

April 2007

# PATIENT OF THE MONTH



## Jocelyn Sadler

**Address:**  
Fairfax, IA

**Age:**  
29

**Family:**  
Husband Nate; sons Brady, 5,  
and Owen, 3 ½, and daughter  
Mabry, 3 months

## Wholistic Wellness delivers pain-free pregnancies

Jocelyn Sadler's mother has never been to Wholistic Wellness, but she swears by the center's practices.

Why? Because she witnessed all three of her grandchildren's births and how easily their deliveries went for Jocelyn. In fact with one pregnancy, Jocelyn used no pain relief medication at all.

Jocelyn, 29, of Fairfax, a stay-at-home mother of three, ages 5, 3 ½ and 3 months, started going to Wholistic Wellness when she was pregnant with her first son in 2001. Early in her pregnancy, her usual back pains – brought on by a car accident at age 19 – were worsened by her pregnancy. Regular chiropractic adjustments and acupuncture brought Jocelyn relief. She believes so wholeheartedly in acupuncture, especially, that she received acupuncture monthly during her pregnancies – and weekly during her final month.

Not bad for a woman who hates needles.

"When Dr. Cooper first talked about acupuncture, I was very nervous. I'd heard of it, but I didn't know anything about it," Jocelyn says. But she was "willing to do anything" to get relief from her sore back – and Dr. Cooper explained that the acupuncture would help in the delivery process and ultimately help her baby.

These days, she says, "my back feels great."

Jocelyn also attributes her children's good health to regular chiropractic adjustments – and daily supplements, such as Congaplex and Vitamin C. As a mother, she says she appreciates having an alternative to giving her children antibiotics. And, she adds, her children seem healthier than other children she knows.

Jocelyn can't say enough good things about Wholistic Wellness. "Everyone's friendly. You know everybody by name. Everyone knows your situation and what's going on. It's a good place to be." ■



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