

NUCCA:

NUCCA in “short”, is the sole (soul) reason of why I am still in Chiropractic school & why I am complying free, healthy and joyful.

After my second year in school I suffered a back injury working out in the gym. This led to unbearable pain, depression, migraines, vertigo, tinnitus etc.. I went to visit 7 different Chiropractic offices, 7 different techniques, 7 that did not do anything for me. I tried each for about 3-4 months to see if I had any slight or noticeable improvements. At the same time I was jumping office to office I was sitting down everyday studying for classes of these same techniques I was getting care from. I will help you imagine that through this two and half years the pain kept increasing and my hope, faith, interest in what I was studying was dissipating rapidly. Depression kicked in, memory and focus started fading away as I was about 99% done with this profession that was not helping me.

“Why would I even learn or study something that I am not getting any results from and How I am going to do something for the rest of my life to help others, when I don’t believe on it?” - I said to myself everyday.

As I was about to dropout and finish my student career on this profession, my dad had spoken to my cousin: Dr. Jose Portela (NUCCA Doctor) to see what could be done. As many, myself ignorant about upper cervical techniques, was not even aware of its “miracle” working changes. Having multiple conversations with both, I was finally “convinced” (full of doubt) to go try this NUCCA Upper Cervical Technique, and go see Dr. Salminen in Milton Georgia. At this point even the 45 min drive was bothering me. But I said “what the heck, what else can I lose”..

So I went to see him. You can believe that when he did the first adjustment I was like : “how would this, gentle adjustment get me well, when all the other “cracks and pops” did not do anything.. But I stuck with it for the next 3-4 months. To my surprise, my pain started going away about the second to third week under Dr. Salminens care. “WOW”, I was mind boggled. A year to almost 2 years now I am pain free, depression free, vertigo free, migraine free, I guess we could say: my head is head up straight.

In review, I can say that NUCCA is one big step (small steps) towards what I am going to be doing for the rest of my life.

NUCCA is for me:

NUCCA restored in me the light I had lost thru this journey at LIFE’s University (the school and life itself). NUCCA is My passion, My life saver, my bridge, my light at the end of the tunnel, hope, faith, everything above and beyond the sun.

In short one “small” step to being who I was born to be.