

In the late 1960's, I was sent to the 'Company Doctor' to investigate my low back/low stomach pains. A very important sounding diagnosis was given – a twisted urethra, and surgery should be done as soon as possible.

I had recently met a young Chiropractic Graduate, and rang him to cancel an outing we had planned for the next evening. He suggested checking my spine.

Hey Presto! Two adjustments and I was standing straight, no pain, no surgery, no time off work and no scar!

The Chiro I saw way back then, was one of a very few qualified DC's lobbying hard for recognition and registration for Chiropractic in WA.

For nearly 40 years, I have continued to have regular Chiropractic care. My daughter and son have enjoyed the Chiropractic way since birth.

Through car accidents, riding and sports injuries, migraine and period pain, sore throats, pregnancy and childbirth, and times of general stress, its Chiropractic that gets us back on our feet – with no nasty side affects.

I can't imagine life without the relief of Chiropractic care.

Over the years I have been privileged to meet and be treated by some of the leaders in the profession, in Australia and overseas. Our Dr Miles Upfold, with his knowledge, radiant joy of life, fabulous family and A1 gorgeous beyond compare receptionist Bec, gives the BEST CHIROPRACTIC CARE IN THE WORLD. We are blessed to have him in our lives.

In closing: I know that if I need an adjustment nothing else works....and it needs to be an excellent adjustment – aahhh relief! Thankyou Dr Miles

(I don't need to win the 'yummy on the lips but not on the hips Easter basket'. I am already the winner – I know and receive Chiropractic Care.

Very "bestest" wishes, Trina

Trina