

Dear John,

Compute: Over 12 months of extreme pain in the leg + 5 minutes with John E = 5 days of reduced pain and better function. Not too shabby!

I am 61 years old. 12 years ago, I took a bad fall, damaging 2 discs and other areas. 3 years ago, I fell again, damaging both knees. Arthritis set in everywhere. I am allergic to aspirin, all non-steroidal anti-inflammatory drugs, and narcotics, leaving me no real option for pain. The original injury was a Workers Comp issue. Physical therapy was useless and frustrating, and insurance would pull out right about the time any minor progress began to shape up. I would deteriorate rapidly waiting for the next authorization. I gave up. I had come to be resigned to the fact that my life would consist of pain...all day...every day...for the rest of my life. Years of "favoring" walking & movement, along with a sit-down job created other major pain problems. I hurt everywhere and cannot be touched in dozens of places without a bad reaction. I've slept sitting up for the last several months, because to lie down means I will set the leg to screaming & sitting up prevented as much movement while sleeping. All of this makes me Gimpy, Whiney (and several other Dwarves), and not much fun to be around. I'm a birder (this requires lots of walking, standing and looking up, carrying field guides and binoculars) and the Spring birding trips have been very painful & frequently end in tears.

The latest ugliness has been terrible, blinding pain in one leg below the knee that has left me crying just trying to get up the stairs, wakes me up during sleep if I move at all. I had received a possible diagnosis as a problem w/pes anserine bursa. The general treatment for this is tons of cold for days on end 3x a day for 20 minutes (not possible at work) and possible anti-inflammatory treatment (not an option for me) or cortisone injections (nasty procedure, and expensive) and/or removal of fluid (also nasty & expensive, and invasive w/needles and opportunities for damage). Well, I'd done the cold thing without much success, and my deductible is so high on my insurance (bad insurance through work) that I cannot afford to go through x-rays, etc to seek other treatment. Again, I accepted this as something I'd have to "deal" with.

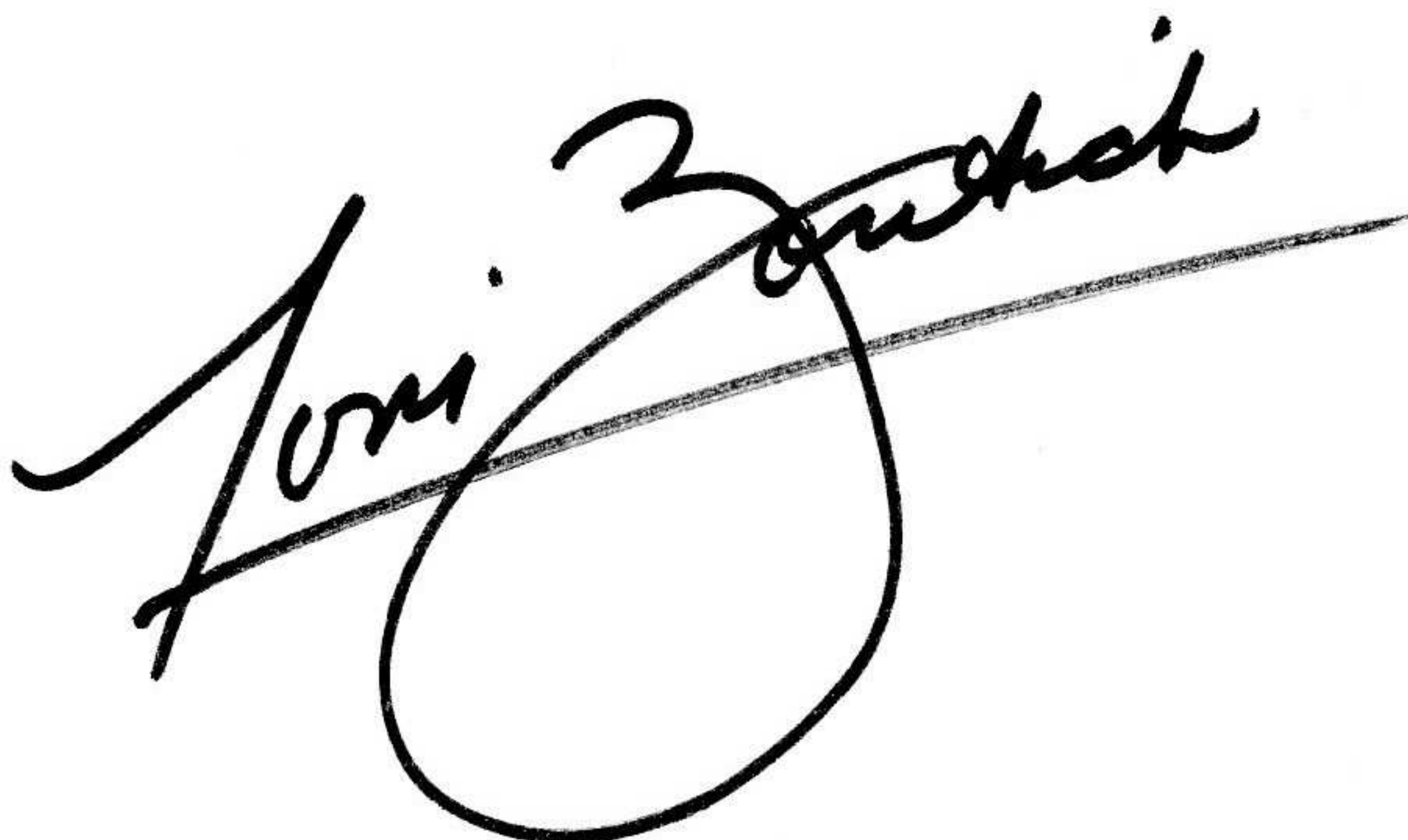
Then, on my lunch hour, I ran into you, and thought maybe you could address some of my stress-related shoulder pain. What you did instead is ask me what REALLY was bothering me, and you spent 5 minutes working on my leg. I was not expecting much, but, when I stood up, there was a difference that could be noticed. I was even able to shop for food that Friday night (2 days later) and get through it without crying...a first in a long, long time. My boss noticed a difference in how I moved and managed to get up from my desk, as well as in how I looked. This ended in her giving me permission to take an extra 15 minutes for lunch in order to see you.

Do I still hurt? Of course....you can't remedy 12 years in 5 minutes, but the immediate effect of 5 days off lessened pain is both a blessing and encouraging. For the first time in all this time, I have HOPE instead of resignation. Things CAN be better than they have been. I'm genuinely looking forward to where your help may lead.

I encourage anyone dealing with chronic pain to keep an open mind and give John a try. You have little to lose and possible relief to gain.

Thank you, John.

Toni Zoretich
Stow, Ohio

A handwritten signature in black ink that reads "Toni Zoretich". The signature is written in a cursive, flowing style. The first name "Toni" is on the left, and "Zoretich" is on the right, connected by a large, sweeping loop that underlines both names. The ink is dark and the background is white.