

# Amazing Success Stories from People Like You!!!

(For more information, please visit our website [www.FiveStarChiro.com](http://www.FiveStarChiro.com))

**Back Pain Can Take Over Your Life If Not Treated Properly. Unfortunately, It Has Taken Over Many People's Lives. Don't Let This Happen To You Or To Someone You Care About.**

“Actually, the treatments here at 5 Star have changed my life. I had suffered chronic back pain for years and had attributed it to age and arthritis. I was very skeptical about chiropractic medical procedures and I came here only as a last resort after suffering really severe pain for a whole weekend. **The very first treatment helped a lot, but during the next 5 or 6 weeks I realized that I simply didn't have any back pain. It's still hard to believe. I'm 74 years old and I can honestly say that I'm in much better shape than I was 15 years ago.**”

*Burleigh Cook*

“I had only tried chiropractic services once before but became concerned with the forced adjustment aspect so I quit. With the new treatment there is none of the “cracking” experience. I have been able to make good progress on eliminating my sway back condition. **I experience far less back pain as a result. I also LOVE the water massage & the massage chairs in the office.**”

*Joy Hallof*

“About Five Star Chiropractic Center... I woke up with intense and aggravating low back pain that kept me from focusing on anything. I called in the morning and they had an opening that afternoon, thankfully. After the proadjuster, which helped relaxed my muscles and reminded my spine how to be in correct alignment, I appreciated the additional expertise of Dr. John. He put a drop piece up on the chiropractic table and helped my lumbar spine really get moving to take the pressure off my nerve. **The pain suddenly disappeared and hasn't returned.**”

*Dr. Krista Marie Alongi, D.C.*

“Excellent treatment. Great personal touch by Dr. Falkenroth. Best chiro care I've experienced.”

*Jeff Peterson*

**“I came into your office with a severe back injury (i.e. muscle spasm) and you all made it almost pain free within 7 days! This was time enough to enjoy a winter survival expedition!** It was the first time in my life seeing a chiropractic doctor and Dr. Falkenroth (and staff) were wonderful. I'm a believer in their abilities. Thanks for your talents!”

*Paul Dirks*

“I came to Five Star Center with lower back pain & leg nerve pain about December 1<sup>st</sup>, 2005. Since then I have not had any back or leg pain . **Not only have they eliminated back pain but also have had more range of movement as a handball player.**”

*Ken Dobler*

**“The first time I came to see Dr. Falkenroth, my back was out, I was in pain, and I could not stand up straight. Twelve hours after my first treatment my situation was dramatically improved.** The treatments were not uncomfortable and I have always found Dr. Falkenroth to be kind and helpful.”

*Laura Lee*

“Dr. Falkenroth has made my back 100% better since I've been coming to him since Nov 05 to June 06. I have no lower back problem near as much as I did. **I would recommend him to anyone with back problems!!!**”

*Jim Harrington*

**“After an extended period of suffering with lower back pain I was given a gift of a visit to Dr. Falkenroth by my wife.** Though skeptical, I found that after a course of treatments the Dr. administered that the pain began to disappear, until finally after several months I was pain free & as mobile as I had once been. I discontinued the treatments for many months, but eventually re-aggravated the injury w/ accompanying pain. Once again I sought treatment & once again the Dr. was able to align my spine & relieve the symptoms. Since that time I have visited the clinic on a regular basis – some 2 years now – for regular “maintenance” & have not experienced a recurrence, though my activities frequently include those that resulted in my original injury & pain.”

*Michael Vensel*

“I came into Dr. Falkenroth’s Office in 2004 with severe back pain. He showed great care and patience in trying to relieve my pain. During the course of my treatment I had an MRI and discovered that I had 2 herniated discs. After months of painful physical therapy and eventually surgery, my pain became manageable. I started a maintenance program with Dr. Falkenroth in 2005 to prevent any future problems. At first I was skeptical about the effectiveness of the adjusting machine he uses, but I am now a huge fan. It instantly shows areas of my spine that are slightly out-of-whack that I might otherwise have simply written off as stress or tension. When something is out of whack, Dr. Falkenroth can pinpoint the area and treat it accordingly. I no longer suffer from chronic headaches and my back has never been stronger. I have been a chiropractic patient for many years and have tried various forms of treatment. **I like Dr. Falkenroth’s “non-twisting”, scientific approach and have never felt better.** I highly recommend Dr. Falkenroth to all of my friends.”

*Brooklyn Taylor*

**“I was getting to the point that I was having trouble getting out of bed in the morning.** As a UPS Driver that is not a good thing for me. So my wife made me an appointment with Dr. Falkenroth. It took several visits before I started feeling better. That was three years ago. Now I come in once a month for maintenance only and I am able to work without low back pain.”

*Scott Smith*

“Before I met Dr. Falkenroth I was very skeptical about chiropractic. A couple of years ago I developed a very painful sciatic problem, opened the phone book and for some reason picked Dr. Falkenroth. **Boy did I pick the right guy. He instantly started treatment and in a matter of a couple of weeks I was on my way to feeling normal again.** Since then I have been coming for regular maintenance and I truly believe it works. I would and have recommended Dr. Falkenroth to many friends and family. It’s basically a pain free visit and I know it helps my body feel much better.”

*Phil Johnston*

“I have suffered from back pain since 1992. I saw Dr. Falkenroth in April of 2006. I wasn’t sure what to expect, but I was impressed! Within the first couple of visits I felt an improvement. **I had more energy and mobility. I felt a sense of well being when I left the aqua massage table.** I never knew that chiropractic treatment could make such a difference! The treatments were never painful or uncomfortable. The Pro-adjuster was preferred, rather than bone cracking method. I would highly recommend Dr. Falkenroth for any chiropractic need.”

*Gina Jones*

“I was having back pain for several weeks. After a few days of sweating from pain I called Dr. Falkenroth and he was able to see me within a few hours. I was able to sleep better that night. Over the next few visits my back and neck pain were all but gone. I was skeptical of his approach with the new technology but am now sold on his procedures.”

*Jerry Hovey*

“Due to my herniated disc problems, I was unable to receive regular chiropractic adjustments without discomfort. When I began receiving adjustments from Dr. Falkenroth’s office using the Pro-adjuster, I not only began to feel much better, but there was no discomfort at all.”

*Vickie Bencich*

**Car Accident Victims Must Get Treated Right Away Before The Damage From Their Injury Becomes Permanent And Debilitating.**

“I was rear ended in a car accident and was sent to a general practitioner. I was given drugs to mask my pain but I knew I wasn’t healing. I told workman’s comp that I wanted a chiropractor to manage my case so they gave me a list of Drs in the area. I am familiar with many chiropractic techniques but Dr. Falkenroth’s approach was new to me. I decided to give this method a try and I have been very impressed. **I feel like my body is healing properly and my pain has decreased significantly.** I would (and have) recommended Dr. Falkenroth to family and friends.”

*Robert Andrews*

“**I had never been to a chiropractor before and in addition to some general skepticism, I had a definite aversion to any forceful treatment on my spine.** I was already in pain & feeling fragile from my auto accident so I was greatly relieved to find that I had been referred to a more gentle system of treatment with Dr. Falkenroth. I especially appreciated being able to see the alignment of each vertebrae on the computerized graph both before & after each treatment. I’m continuing to have good results & heal. I definitely recommend Dr. Falkenroth.”

*Ruth Valdez*

“Four years ago I was in a car accident where my neck and back were severely knocked out of line. After experiencing a year of pain I decided to come to Dr. Falkenroth. **Since the beginning of my therapy my neck and back have become more in line and I am not experiencing any more pain.** Dr. Falkenroth has been very accommodating, kind and helpful .”

*Jeff Deroza*

“I am feeling much better since my car accident. I also noticed my neck isn’t cracking and popping like it used to. **I am not taking Vicodin anymore since the pain has diminished to a manageable level.**”

*Robert Mapes*

**Neck, MidBack and Shoulder Pain Will Result In Chronic Headaches If Left Untreated.**

“**After seeing a massage therapist several times for a sore neck, she explained that she couldn’t get to the core issue. She said that Dr. Falkenroth has some advanced techniques that could help me out.** I was very skeptical at first, but after 3-4 weeks, the pain has subsided and the visits are less and less frequent.”

*Ken Pittman*

“Dr. Falkenroth has helped me in so many ways. **My shoulder, back and hip were in bad shape due to my job as a hair stylist & salon owner.** I got instant relief & have had steady results with my maintenance plan... I also feel that the treatments have helped my metabolism which is always a plus. He is also very affordable.”

*Donna Pierini*

“I came with a pinched nerve in my neck. I got instant pain relief within three visits. I felt great with more energy no headaches and with full mobility of my neck.”

*Dennis Johnson*

“Noticed a big improvement with my neck & back pain after about 3-4 treatments. I like the gentle adjustments – I would highly recommend it.”

*Diane Slivkoff*

“I came to the office with severe neck and shoulder pain. The treatments were painless and immediately effective. **The massage chairs are so relaxing before each adjustment and the water massager after adjustments is wonderful.** The office staff is friendly & organized. I look forward to each of my treatments. I highly recommend Five Star Chiropractic Clinic to my friends and clients. **I have had several chiropractors over 30 years. The past 6 months with 5 Star Chiropractic Clinic has been the best.**”

*Vicki Schot*

“I have Dr. Falkenroth’s treatment to be the best of all chiropractic offices in this area. **I came in with severe pain in my middle back and walked out feeling better immediately.** With several following treatments, my whole spine began to feel normal. His practice is less harsh than others and I can tell a difference after each visit to this office.”

*Kevin Sullivan*

“**Dr. Falkenroth’s therapy has been a very good experience.** Treatment is very soothing. Manipulations have been effective without putting undue pressure on the body. I have had a pinched nerve in my neck. I was looking for treatment that would not create more problems. I had been to other therapies but I could not undergo the extreme manipulations. I started coming in 3 times a week. Within a month I was down to once a week with improved body mobility and lack of pain. My pinched nerve is not as irritated. Much of the pain has subsided. I will continue treatment to stay pain free and enjoy my quality of life.”

*Marc Godoy*

### **How Many Pills Have You Taken For Headaches? Give Your Liver A Break.**

“**Had consistent headaches from stress in neck which have disappeared.** Also was ready to have knee surgery from pain caused by misaligned cartilage which has also lessened considerably.”

*Genelia Phillips*

“Dr. Falkenroth is wonderful! He is very knowledgeable, very accurate, he takes the time to understand the situation. I am very confident in his abilities. He is very kind & caring. His treatments are very gentle and don’t hurt. I have frequent – severe migraines. **I have just started treatment with Dr. Falkenroth and feel some real relief in my neck after the treatments...**”

*Judith Jakob*

### **We Have Great Results With Carpal Tunnel Syndrome.**

“Suffering from Carpal Tunnel is very painful. **Through my treatments with Dr. Falkenroth I have a decrease in pain immediately & on an ongoing basis I have increased mobility in my arm and hand.** I highly recommend Dr. Falkenroth. The treatments really work and the patient care is exceptional. Dr. Falkenroth is a superb chiropractor!”

*Laura Reeves*

“I am being treated for lower lumbar back problem. A year ago I had physical therapy for a couple of weeks. A year later the pain returned. I was skeptical about going to a chiropractor as family members have had bad experiences in years past. With Dr. Falkenroth my back is better and also other parts of my body. Carpal Tunnel seems to be better. **I was amazed that there was no pain involved with my treatments.** I would definitely recommend Five Star Chiropractic Center.”

*Susanne Dean*

“I woke up one morning with a terrible pain that started in the back of my neck and ran all the way down my right arm. Not one to immediately see the doctor, I lived with this intense pain for several months. A friend told me about John, her D.C. and how he had helped her with pain so I made an appointment. He evaluated and treated me on the first visit and the pain soon went away after a few more visits...”

*Norma Pena*

“My experience has always been positive. **I was referred by a number of colleagues at Cabrillo College. My very first time seeing Dr. Falkenroth was very positive.** He started seeing me because I got in a position of a work comp situation. Severe neck & back pain - & tingling on the tips of hands & numbing. My condition has really improved.... **The diagnostic machinery & aqua machine are new additions that other chiropractic offices don't have. Staff has always been exceptional.**”

*Rose Chavez*

### ***Patients Also Seek Our Help For Relief From Allergies, Scoliosis and More...***

“**I have scoliosis and when I first came in to see Dr. Falkenroth I was having extreme menstrual cramps.** Within two weeks of seeing the doctor my cramps had diminished almost completely and my back had less pain. I know this chiropractic care has really helped my overall body flow and function.”

*A.C.*

“**Since seeing Dr. Falkenroth I have been able to cut down and even exclude allergy medications on a seasonal & year round basis.** I also have less migraines eliminating dependence on preventative drugs and emergency medications. I sleep better and have lost weight now that I have more energy to put into my workouts.”

*Sarah Kollars*

“My visits to Dr. Falkenroth have been mostly maintenance, but **he has helped me with my feet which are consistently needing help due to dance.** He has done a very good job and I am happy with the work he has done.”

*Elena Vensel*

“I am being treated for pain & sore muscles and joints. It is ongoing, depending on my lifestyle or the amount of stress I experience in my life each day as well as all the activities I do each day. I have never been skeptical of Dr. John. I have had other types of chiropractic treatment in the past and like this treatment so much better. ... I would highly recommend & do recommend people to Dr. John. Thank you for your service & for being so special!”

*Faith Tuban*

### ***Many Of Our Patients Seek Our Help To Stay Well And To Keep Their Body Healthy***

“I've had problems for years and never dealt with them. After two visits, I could feel myself gradually begin to get healthier. It was good.”

*Jordan Freeman*

“I first visited Dr. Falkenroth about 5 years ago and now have my whole family under a wellness program. **The Palmer School graduate was what I originally sought as that is the premier chiropractic school in the country.** Having researched “wellness” thoroughly, I can speak very clearly of the benefit my family and I receive via this clinic. As a family, we rarely visit the MD (except for the occasional stitches or poison oak treatment), and have enjoyed the freedom of movement even as we get older. **I recommend this clinic all of the time with satisfactory results from all.**”

*Greg Koenig*

“I have had manual manipulations for over 15 years at different chiropractors. **Dr. Falkenroth’s adjustments seem to be more comfortable and the adjustment lasts longer.** I have been continually impressed with the support and concern for my overall health.”

*Vicki Hallof*

**The Excellent Results We Deliver And Our Dedication To Provide Excellent Patient Care**  
**Have Won The Approval Of Our Patients**

“Although I have only been coming here for a short time I have been very happy with my results. **I came based on a recommendation and the treatment has been great.** It is so different than other chiropractic treatments I have gotten and so much better. It is fast and doesn’t make you sore afterwards.”

*Chesney Malabuyo*

“Dr. Falkenroth is very knowledgeable & his treatment is effective. Treatment is painless and has helped me very much.”

*Julia DeRoza*

“**I came with severe pain, received painless treatment and immediate results.** I have come back several times after being away for weeks or months and again received immediate relief.”

*Katera Rutledge*

“I have been so incredibly happy with Five Star Chiropractic and Dr. Falkenroth. I don’t plan on going to another chiro ever. **This chiropractic office is the best.** I had been to others and was not satisfied at all and not comfortable. Thanks very much.”

*Chad Muller*

“Everything is wonderful!”

*Hedy Claus*

“**Treatments are really good & I love that they’re personalized.**”

*Jennifer Grazian*

“When I first came to see John I realized what was offered was results of true chiro care. John really works wonders. Hard to find a truly good chiropractor, with the care that helps you heal.”

*Doug Davis*

“I really enjoy the fact that the treatment is quick, painless, and effective. It’s really nice to see the progress on the computer screen right in front of you. **The subtleness of the treatment is nice – compared to the aggressive adjusting I’ve had with other chiropractors.**”

*Alicia Bailey*

“As a massage therapist, my body takes a bit of a beating while I’m taking care of my clients’ aches and pains. **John keeps me straightened out so I can do my job without pain and be a better therapist for my clients. Thanks!**”

*Courtney Barrett*

“Dr. Falkenroth has been caring for myself and my family for 4 years now. **I have been to other chiropractic offices and the care we receive here is by far the best possible.** I refer everyone to Dr. Falkenroth that I feel can benefit from his care. So far I can’t find a better Dr. of Chiropractic care in Santa Cruz County.”

*Bridget Smith*

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