genuinely care about each and every patient in their care.

~Jenny T., Savage, Minn.

After 21 plus years of smoking I was able to quite with the help provided by LifeForce Family Chiropractic. Dr. Lofton provided me with a product that helped curb my nicotine cravings. Regular chiropractic adjustments certainly helped me quit too.

~Chad T., Savage, Minn.

I have shared with you my thyroid problems and ... In May of 2008, my TSH levels were 33.44 (overt hypothyroidism). Just under three months later, with all natural changes and supplements, as well as adjustments and auriculo therapy, it was 23.04 (still high but a 31% improvement!) I am now off Synthroid, which gave me so many side effects I could hardly function normally. Today I got the results from the latest blood work. TSH = 11.41 (still high- normal is .4-4.5) but in just under a year through all natural vitamins, supplements and consistent chiropractic adjustments nearly 66% improvement! Just wanted to share!

~Connie T., Excelsior, Minn.

I have had a reduction in blood pressure and a toothache that went away after one treatment. My lower back pain has lessened and stiffness in the neck is less also. Range of motion has increased in the back and neck. God has started healing in me together with the doctors at LifeForce Family Chiropractic where miracles can happen.

~Daryl C., Sioux Falls, SD

I have had back problems since 2002 and neck problems since 1991. My neck problems were so high in the neck no one wanted to treat my neck. So, I have been living with constant headaches and stiffness (unable to move my neck side to side without problems). LifeForce Family Chiropractic saved my life. After the first treatment my headaches were gone and the stiffness has greatly decreased. In addition, my low back pain was to the point that I had trouble putting on shoes and socks. Most days I would need help. Thanks to LifeForce Family Chiropractic I am able to do these daily functions on my own.

~Debra C., Sioux Falls, SD

When we brought our son Trevor to see the doctors at LifeForce Family Chiropractic he was not talking, eating had become very hard for him, and he was drooling constantly. He was on medication to help stop drooling, but he was continuing to soak through five to six shirts per day. Since September of 2008, Trevor has increasingly improved. He is off the drooling medication and with the LifeForce Family Chiropractic doctors help he has stopped drooling. He is speaking full sentences and communication has become clearer. He is eating bites and chewing his food – when before he would choke on just small amounts. He has also been able to reduce his anti-seizure medication that he takes for epilepsy. Relatives could not believe the change they saw from one year to the next. Dr. Lofton prayed for Trevor on our first visit, which touched our hearts deeply, that a doctor cared that much for my son and his health was and is wonderful. We bless the family and friends and doctors we have come to know here and what great care they have given to Trevor and our family.

~Joann T., Sioux Falls, SD

Thank you to the LifeForce Family Chiropractic family and God Bless you. Five years ago I woke up with tremendous pain. I could not tell if the pain was in my joints or muscles. I was also extremely cold and tired. My only relief was to stay in bed and sleep. I was diagnosed by other doctors with Polymyalgia rheumatica and having Prednisone prescribed I was still not getting relief of my symptoms. I was very concerned about the side effects from Prednisone, which depletes your bones and is toxic to the body. After a few adjustments the pain went away and my body started to heal itself. I'm now taking no medications and no pain killers. I have been healed of a disease that Medicine states is incurable and has no known cause, praise the Lord! The good effects I have noticed since having Torque Release Technique at LifeForce Family Chiropractic are the following: sleep well through the night; no shortness of breath; no more pain and depression; no chills; better body functions and elimination; wake up alert; have energy throughout the day; better concentration; more aware of what I eat and drink; and more consumption of water. My body continues to heal itself with prayer, treatments from the LifeForce Family Chiropractic team, and putting good nutrition and water into my body. Now I can carry out my goals I had five years ago even at 64.

~Diane F., Elko, Minn.

Deep emotional stress turned into depression and tiredness for me. This caused sickness in my body, including colds and flu, which I would get very easily and general aches and pains. My temperature would last for five days. I was having vertigo (dizziness) simply watching my children play. It was also hard for me just to do activities with my children and to take care of household chores. I was experiencing neck and back pain. I also started having issues seeing when night driving. All of these symptoms were affecting my quality of life, but I just attributed them to aging even though I am only 40 years old. After starting adjustments my whole family was healed of the flu symptoms. Depression has gone away, night blindness has gone, I am sleeping well and actually feel rested and alert. My neck and back have no pain and are healing wonderfully. What a blessing to be active without pain, tiredness, depression, etc.

~Kris R., Elko, Minn.

I'm a month into treatment at the time of this testimonial and in addition to decreased pain in my neck, lower back, and shoulders, I have experienced noticeably better sleep and less emotional distress. Feeling my body physically change after so many years of improper posture has been a blast so far. If someone read this while being skeptical of this facility's techniques, I say to them it's real!

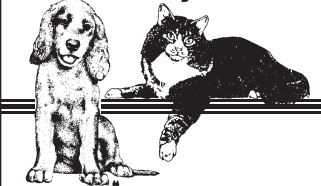
I have also been able to reduce my sleep medication and eliminate the anti-depressant paxil, which I have been taking for years! Everyone around me sees how much happier I am and it feels so great to have my life back. My father and I have been searching for results for years from all types of Doctors and we are proud to say that we have finally found a facility that knows the cause and how to help.

~Ryan G., Fargo, ND

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