

It all started about 2 years ago when I awoke from a peaceful slumber with the most excruciating headache that I have ever felt. The strangest part about this headache was the fact it was only on the left side of my head. I can remember pacing the floor after ingesting several pain relievers hoping it would do the trick, but to no avail. After about an hour, in a flash, the headache disappeared as fast as it came on. I was extremely relieved but wasn't quite sure what to make of it. I had heard of migraines because of its intense pain and one sided nature but I wasn't quite sure. I went on back to sleep thinking it was just a time strange occurrence and would never return. I hoped....

From that point on my life turned a dramatic 180 degrees. The pain grew more intense as the days past and the attacks occurring 3 or 4 times a day. The left side of my face would swell from the pain and my eye was tear riddled, bloodshot and blurry. I felt as though someone was driving nails into my head while trying to dig my eye out. This was by far the greatest pain I had ever experienced and would not wish it on my worst enemy. I lost the ability to function as I once did suffering from sleep deprivation, fatigue and poor diet as side effects of this. The pain relievers had lost what little effect they had and I had to do something because I was at my wits end. I could not understand what was causing these headaches. The added pain of watching my family suffer through this, as they knew there was nothing they could do for me, finally came to the last straw.

For several months I went to just about everyone doctor and specialist I could think of. From ENT's to Allergist's to family practitioners – I had a drug cabinet filled with medicine that did no good. They could not tell what was causing the problem and gave me what they could to mask the pain. Finally, I went to see a Neurologist who did a series of test's and immediately told me what the problem was, Cluster Headaches. She said there several theories on what causes these attacks, but no real answer as of yet. Because of their rareness and cyclical nature they are often misdiagnosed as allergies or migraines. I was given a prescription of Topamax and Imitrex and after about a week of medication the symptoms went away and I felt like I was reborn; the first morning I woke up with no pain. For those reading this, that suffer or have suffered from cluster headaches, you know what a relief it is when they go away and almost can't be described with words.

An entire year went by with no trace of these headaches and I thought they were gone for good. The beginning of 2007 is where it all went down hill again. I returned to my Neurologist to start the treatment again but this time my neck and back had been bothering me and asked her if she could recommend a good chiropractor. She made reference to the Atlas Orthogonal specialty and Dr. Steve Racine of Orlando where I was living. She said it was the preferred method over cracking and popping techniques. I had no idea what this was at the time, but when I returned home I immediately made an appointment.

I was immediately impressed when I pulled up to Dr. Racine's website and scrolled through endless amounts of information of his specialty and details of the spine and subluxations that can cause problems all over the body. It was obvious that without meeting him I could tell he was extremely knowledgeable and proud of his profession which always brings a sense of comfort to a patient. As I walked in on my first visit I was greeted by Joyce, the doctor's assistant, with a smile and hello. The atmosphere was pleasant and relaxing as she brought me a drink of water making me happy with my Neurologists recommendation.

After a few moments Dr. Racine came out to greet me with enthusiasm and thanked me for picking his practice for therapy. We sat down in his office for a thorough consultation and was not rushed out, as is the case with many physicians. I explained to him my headaches and the pain and he explained to me about the spine and atlas and how subluxations cause many ailments. He also discussed the Atlas orthogonal technique and how it is used. After several x-rays – he took the time to sit with me again and explain each one in detail and how my atlas was misaligned several degrees which could be the root cause of these headaches. I was again very impressed and happy about how thorough he was in his examination.

After a series of therapy sessions and discussions about natural health I noticed drastic changes for the better with my headaches gone and my overall health improving. Dr. Racine is a perfect example of a man who puts the well being of his patients first before the money, and for this I cannot thank him enough. My life is back and I am full of energy I did not know I had. Through his suggestions and recommendations I have changed my diet for the better even watching the water that I drink. I have also started using the Noni Juice supplement for the past 2 months with noticeable improvements to my blood pressure and cholesterol. A simple 2oz. glass a day in the morning could not be any easier.

I want to thank Dr. Racine and Joyce for being blessings from above, giving me the answers and explanations when no one else could and for putting my health and wellbeing as their top priority. I highly recommend anyone who is experiencing any pain or discomfort to visit Dr. Racine because he can truly work miracles for you. At 25, you gave me the ability to live my life again and for that I will always be grateful.

Sincerely,

Jonathan W. Dougherty