



**Patti H. Donahue, IA**

I was diagnosed with **Fibromyalgia 9 years ago**. I saw Dr. Scranton's ad in the QC Times for chiropractic care for this condition. **For years I have suffered with chronic headaches and all over body pain**. Some days I could hardly walk because the pain and the headaches were *unbearable*. Needless to say I was very irritable and frustrated at times.

**I was unable to continue at a previous job**. Daily chores like going up and down stairs, doing laundry, vacuuming, making the bed and other **chores were difficult**. Even walking a short distance was difficult.

I took prescription pain killers for the pain. **I tried to change my diet**. On days when the pain was less I tried stretching exercises.

The headaches have almost disappeared. **The leg pain has lessened**. I am able to walk longer distances than I could before.



**Deana F. Moline IL**

At the insistence of my parents and their praise of Dr. Scranton, I came to Dr. Scranton. **For months I'd been feeling run down with a low resting heart rate, low blood pressure, and some joint sensitivity**. **With my exhaustion and heart issues I felt at points like I was going to "shut off."** I was also gaining weight despite maintaining a very healthy diet. My arms would fall asleep and I sometimes had restless legs.

Being a personal trainer and competitor, I trained others and myself daily. I seemed to make it through that part of my day without too much trouble. **Unfortunately, when I needed to do my most important work as a mother and wife, I was falling short**.

Prior to seeing Dr. Scranton, I saw another chiropractor, an internist, and a rheumatologist. **I was diagnosed with Fibromyalgia and Raynaud's phenomenon**. I was prescribed a sleep aide and a low dose anti-depressant. Because I workout so hard, I chalked up the joint pain to over-exertion. Doctors said the weight gain was caused by continuous interrupted sleep. I was waking up 6 times each night. **My energy level began to improve to the point that I was no longer a grouchy and exhausted mother and wife**. My sleep patterns improved. I was only waking up 1 or 2 times each night. **One client told me that the sparkle in my eye was back**. I will be on stage competing in just a few weeks and feel confident I will do well. I'm hoping the 9 day Isagenix program I bought will further my results. It's beautiful how God steps in. He reunited me with a childhood friend, Dr. Scranton, not to play 'kick the can' with again but to improve my quality of life!



**Lori S. Bettendorf, IA**

For years I have had tension headaches and occasional migraines. Chiropractic has always helped me, but it seemed as though the adjustments never stayed in place because of my **Fibromyalgia**. I have had a lot of pain and inflammation in my shoulders and back for at least 20 years, along with the headaches. A lot of the time I was irritable and anxious because I never felt good.

It kept me from doing a *lot* of things that I used to take for granted; scrubbing floors, shoveling snow, even washing windows would cause extreme muscle pain in my neck and shoulders for several days afterwards.

I went to **many different doctors**, several different chiropractors, used muscle relaxers, pain killers and took 800 mgs of Ibuprofen, usually 3 times a day. **I spent years and a lot of money trying to find relief for my daily tension headaches and muscle pain**.

By the second week of seeing Dr. Scranton, **I was already feeling some relief from daily headaches and muscle pain associated with Fibromyalgia**. **After a month I'm feeling much better than I have in years**. I hope and pray that I'll continue to feel better once and for all with Dr. Scranton's help.

(309) 749-7405

[www.fibromyalgiacentersofamerica.org](http://www.fibromyalgiacentersofamerica.org)



**Phyllis H. Baldwin, IA**

Before finding Dr. Scranton, I suffered from the extreme pain of **Fibromyalgia**, with its chronic fatigue, horrible stabbing pain down my spine, severe stiffness, and so weak that I couldn't walk a few feet without help, gradually having to use a walker then wheelchair. As being a hard worker all my life, as the disease progressed, it became a daily battle to stay positive and not become short tempered. All my daily duties, housework, church activities, even simple tasks became impossible. Enjoying life was just not possible.

For many years, medical doctors scratched their heads, assumed it was either due to a sleeping disorder, a mental condition, hormonal, or all the above. They prescribed a multitude of drugs from pain killers, anti-depressants, to sleeping aids. **Like a bandage, the medicine covered up the disease but really had no effect.**

Since being led to Dr. Scranton, I have followed his care plan, **I have very little to no pain.** I've been able to get my life back. The work gets done. I can walk for the first time in over 8 years and at a fast pace without tiring. **It's good to be able to take a deep breathe and know I have my life back.**

I thank the Lord each day for leading me to Dr. Scranton and his staff. They have truly been a blessing to my life.



**Patti C. Muscatine IA**

Before I came to dr. Scranton I was experiencing muscle pain, joint pain, and fatigue due to **Fibromyalgia**. Activities that I had enjoyed in the past such as gardening, sewing, playing with my grandchildren, and cycling **were difficult**. Of course the not so enjoyable daily tasks of cleaning, cooking etc. were also not easy.

I have been taking medication for Fibromyalgia, which had helped some symptoms, **but the pain persisted.**

The very first time I was adjusted by Dr. Scranton I felt instant relief. He also diagnosed chiropractic problems that even though I've gone to other chiro's, none had informed me of or taken steps to improve. I was just told by them to go for an adjustment when I felt like I needed it instead of focusing on a specific problem as Dr. Scranton does.

**I now have less pain and more stamina to do all the things I enjoy... and even those pesky but necessary things I don't enjoy!**



**Joan W. Fulton IL**

I was one of the many people who suffered from **Fibromyalgia**. **I was in constant pain.** I kept pushing myself to do the necessary things a normal person does. Fibromyalgia had taken it's toll on my body and sleep was not more than 2 hours at a time; as when I'd roll over, my pain shifted to the unbearable stage: so I got up and went to the recliner chair so I could sit still. I saw Dr. Scranton's Fibromyalgia ad in the newspaper. **I could not clean my home or hang my clothes on the line** if they were wet and I couldn't walk a long distance.

I saw many specialists and was told by all that it *was in my head* - which I knew because it was getting harder to turn my head as well.

After starting with Dr. Scranton, I began to lessen my medication, and am able to stay focused when doing projects. The main thing is I can turn my neck. **My strength is coming back and I now want to see and do things. I can tell the depression is also better.** Thank God for Dr. Scranton and his staff.

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**Felcia K. Silvis IL**

I have **Fibromyalgia, Lupus, Chronic fatigue Syndrome, Chronic Asthma, C.O.P.D. Arthritis, Sleep Apnea, Migraines, Nuerocardiogenic Syncope, depression and anxiety.** My days were filled with unbearable pain, I didn't have any good days. I was missing a lot of work, and my day usually consisted of working, going home and going straight to bed. I was using inhalers and taking breathing treatments several times a day. These problems kept me from living my life, **preventing me from doing even simple every day things, such as walking, going up and down steps, even getting in and out of**

**bed and the bath tub.** I didn't socialize much, many times I felt like a burden on those who care about me. I was seeing my medical doctor frequently, I would have at least two or three hospital stays a year. I was always taking medication for one thing or another. Especially steroids. **It was to the point that pain medicine didn't even work.** On several different occasions I went to the pain clinic, but that only seemed to give me temporary relief. (very short term relief)

After coming to Dr. Scranton, I noticed changes, soon after my first adjustment/ alignment. I was able to move my neck more than I had in years. It had always been stiff, and even hurt to move it side to side. I am more energetic, **I am pain and medication free,** I feel the best I have in years. I haven't had to use my inhalers or take a breathing treatment since coming to see Dr. Scranton. **I am able to walk distances without being short of breath, having to sit down, get lightheaded or dizzy.** I came to Dr. Scranton at a time in my life, when I didn't think there was anything anyone could do. I had tried everything and exhausted all avenues with no relief. **Thank you Dr. Scranton for helping me get my life back. Maybe he can do the same for you...**



**Laura C.**

I made an appointment with Dr. Scranton because everythi ng on my body hurt. **My hands, knees, legs, neck and feet.**

The first improvement was my right hand. The pad part of my thumb had hurt for 3 years after a fall down the stairs. **My right leg doesn't hurt anymore and now my left hand is much improved too.**

I'm so thankful Dr. Scranton adjusted my hands. Who knew chiropractic adjustments could be the cure. My hands feel so much better and my leg feels amazing. I can walk with no pain in my leg. **I look forward to continuing my chiropractic care to improve my knees and feet.** More good things are coming.



**Phyllis H. Baldwin, IA**

Before finding Dr. Scranton, I suffered from the extreme pain of **Fibromyalgia, with its chronic fatigue, horrible stabbing pain down my spine, severe stiffness, and so weak that I couldn't walk a few feet without help, gradually having to use a walker then wheelchair.** As being a hard worker all my life, as the disease progressed, it became a daily battle to stay positive and not become short tempered. All my daily

duties, housework, church activities, even simple tasks became impossible. Enjoying life was just not possible.

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I thank the Lord each day for leading me to Dr. Scranton and his staff. They have truly been a blessing to my life.

My name is **Chris Z. and I live in rural Toulon IL.** I came to Dr. Scranton's office because I have **Fibromyalgia** and back problems and have dealt with severe pain, depression, fatigue, migraines, restless leg syndrome, and Menieres disease to mention just a few. I worked at the Department of Veterans Affairs, a very stressful job, and had to do a lot of typing, bending over paperwork and filing. **I noticed at that point I was having problems and had to miss a lot of work. I was having pain in my neck, back, shoulders and severe headaches and nausea.** I also taught dancing for years and had to give that up to. After that I was having a hard time even remembering what I was doing or what I was saying. At home I was always on edge, jumping down everyone's throat (most of the time for no reason) really because I was frustrated and in so much pain. Everything that happened in my life I blew out of proportion and managed not only to stress myself out even more, but everyone else around me. **Family started avoiding me.** At first I thought to myself 'good because they don't care about me and can't possibly understand what I am going through.' **After awhile I couldn't even stand being with myself** and the way I was hurting other people. It was so frustrating that everyone around me could not see or understand the pain and things that were making me the way I was. They would say 'you look fine', and so what if I had a little pain and they'd tell me to go get help. I had been trying to get help for years but I just wasn't going to the right place until I found Dr. Scranton and his staff.



My problems prevented me from doing most everything people take for granted every day of their lives. I couldn't sit or stand for long periods of time. Forget bending over without becoming completely dizzy and having nausea. Any movement which involved bending slightly forward or looking down was impossible. **Things like making the bed, sweeping the floor, shaking out the rugs, brushing my hair, reading, computer work, the list is endless.** I couldn't look up for fear of falling nor could I turn my head from side to side and couldn't raise my arms any further than up to my chest. Life was not that great. All of the work that I did had to be done completely at eye level which was difficult with most tasks.

Prior to coming to Dr. Scranton's office I had been going to chiropractors since I was a few months old. **I have had acupuncture, physical therapy, water therapy, whirlpools and still was not getting better.** I even went to a doctor who specialized in Fibromyalgia. Worst mistake of all. I have nicknamed this particular doctor "Pill Pusher." I used over the counter drugs trying to just get through the day without pain and nausea which had little effect.

Dr. "Pill Pusher" gave me so many different kinds of drugs had I continued to take them I would have had another problem, being addicted to drugs. *These drugs made me nauseated. The pills he gave me for depression made me more depressed.* I stopped taking all the medications and stopped going to that doctor. Apparently that doctor thought I was a nut case because of all the depression medications he gave me.

After I started coming to Dr. Scranton's office, even after the first visit and adjustment, **I noticed I had a lot less pressure in my neck, head and back.** Also the feeling of hope that I was really going to get better this time returned. **My life has already improved because I am feeling so much better physically and mentally.** My relationships at home have greatly improved. My family isn't running away from me like they did. They can see a big difference in me. They don't completely understand why things are changing but I am working on trying to explain it to them. Other people in my life are starting to notice a change. My dad says "my old daughter is back" and my mom sees that I am so much more relaxed and happier and not in so much pain. **My friends say "Wow. You can smile."**

I know I have finally come to the right doctor who is going to help me reach the kind of life I use to have and want to have back again. So many years in so much pain and things lost that I can't get back. I thought I was going to have to live with this for the rest of my life but I am not. **There really is hope and help for each of us. Dr. Scranton is the most caring doctor I have been to and truly wants to help you get better.** He listens, answers your questions, takes so much time with you. How many doctors can you say do that? Tacia and Amy are also very caring and wonderful to talk to and ask questions. **They really care about you too.** I am on the road to recovery finally and to a much happier life. Thank you Dr. Scranton and staff.

**If you have doubts** when you come in please don't just come for one initial visit and then quit, Or come in two times and say you are not getting better. It will take a little time. **Do you believe in miracles?** I never did until now. Please let Dr. Scranton and his staff be your miracle too.



**Wanda M. Davenport IA**

I came to see Dr. Scranton because his Ad suggested he specialized with great success in helping relieve the chronic pain of [Fibromyalgia](#) sufferers. I was also very interested in the detox program offered concerning the build up of toxins in the body, which I believe greatly added to my suffering.

**My problem with chronic pain was extreme. I was limited to doing very little, and the few things I managed to do were always with great pain.**

Over the last 15 years I have had and still have several doctors. I have taken a variety of prescription drugs, vitamins and minerals.

In my first treatment visit with Dr. Scranton he used a tool called a "Nervo-scope" to measure skin temperature along my spine to locate subluxations (where the spinal bones are out of place). He said mine registered so high that it was measuring off the chart.

I've been a patient with Dr. Scranton for a little over 2 months, and **the results have been great.** Yes, I still have pain, but it is less severe. I can tell my over all well being is improving. **I'm walking without a great limp and working on walking distances and endurance.** I can tell you this was the BEST DECISION I've made in 15 years. And I know it was God Sent.

**Peggy G. Camanche IA**

I came to see Dr. Scranton because my husband had requested the information booklet from Dr. Scranton on Fibromyalgia and before I knew it we were in his office. I think of it as “the first day of living again.” I guess I didn’t realize how much the pain, the stiffness, the swelling, the headaches, the numbness in my hands and arms, the exhaustion and the irritability I felt daily was affecting my family as well.



I wasn’t a happy person, and not only did I feel the pain from Fibromyalgia so did my family. I couldn’t say anything positive because I didn’t feel well. I was angry and I remember saying to my husband if you only knew how much I hurt; if you could feel what I feel. That was horrible and I would never wish the pain and depression on anyone. My husband doesn’t hear negative, hurtful words anymore.

I went to Doctors, I have taken anti-depressants, Advil, Tylenol and **I lived on Tylenol PM just to help me sleep sometimes with a cocktail just so I could get 4 hours of sleep.** I have had cortisone shots also. That only helped for a few days and only in the spot of the injection.

After starting my treatment with Dr. Scranton I was able to move my head from side to side, drive my car with both hands on the wheel instead of switching off and on, pick up my grandkids without worrying I might drop them, going to bed without Tylenol PM and a cocktail, doing my job in a timely manner instead of dragging through it, shopping with my daughter and loving it. I am smiling more. I went to my daughters track meet and just looked across at the green field and I felt like I could and wanted to just run and do a cartwheel. Then I just thought ‘Yeah, I might be feeling better and I could probably still do a cartwheel but I would look funny.’ **A forty-five year old doing a cartwheel in front of ‘a lot’ of people.** I do have a few bad days but that is the point, I only have a ‘few’ bad days. I have A LOT of good days.

Now I am really glad that I decided to drive forty-five minutes each way, after working all day, to come see Dr. Scranton because I have my life back.

Thanks so much to my husband and to Dr. Scranton and his helpful staff.

**HERE’S WHAT TO DO NEXT:**

You received this letter because like Peggy **you** requested information about *Fibromyalgia*.

We want to offer you the same thing we offered Peggy... it’s only fair. **But** you must call now to receive your *10 Point Fibromyalgia Qualification Evaluation, x-rays and computer exam, written Fibromyalgia Solution Recommended Care Plan and Consultation* (a \$245 value) absolutely **only \$30** ... with no further obligation!

If you're serious about ending your Fibromyalgia suffering once and for all like Peggy was then call **309-749-7405** and mention Peggy's story. Why suffer another day, when the answer to your Fibromyalgia may be right in front of you?

Medicare exclusions may apply.



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