

SCOTT MARSHALL TESTIMONIAL February 2008

TO MIKE JONES TREATMENT PLAN

HISTORY

I started seeing Mike in 1993 for severe lower back pain radiating around my tail bone, which I had suffered with for two solid years with no relief. I am now 52 years old. I was 36 when I came to Mike. I was in constant pain and was concerned whether I would continue to be able to do my job as a crop consultant, where I had to walk many crop fields, pull soil samples and perform other activities pertaining to my job. I had some history with an automobile accident when I was 19, a fall off a roof at age 24, and numerous incidents of injuries we all have while leading an active life. But this pain was the worst I had experienced; an accumulative effect of pain on my body that finally had caught up with me and my lifestyle.

I was working with a chiropractor with minimal relief at the time. I had been to a back surgeon and had numerous tests such as x-rays, milograms, cat scans, electrical tests and the whole list of diagnostic procedures. The diagnosis was pretty vague; I had some bulged discs in my back and neck, but none of them were pushing on my nerves yet. They could not help me.

A friend I worked with was related to Mike and knew of his work and helped me get in to see him. I started with Mike's protocol using neurological techniques, oils, nutritional supplements, and neuromuscular therapy treatments that Mike performed on me, tailored to my specific problems.

I have come so far and feel so good now, that it is hard to remember all of my symptomology and pain issues, but it was intense and limited my ability to function. I was married and a father of three active sons who needed my participation in their life. I feel that I have regained control over my life, and have direction in my own health; emotionally and physically.

The constant pain in my tailbone and lower back was mostly gone after about 3-4 months of treatment, and left after about one year of treatment. The pain never returned to my tailbone. Occasionally I do have flare-ups in my lower back, but they are usually minimal and few and far between. They leave quickly with treatments.

As I progress with Mike and his treatments, we are getting deeper and deeper into muscular and nerve areas that need attention to help me become as whole as I can. I continue with the exercises and supplements prescribed by Mike and am always willing and eager to learn more about my body. Another added benefit that just occurred this fall as we progressed, was a 30 pound weight loss in three months that seemed to come on its own as we got deeper into my wellness. Additionally, with my recent improvements I find I no longer need my glasses for reading. I feel the best I have ever felt in my life and am exercising three times a week for 2.5 hours each session, and lifting the most weight I

have ever lifted in my exercise history. About every three weeks I set a personal best in the gym with my ability to lift weights. I also have realized how important sleep and taking down time for me is.

I keep up with my routines and using Mike's evaluation techniques to check issues and decisions. I know there is always room for improvement and more dedication on my part. I strive to do the best I can, and appreciate what Mike and his guidance have done for me.

If you, as a patient or perspective patient, have any questions or issues, feel free to contact me.

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