

Savage Business Review

LifeForce Family Chiropractic

Recovering addict finds health, healing and hope

Crystal meth addiction in the United States and worldwide has been well documented. The United Nations Office on Drugs and Crime reports that nearly 25 million people internationally are abusing crystal meth. Methamphetamine is a highly addictive stimulant, which, over time, can be toxic to dopamine nerve terminals throughout a person's central nervous system.

Ryan, 35, knows well the addictive nature of meth. For several years, the Alexandria, Minn. resident struggled with a meth addiction, as well as other addictions such as alcohol abuse (drinking a minimum of 12 beers a day), smoking, sugar/soda addiction and dependence on prescription pain, anxiety and sleep medications.

This long list was detrimental to his health, as he suffered with back and neck pain, chest pain, weight gain, dizziness, depression, anxiety and a sleep disorder.

Ryan sought help from a number of sources, including physicians. Family members eventually referred him to Dr. Wade A. Lofton, CEO and Founder of LifeForce Family Chiropractic (LFFC) in Savage.

Ryan first visited Dr. Lofton for help with his neck and back pain and for a chronic battle with a sleep disorder. As Ryan recalls, "After I got off Meth I didn't sleep for over a year. I finally got some medication (from his physician) that was strong enough to put me to sleep." However, he still had trouble "here and there" with sleeping. In fact, just before his first visit to Dr. Lofton's clinic in Savage, Ryan says he hadn't "slept for three and a half months."



After Ryan's first Torque Release adjustment with Dr. Lofton, Ryan returned to Alexandria, and, as he happily recalls, "I slept for six hours straight that night."

Since then, Ryan says he has started to heal and get healthy with Dr. Lofton's help. He continues to see Dr. Lofton on a regular basis and has successfully:

- Stopped drinking
- Quit smoking
- Solved the sugar/soda addiction
- Ceased his pain and anxiety medication, and
- Lost 30-plus pounds in the process.

Dr. Lofton's neurologically based treatments are helping to re-set Ryan's central nervous system and helping Ryan, as Dr. Lofton says, "put life back in his body."

TORQUE RELEASE TECHNIQUE (TRT)

One particular treatment that Ryan has responded well to, according to Dr. Lofton, has been the Torque Release Technique. This involves a gentle, low-force neurological-based method that has been clinically proven to help people overcome addiction, depression, anxiety and other maladies and improve individuals' overall well being and performance in their body.

Dr. Lofton wants to make it very clear that TRT or Chiropractic does not cure any of these diseases. However, as Dr. Lofton says, when you start to live by these healthy principles that he teaches, "your body does amazing things; and one of these amazing things is that your body starts to heal itself!"

HEALING AND HOPE

Ryan says his health and well being have improved dramatically. He says he feels his life has been transformed. "I'm eating healthy, I exercise everyday and I'm going to work," Ryan says. "I've never felt so good in my life."

Beyond the physical healing, Ryan says he also is finding spiritual healing and hope. He says he is praying everyday, studying the Bible and attending church, whereas, before, he wasn't doing any of these things.

"We're saving lives physically and spiritually," says Dr. Lofton.

If you or any of your loved ones suffer from subluxation or any devastating addiction and disease, please call LFFC at 952-746-4404 to find out how they can help.

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