

# RELIEF FROM 15 YEARS OF PAIN, THANKS TO ONE-OF-A-KIND CHIROPRACTOR



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**FAMILY PRACTICE  
PHYSICIANS RECOMMEND  
CHIROPRACTIC CARE  
OVER ANY OTHER  
COMPLEMENTARY  
MEDICINE – 54% OF THE  
TIME, IN FACT.\***

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**Until Monica Soler was in the care of Dr. Val, she couldn't remember a time free from back pain.**

Life is hectic for 37-year-old Monica. A civil engineer who works from home, she's also mom to three girls, ages eight, five and two. And at 33 weeks pregnant with her fourth, Monica has little trouble chasing her children around a playground. But this wasn't always the case.

## **From athlete to professional commuter**

Tall and strong, Monica played competitive basketball all through high school and college – until she landed her first professional job. Days filled with movement became days spent at a desk and commuting to that desk an hour each way by car. That's when the backache began, "My lower back got so painful that I was taking muscle relaxants and ibuprofen all the time," Monica says.

## **Dog days**

The tipping point came one wet Florida day when Monica and her husband were expecting their first child. Their dogs Daisy and Duke were excitable puppies at the time so, when Daisy spied an open front door the race for the rain was on. Monica lunged to catch them, fell, landed hard, and her back exploded in unbearable pain. "When I couldn't move, I knew I was in big trouble," says Monica, "That was the pivotal moment for me – definitely the most agonizing experience of my life."

Worst of all, pain medication was ruled out because of her pregnancy. The cause of that crippling pain? A bulged disc in Monica's spine that physical therapists, doctors and other chiropractors would fail to resolve. In the meantime, Monica depended on crutches to move around. Her second pregnancy proved as uncomfortable as the first and the constancy of the pain made her short-tempered. She missed out on many special moments with her family.



Taking care of her two young children became an ordeal. “I would spend days on the couch, my heart breaking as I told my eldest daughter over and over, ‘Sorry, Mommy can’t play with you, she hurts too much.’”

### Third pregnancy’s the charm

Relief came when the Soler family moved to San Diego. Pregnant with her third child, Monica found a new obstetrician and mentioned her never-ending back problems. The doctor referred her to Encinitas-based chiropractor Dr. Valerie Vicent for care.

Monica arrived at Dr. Val’s office in considerable pain, just like her previous pregnancies, “I couldn’t walk. I couldn’t carry anything. It was painful to drive, painful to sleep, painful to get up,” she says. Combining x-ray, a thorough physical exam and an interview, Dr. Val pinpointed the specific causes and went to work on Monica. Dr. Val focused on her back and neck, emphasizing alignment and resolving the lumbar and sacral injuries through adjustments and creating space in her spinal column. The chiropractor also worked on Monica’s musculo-skeletal system, while offering nutritional advice, and emotional support.

She also encouraged a yoga practice and gym work that Monica maintains to this day. Healing wasn’t immediate. It took time for the adjustments and shifting to work. But Dr. Val listened to Monica. When a manipulation didn’t work, she tried something different. Together, they discovered what worked best for Monica’s body.

### Massive relief

After 12 years of lower back pain, Monica’s world changed. “With Olivia, my third baby, I felt good – really good – for the first time. And my body has changed from seeing Dr. Val – I notice now that there is no real muscle tightness occurring on a day-to-day basis,” Monica explains.

### No pain, no medications

Monica healed. She became strong again, and she hasn’t stopped seeing Dr. Val. “I told my husband, ‘I will give up a lot, but Dr. Val is not going anywhere,’” she says, “In fact, the whole family sees Dr. Val. She is all about making our bodies as healthy as they can be.”

Today, Monica is three-quarters of her way through her fourth pregnancy, and remains feeling healthy and strong. It has been two years since she has taken pain medication, “I’m 37, I’m active, and I haven’t had any back pain in a long time,” she says. “It’s crazy when I think about the first three girls, and how I was debilitated with every pregnancy until now. I can’t imagine a day when I won’t go to Dr. Val for adjusting.”

These days, Monica sees Dr. Val once a week, “I feel great but I’m not going to stop because I know I’ll get unbalanced and be in a lot of pain again. Now my back is healed I never want to repeat that experience. I can’t afford that.”



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**— Monica Soler**