



Testimonial for Dr. Sebastian Gonzales

Dr. Sebastian said he could help our son overcome the chronic neck, shoulder, and back pain that had plagued him for about one and one-half years. And he said he could do so in a limited number of treatments—approximately six—with A.R.T. I was skeptical, because eight previous healthcare providers had attempted to help Jay, and his pain stubbornly remained the same. My husband and I had already spent an enormous amount of time and money trying to help Jay, and we had resigned ourselves to hoping that he would outgrow his condition. After all, the pain specialist physician Jay had seen had insisted that the problem was “growing pains.”

Jay plays water polo, and he is a varsity swimmer at University High School in Irvine. We did not know if Jay’s pain stemmed from his athletic activities, or perhaps from the hours he spent at the computer playing video games. The only thing we knew for sure was that the pain was relentless, chronic, and tiring. Jay has never been one to complain about aches and pains, and his pain tolerance is high. But I could see the effects of the pain in his face. His normally sunny personality was long absent due to the stress of dealing with constant pain.

Over a period of about twelve months, Jay was evaluated and treated by the following providers:

- Osteopathic physician
- Chiropractor
- Chiropractor specializing in Kinesiology
- Massage therapist
- Physician specializing in pain management
- Physical therapist
- Egoscue specialist (a form of physical therapy)
- Orthopedic physician

Jay had found no relief from any of the providers and treatments in this list. Could it be possible that we had finally stumbled upon someone who could help our son?

Dr. Sebastian had treated several acquaintances of mine, and they were very enthusiastic about the relief they experienced under his care. Additionally, Dr. Sebastian had told me about a water polo player he had helped with A.R.T. So my husband and I decided to take Jay to Dr. Sebastian.

After only two A.R.T. visits, Jay reported improvement. By the sixth treatment, Jay estimated his pain to be at least 70 percent improved. Jay tells me that he is "very happy" that Dr. Sebastian's treatments have relieved his "day-to-day pain." It is so *wonderful* to see our son relaxed and smiling again!

It is so rare to find a competent, caring professional like Dr. Sebastian. Since Jay's case was unique and unusual, Dr. Sebastian even consulted with other A.R.T. experts about Jay's condition. Additionally, he has prescribed exercises that Jay can do at home to prevent his symptoms from returning. We are very grateful to Dr. Sebastian for everything he has done to help Jay.

A handwritten signature in black ink, appearing to read "Janice P. Jackman". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Janice P. Jackman, OD
January 3, 2010