

Rita Brown: Transcript

When I go to work out or go walking around a track, it was just no longer comfortable, as I have Neuropathy. It's kinda hard when your feet aching and the pain that I was having. Even if I just walk to the store, I wasn't looking forward to it.

My name is Rita brown, I live on the southeast side of Chicago. I'm a Senior Care Provider.

I have had anywhere between one to three clients, and I was on my feet all the time, and having trouble sleeping at night. It just got so bad, if I was trying to sleep, be awakened with this pain.

The stiffness swelling, needles in my toes, it's pretty intense. I would have to have flip flops or sandals, but then it felt like my feet was stretching in the shoes. It wasn't a good feeling.

I tried just about everything else, elevating of the feet, soaking the feet, and I was taking medication. None of that was working. I was a little skeptical, but it was something different with Balanced Flow and why not? Let's see what this is all about.

For the consultation, I sat down with the Nurse Practitioner and the Doctor, and they were telling me about the program and what they would be able to do for me if I decided to come on board. And it sounded good to me.

They started right away with injections of B12 shots, and my feet and legs hooked up to a machine. I think it was like 20 minutes, but it felt good. It didn't hurt or anything.

At Balanced Flow, they'll explain certain things not just glossing over it, and they've been very nice. Adrian is the first person I see when I come in in the morning, he's great. Right now I'm around the halfway point. I have 24 sessions, it's progressive.

When I first came in to Balanced Flow, my feet were so bad I could barely walk. But now it's comfortable enough to wear shoes that I like.

The pain is not so intense, and if I do have a little pain, it's not so unbearable. But then it started to lessen as well. The main thing is that I don't cringe every time I take a step. I can walk a little longer and stand a little longer. In my lifestyle, that's been a change, a huge change.