

831 Kingston Rd.
Toronto.M4E-1R9.
June 25th.2007.

Dear Dr Caplan,

I thought it was about time that I expressed my appreciation for the wonderful care you take of me. I have been a patient of yours for many years. You have always made me feel you care for my well being.

I will be ninety two years old in a couple of weeks and I am well aware that I a really fit and healthy thanks to your care of me. I know my arthritis has been kept in check by your treatments.

Thank you for your great kindness to me and also I must thank Margaret as well. She has been so kind to me and always so nice to talk to. Not to mention always helping me down the big steps at the end of my treatments.

It has always been a 'Healing Hands' experience for me.

My grateful thanks to you both.

Sincerely, Bessie Stallworthy.

Bessie Stallworthy

Wednesday, May 03, 2006

Dr. Caplan has been my chiropractor for many years now. I started seeing him when he was still a student at the Chiropractic College here in Toronto. I have cerebral palsy and have previously been diagnosed with a slight curvature in my spine.

As a result of the cerebral palsy and the constant spasticity in my muscles it can get very hard to move in a normal and comfortable way. In some ways my body has adjusted to compensate for these difficulties. It can get extremely painful.

In the years to come I was diagnosed with fibromyalgia. This is a central nervous system syndrome and is very difficult to contend with as well. Although having the ability to walk has always been very important to me it became increasingly difficult. I attended many doctors' appointments and received what seemed to be an insurmountable amount of very complicated information.

Dr. Caplan has always been the one that I turn to for guidance and to explain to me, the many difficult words and diagnosis's throughout the years. He has been able to spot things within x-rays that others have missed. He has also been there to help calm my fears regarding my future and where my disability was going to take me. Even though my muscles and fibromyalgia have caused me pain and discomfort I am now able to walk! It has been because of many visits to Dr. Caplan is working with me to increase my mobility that I am now still able to live on my own independently, look after my pets, go to university and hold down a part-time job within the community.

Thank you for all your support, encouragement and assistance through the years. I look forward to many more.

Sincerely,
Bobbi Moore
Bobbi Moore

April, 2001

Hi, my name is Carolyn.

I came, quite skeptically, to Dr. Caplan in November, 2000. I had degenerative disc disease involving 4 discs in my neck for several years. As time went on, the arthritis began to appear in other parts of my body, first my lower back, then my knees, feet, wrists, finally my right hip. The pain from my neck and lower back was excruciating, involving all the muscles, and there were times I could not sleep all night because of the pain in my hip and neck. I took anti-inflammatory medication, as well as daily aspirin, and often muscle relaxants, getting only a very little relief from the pain. Some mornings I couldn't bear to get out of bed, and I could never imagine how I would spend the rest of my life with this pain, which was getting worse every year.

I had been an outdoor person all my life, spending weeks at a time hiking the B.C. mountains, and walking miles and miles at home in Toronto. It was a fun jaunt for me to walk from King & Dufferin St. to Sunnyside Beach. Now it was a major endeavor to walk from my home to the corner grocery store for a can of cat food.

Then I met Dr. Caplan, and was persuaded to go on the program he was offering. Why not? I felt I had nothing to lose, but I didn't expect much in the way of results.

From the second adjustment, I could feel subtle differences in my body, things I could not even put words to. As I continued to go three times a week, I began to slowly regain some of my balance, and continued to feel subtly better. There were also times during the program when I went through severe headaches, muscle cramps, and pain, but I persisted because more and more I could feel the difference in my body. Each time I was thrilled with how well I was beginning to feel, it just kept getting better and better.

I'm not taking any anti-inflammatory or other medications now, and only once in a while do I take aspirin. I do the gentle exercises Dr. Caplan showed me each day, and have very minimal pain in my neck or lower back. The pain in my hip disappeared early in the program. I have much more range of motion, and on a pain scale of 1 - 10, I have gone from a 12 - 3!

It feels so good to be planning a lot of walking trips for this summer, and I've already been walking distances I haven't been able to walk for years. I don't know how to begin to thank Dr. Caplan and chiropractic for giving me back my life.

It's like a miracle!

Carolyn

December 18, 2003

Hi, my name is Carolyn. I'm still here. I'm still walking all over Toronto, and I still come for a spinal adjustment regularly every month.

Recently, I had several gall-bladder attacks, not realizing what they were, thinking it was flu. Dr. Caplan worked with me several times a week during these attacks, while urging me to see my family doctor to find out what might be causing my illness. With each attack, chiropractic was able to take away my nausea and pain and help me begin eating again.

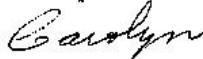
When I had my third attack in October, the pain was so severe I finally heeded Dr. Caplan's urgings and went to see my family doctor. I learned I had a badly infected gall-bladder, and had to go into hospital for a while. I later had my gall-bladder removed in another hospital.

Through all my illness and pain, Dr. Caplan worked with me, often every day, and kept me on my feet. He encouraged me - "When you get through this, you're going to have your life handed back to you a second time. You won't believe how good you'll feel."

He was right. I feel so great now. I didn't realize how sick I was for such a long time.

Again I have to thank Dr. Caplan and chiropractic for helping me through a terrible time in my life. I don't know how I would have been able to handle it without them.

Carolyn



P.S.

I was overweight, and I lost 35 lbs. during all this illness. Isn't that great!?

I am Rachel Hoday, I'm 9
years old and I go to the
chiropractor with my mom.
I like to get adjustments
because I do gymnastics
every week and sometimes
I get hurt doing a flip or if
I fall. My chiropractor makes
my back and neck feel better.