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A testimony of how Dr. Mark Johnson and the practice of Prolotherapy gave me my life back 100%. It was one year ago last month in March of 2007 that my search for answers in relieving a "PAIN" that I could not describe took away any life that I had... PROLOTHERAPY gave me My Life back....it will do the same for you...

It was March of 2007 that I started having pain in my neck that was getting worse by the day. I could not stand, sit or even lay down to relieve the pain. I could not work at my desk at the computer or even think straight it was so severe! Matter of fact, the pain was so intense I totally blacked out twice before getting to my GP. The only thing they knew to do was to give me a steroid shot for the pain which did not help at all. I was also given a prescription of PAIN medication. Have you ever read the side effects of this medication??? I was referred to a Bone & Joint Dr. who recommended I have a MRI done the next day. The MRI clearly showed degeneration narrowing of the C5-6 disc space, degeneration of the C4-5 disc space and a Large Right paracentral herniation of the C3-4 disc with inferior migration with inferior migration present. The MRI also showed a deformity of the dural sac with displacement of the RIGHT C4 nerve root. There was a degenerative bulge of the C4-5 and C5-6 discs causing slight deformity of the dural sac and degenerative bulge of the C-6-7 disc was also present. To say the least, I was in so much "PAIN" I was ready for the cure. Once two Dr's reviewed my MRI they wanted me to have surgery the next week because it was so severe. The MRI was done on 3/30/2007 and surgery was scheduled for Thursday April 5th, 2007. The Doctor (Surgeon) went over the procedure and I went home to inform my wife what was about to happen. I really did not have peace about this surgery, but had no other option. However, after getting home and thinking about it I called the Dr's office to get more information and they transferred me to his nurse. I told her that I wanted to know more about the surgery and she ask me if had gotten the package and DVD on Cervical Spine Surgery, I reply NO, I have not. So, she asked me to come by the office the next day and pick it up so I

ould review before the surgery. Oh my _____!!! They were going to cut me in front of my neck, go past some nerves, which if cut would leave me paralyzed to get to the area where they would cut off part of my disc, attach some metal plates and screws that would hold the disc in place. By the way, I was told that I would not be able to be active in sports and they were not sure if I would have full mobility of my neck... Now, to a guy that enjoys the outdoors hunting, fishing, water skiing, boating, golf and horse back riding, that was not the correct answer! So now, even in severe pain my wife Janice and I began to PRAY and ask God for guidance! The next morning at 3:30 am, Janice woke up still feeling my pain, for some reason, got on the computer and google my pain systems and PROLOThERAPY came up. After reviewing the web site at www.prolotherapynashville.com we were impressed with the facts with Peace in our hearts to check out Dr. Mark Johnson, who was located in Brentwood Tennessee only 28 miles from our home. We not only read about Dr. Johnson's background as a leading Surgeon at St. Thomas Hospital in Nashville Tennessee, we called the administration office and talked with them. They confirmed that Dr. Johnson not only was highly respected for many years at St. Thomas, but that they really wish they had him back. So, our next step was to call Dr. Johnson which we did. I asked for referrals of those who had neck injuries like mine that I could talk to which he did. I talked to several of his patients that ranged from a 25 year old professional weight lifter to a 50 year old gentleman that was in a car accident that were in even worse shape than I was and decided to see Dr. Mark Johnson with great results.

So, my first Prolotherapy treatment was May 2, 2007 which was a series of shots that Dr. Mark Johnson assured me would take the "PAIN" away and begin to build new tissue and muscle that would in turn strength my neck to hold the disc in place. After the first two weeks, Janice was on the phone making sure this was going to work, because I was still in pain, but once again Dr. Johnson assured my wife that in a couple of weeks I would began to feel better, less pain with the results I was looking for. He was right, after six weeks going into my second Prolotherapy, I was feeling stronger and the pain was going down. After two weeks into my second series of shots, I told my wife, this is really working!!!

There is hardly any pain and I feel STRONGER in my neck and after the third series (ever 6 weeks) the pain was gone and I was living a normal life again. In July of 2007 we spent 10 days on the lake boating and skiing which I was so thankful to God for leading us to Dr. Mark Johnson. After really getting to know Dr. Johnson and his lovely wife Holley, they both really do care about being a part of bringing Healing to a hurting world as an option to conventional medicine and even surgery. Since my full recovery, I am riding horses, four wheeling and keeping a very active life... Not only that, I have always had problems with my neck and especially if I were to lift something heavy. Just yesterday, I was picking up fence post and bags of concrete, not to mention a chain saw to cut of the fence post without having to get my son or someone else to do the heavy work. I have not been able to lift heavy objects for a long time and now I can do anything I choose to do. Because of the results, I have experienced with Prolotherapy to my neck, I had Dr. Johnson apply some shots to my lower back and the results are incredible!!! No more lower back pain, especially when I do pick up something heavy.

Since my healing, I have referred many of my friends that were headed for surgery for knee, shoulder, back , neck and hip replacement and even friends that had surgery, but still in pain. So they too replaced their surgery with PROLOTHERAPY as well with 100% results. I would like to tell you about my friend Keith who was headed into surgery a week before we talked due to an injury to his shoulder. Keith loves playing golf and had not played for years due to the pain in his shoulder. I referred him to Dr. Johnson and he decided to go through Prolotherapy and in three weeks after his first series of shots was playing golf. One other friend out of many is Reece Robertson who had major back surgery and could not walk. Reece was in tremendous pain and after telling him my story he has gone through Prolotherapy and is doing well. You are welcome to call me and I will tell you about all my friends. If you are looking for answers, look up Prolotherapy and talk with Dr. Mark Johnson, you will be glad you did..... You will find a copy of my RMI in Dr. Johnson's office.

In conclusion, I highly recommend PROLOTHERAPY, because I found out that PROLO just means, Pain – Relief – Option – to Life's – Ouches !!!!