

October 25, 2010

To Whom it may Concern:

I am writing to share my enthusiasm for Craig DeFries, a local chiropractor and wellness doctor. I began working with Dr. DeFries last spring because I suffered from debilitating migraine headaches that had been unsuccessfully treated for years by my medical doctor. Dr. DeFries diagnosed an intolerance to refined sugar and dairy, and he began educating me on how best to fuel my body. Since that time, and with regular visits to Dr. DeFries, I have become migraine-free, I've lost 10 percent of my body fat, and I've rid my body of the environmental toxins that were contributing to my poor health.

Dr. Craig's approach to wellness is remarkably refreshing. He first learns about his patients because he believes that each person has unique needs and unique perspectives on how wellness fits into their lives. Upon learning about his patents as people, he then treats the patient according to both their physical and emotional needs. He never pushes a client beyond their comfort level; rather, he attends to their wellness needs by tailoring his educational approach, providing his patients with information in ways that empower them rather than intimidate them.

For example, when I first began seeing Dr. Craig, he spent time getting to know me. As I demonstrated an eagerness to learn more, Dr. Craig provided more, always presenting the information in ways that I could understand and come, in my own time, to a decision regarding how to proceed. He never pushed me to make choices regarding my health—he simply provided information and allowed me to come to my own decisions. Most importantly, I always felt that he was genuinely concerned about both my emotional and physical health, and he always treated both. As a result, I look forward to every visit, for I know I will be treated as a complete person.

Having worked with Dr. Craig for almost a year, I now treat his advice as gospel—I trust him completely. He changed the way I approach my life, and I do not say this with the cliché dramatics that often accompany such a statement. He is one of the most genuinely kind and caring people with whom I have ever come into contact. I have changed the way I look at my own choices about health, and because I'm so much healthier, I have changed the way I live my life. A year ago, I was 50 pounds overweight, and although I grew up as an athlete, I had long ago given up considering myself to be an athlete. Recently, due largely to my work with Dr. Craig, I completed my first half marathon, and I've set my sights on a marathon later this year. Throughout my training, Dr. Craig offered sound advice, amazing adjustments, timely laser treatments, and heart-felt congratulations when I accomplished my goal. Simply stated, Dr. Craig has changed my life for the better!

I encourage anyone looking to improve their health to consider a partnership with Dr. Craig DeFries. If he does for you half of what he did for me, it will be the most beneficial partnership imaginable.

Sincerely,



Laura Jordan, National Board Certified Teacher