

My Chiropractic Story



Growing up, my parents always considered me their healthiest child. I ate better than many and exercised more than most. I rarely caught a cold. I followed the “rules” of health as I knew it and I thought I was as healthy as I could be.

But not all was well. Even as a child I’d get these severe stomach pains that left me curled up on the floor. I’d get headaches that became migraines after puberty. I’d get knee pains with damp weather, and I was only 13. I was told I could avoid some of my headaches if I ate sugar more frequently. I was told it was my years of competitive running and soccer that damaged my

knees. By university, I got regular stomach ulcers if I didn’t eat every hour or two, and sometimes even if I did. The migraines took over my life. I had ovarian cysts, was anemic, gained weight and was easily depressed.

My family doctor was in denial that I could be having so much trouble. When I exhausted over-the-counter pain medications, the only thing he could offer were prescription medications, including narcotics. I drew the line there. These medications may or may not relieve the symptoms, but would definitely not prevent them from returning. My parents felt powerless to make any real change in my situation, and they didn’t know what to do.

By a lucky accident or fate, I found out about chiropractic. I had already been disappointed enough with medicine which never offered me hope to be better, healthier, stronger... whole. Within a few months of receiving chiropractic care, I no longer had headaches, stomach pains, and a little longer and my knees didn’t behave like a 70 year-old’s. I could now exercise without fear of further injury or triggering a migraine, and stomach pains became a thing of the past. This experience led me to become a Chiropractor, so I could help other people lead healthy lives.

Now, as a parent myself, it pains me to see others, especially children, suffering needlessly. Their parents are doing their best, but many still end up more medicated and less well. Because of Chiropractic, I’m a strong, healthy, active, creative, happy and loving person. And I continue to receive regular Chiropractic adjustments myself to keep well. As your Chiropractor, nothing is more satisfying to me than helping my patients unlock their true potential. I want to welcome you to my office and I encourage you to share the secret of wellness chiropractic with others so that we can all be surrounded by happy, healthy, well-adjusted people... starting with the kids!

Thank you for the opportunity to help you and your family reach your optimal health.

Dr. Sabrina Chen See