

Staying Healthy & Avoiding Disease

Official Publication of the Wolyniec Chiropractic Group

How Chiropractic Helped Me Through the NFL

by Bob Kratch

Spring, 2001

I was drafted by the New York Giants in 1989 from the University of Iowa. I never received chiropractic care before, but many of the Giants urged me to see Dr. Wolyniec, and so I did.

I was skeptical at first, but Dr. Wolyniec examined my spine and found a number of subluxations. He explained that vertebral subluxations interfered with the messages from my brain into my body. These messages traveled over the nerves. He pointed out the areas of nerve interference in my spine and began treatment. As I said, I was very skeptical at first, but the first few adjustments changed my life.

For years I played with unnecessary pain which hampered my career. There was always the fear in the back of my mind that my pain could end my career. But what really impressed me was not only my relief from pain without drugs, but my ability to play at a higher level on the playing field. I felt that Dr. Wolyniec turned on a switch in my body that had always been off. All professional athletes

them perform even a slight bit better, but discovering chiropractic care was a huge advantage. I became a proponent of chiropractic and appreciated all of Dr. Wolyniec's education efforts, such as his new patient orientation.

I entered my third NFL training camp in the summer of 1991, when disaster struck. After the fourth practice I suffered a severe neck injury from the hands of a 13 year veteran, Johnny Cooks. Johnny hit me while my head was in a turned position and he basically took my head off. On contact I felt lightning bolts of pain shoot down my arm. There was burning and numbness from my neck all the way to my fingers (this is called "stinger syndrome" or "burners" and is common in any contact sport). I thought I had suffered a career ending injury. How could I compete for a spot on the roster?

The first thing I thought of was the Wolyniec Chiropractic Group and I was immediately in their office. We could not believe the misalignments in my neck on x-ray. It was like a severe whiplash injury from a

Bob Kratch, #61, opening a hole for Dave Megget

If there was a turning point in my career, this was it. I needed help fast, very fast. Competing for a starting position in an NFL training camp is hard enough, but now I had a serious neck injury with up to 12 burners a day. I was at a crossroads to say the least.

Dr. Wolyniec's commitment to my career and physical condition was a priority. After many trips to the Giants training camp for adjustments and many trips back to Ridgewood during my free time, my condition began to improve. The first few days I received adjustments daily. Sure enough, I began to make progress. At first I had 12 burners a day in practice. Within a few days it was down to three or four. With many adjustments, my neck was 100% in two weeks and I have never had another stinger since. I know many players would have had their career ended by such an injury, but in just two weeks my pain was gone and I not only earned a spot on the roster, but a starting position as well.

If there was a turning point in my NFL career, getting over that neck injury was it. Dr. Wolyniec's encouragement, commitment and talented adjustments turned a career ending injury into a complete career victory! But most importantly, we have continued a wonderful friendship over the years. I am most appreciative for the enlightenment concerning my overall health and well being through chiropractic care.

Life has many twists and turns, and I wonder what would have happened if I never discovered chiropractic care.

I now reside on a farm in southwest Minnesota. I own an interior decorating business and a furniture shop. Unfortunately I have tried many chiropractors in my area, but have not yet found a chiropractor as skilled and talented as Al Wolyniec. But every time I return to my home town of Mahwah, my first stop is at Dr. Wolyniec's office for a proper chiropractic adjustment.

Bob Kratch April, 2001
Watertown, Minnesota

Allergies and Asthma

by Laura Poole

Ever since I was an infant, I had asthma and severe allergies. When I turned 7 years old, the doctors started treating me for my allergies intensively. They would give me shots of each allergen, such as down, dust, pollen, mold, cat, and dog. They also gave me a bee test. It turned out I was allergic to all.

This testing was done every six months and the testing itself would make me so sick I could not get out of bed for two weeks. That went on until I turned 18 years old. By that time I was on so many drugs I didn't know what was causing what. They started me with Theodur, which is a steroid. I took that daily. It caused so many side effects I would take something else for that, and then another pill for that side effect.

Finally, at 19 years of age I tried to stop every

thing. I tried acupuncture and herbal therapy but it didn't work very well.

I was pretty athletic all my life. I loved basketball and soccer. I was able to play, but every game was followed by an oxygen tank, nebulizer, or sometimes a drive to the emergency room. I was okay as long as I didn't go outside, play sports, walk up stairs, laugh too hard, wear perfume, or be around pets or flowers. I couldn't even go on a roller coaster. I was 24 and felt like 80. Even 80 year olds were in better shape than me.

At 24 my condition was getting severe and the doctors told me if I didn't start treatment again my lung would collapse. So I tried the "new" natural (yeah right) medications.

They started me on Claritin; they said it was

harmless and would get me through allergy season.

That was followed with Flonase for my nose, Severent for my lungs, Flovent daily, Albuterol for emergency use and an epi-pen to give a self shot. Then Flonase caused my blood to thin so I had to take something for that and Claritin caused migraines so I had to take Xanax and Percoset. The steroids caused severe heart burn and ulcers and so I was put on Zantac. All this made my stomach sick so I was then put on Compazine. This was supposed to strengthen the lung, but it ended up making it collapse. I was rushed to the hospital by ambulance and had to be revived. My Mom begged doctors to please help her daughter, so they doubled all the drugs and sent me home with home care. I was out of work for a year and Valley Home Care treated me.

I remember looking at my dresser each day and counting my pills. The count would always get larger. Finally I stopped at 22 different bottles.

One day my friend told me she used a chiropractor and then I remembered Dr. Wolyniec treating me in high school for an injury caused by a car accident. When I mentioned it to my Mom she said through that year I was going to him I didn't have any attacks after my soccer games. I started talking to Dr. Wolyniec, but I was scared and dependent on my drugs. Dr. Wolyniec and Dr. Jacoby both felt that they could help me, but it will be a long haul and require a change of diet. My body had been through so much.

Dr. Wolyniec and Dr. Jacoby started treating me regularly on June 10th of 1999 (27 years old). Little by little I was weaning off of my drugs. I stayed on my inhalers only. I kept every allergy pill just in case. I started with getting adjusted daily. With all the medications I was on I gained over 200 pounds. Just after a month of treatment I saw not only a weight change from being off of the drugs, but I was able to walk better and sleep. On drugs I was always up until 3 a.m.; with chiropractic I started getting tired by midnight. Now I'm in bed by 10:00 p.m.

In November, 1999 I went to Arizona. I still lugged all of my medications along just in case. We climbed a mountain in Saratoga and when I got to the top I cried. Never, since I could remember, have I been able to do anything like that without taking my inhaler. My friends were just as emotional because they always had to help me. Not this time. I could have climbed ten more mountains.

When I got back to the hotel room I dumped every pill in the toilet bowl and until this day, I never had to take one again.

In December, 1999 while housesitting I got a phone call the next morning. The lady had known me all my life and she knew about my allergies. She asked if I was okay because the bed I slept in had a down pad, down comforter and down pillows. I told her I was fine and laughed. When I got off the phone I thought about it and realized that if that were to have happened six months earlier I would have been rushed to the hospital.

I went back to Dr. Wolyniec with emotions to tell him what happened. He told me that it was just the beginning and it would get even better. I started working for him that month and still got adjusted at least four times a week.

I am now a full time nanny for three kids. I am back to daily exercise without having to take my inhaler. Dr. Wolyniec helped me with a healthy diet and vitamins daily and also showed me that through the power of prayer God can help me through anything. Dr. Wolyniec truly believed that he could help me get better and he did.

I am 29 years old and I run around winter, summer, spring, and fall. I can play with dogs and cats and smell flowers. I feel like I'm finally enjoying a life that I never had. No more headaches, ulcers, or bladder infections because there are no more drugs. I thank God each day for helping me through these years but most of all for introducing me to Dr. Wolyniec and Dr. Jacoby.

Laura Poole
Prospect Park, New Jersey
April, 2001