

REAL TESTIMONIALS FROM REAL PEOPLE

Testimonials for Dr. John Zielonka

Two years ago I was told I would eventually end up with paralysis in both arms. Surgery was suggested, but no guarantees and with a lengthy recovery. I am a single mother and very active. I was instantly put at ease by the professionalism of Dr. Zielonka and his wonderful staff. I also discovered other problems that needed to be addressed that the first physician was unaware of. In a very short time I noticed a difference and I am now back to my active life with no pain at all and it is the first time in twenty years that I do not need to take allergy medication.

Vivien S.

As an athlete and avid martial artist, I've encountered my fair share of injuries and seen many different doctors and therapists over the years that have all provided me with repeated "Band-Aid" solutions. At OCNHC, I've experienced an unparalleled approach to patient care that has made my path back to optimum health as amiable as possible. It is really refreshing to have a healthcare professional ACTUALLY LISTEN to what MY goals are and plan my treatments according to what I WANT. It's exciting to know that not only am I having treatment for my pains and injuries, but I'm also treating the factors that were making me weaker in the first place. I have a bright and active future ahead of me thanks to Dr. Zielonka.

Matt B.

For the past 15 years I have been struggling ulcerative colitis, food sensitivities, chronic back pain and insomnia. I have tried a variety of different cures from prescription steroids and over the counter medications to naturopathic and homeopathic remedies without much success. Last year my family doctor sent me to have a complete back exam and I was told "there is nothing wrong with your back". I was very frustrated with this diagnosis because the pain was real. Imagine my surprise and delight when after two months of regular weekly visits to Dr. Zielonka not only had my back pain disappeared but my ulcerative colitis is in remission for the first time in 15 years. I can't thank Dr. Zielonka enough for the improvements in my general health and quality of life. I sleep better, I'm pain free and most of my food sensitivities have disappeared.

Nicki L.

Dr. Zielonka has motivated and inspired me on my journey toward a healthier lifestyle. I have had the opportunity to re-think, re-evaluate and re-connect with all of the truly important things life has to offer, none of which are possible without optimal health. Dr. Zielonka's knowledge, enthusiasm and positive attitude have made a major difference in my life.

Judy Grodsworth RN, BScN, (C) ONC, Medical Oncology Unit of the Ottawa Hospital

Without you guys and Chiropractic I would have lost my mind after my car accident. Anik M.

I originally started seeing Dr. Zielonka for a sore back. I was pleasantly surprised to learn that chiropractic also helped with my chronic headaches. I have not had a headache in over 2 months.

David W.

Before I started Chiropractic care I suffered from constant pain. By maintaining my chiropractic care I am now pain free. It's a miracle!

Helen G.

Ever since I started Chiropractic care the tension in my back and shoulders have disappeared, my posture is better and my recovery time after sports is much shorter.

David G.

If imitation is the sincerest form of flattery, then consider yourself flattered. Yours is the model everyone tries to copy. Attention to detail, organized, helpful, compassionate, great team work and a great atmosphere. Thanks so much for caring.

Bob D.

Patient: "E" Condition: Asthma

"E" is 3 years old and was brought to us by her mom 6 months ago. "E" had been suffering from asthma, chronic ear and throat infections, daily coughing and wheezing since her first year of life.

"E"'s medical doctor referred her to the Chest Clinic at the Children's Hospital where she was diagnosed with asthma and recommended a therapy of anti-inflammatory medication during the winter months. The next recommendation was to place 3 year old "E" on steroids.

After 4 weeks of Chiropractic treatment, "E"'s mother noticed she is able to fight colds much better and her nightly coughing "fits" are less frequent. At 8 weeks the coughing has subsided.

After 3 months under Dr. Zielonka's care, "E" no longer has any signs or symptoms of asthma. "E" has kept to Dr. Zielonka's prescribed treatment schedule which has prevented her from anti-inflammatory treatment, steroids and has greatly improved the quality and quantity of "E"'s life.

Patient: "X" Condition: Various

"X"'s story in her own words:

Eight years ago I was involved in a car accident. I was never properly treated for my spinal, hip and neck injuries and didn't really understand the long term effects from mistreatment or not enough treatment.

Over the years I started to develop allergy after allergy, serious digestive problems, weak immune system, low tolerance to stress, sleep disorders. My health was getting worse by the month and I still couldn't find any answers. No matter how many specialists I went to, no matter how much money I've paid out for treatment and recommendations, I have not been able to find any long term solutions to these problems, only temporary fixes.

Since I have been treated by Dr. Zielonka (2 months), I have started to get my health back at an incredible pace. I no longer have any allergies, digestive problems, I don't get as stressed, I'm more flexible, sexual desire, more energetic, positive, desire to do outdoor sports and things that I haven't wanted to do for a long time. Most importantly I have life back and myself and it's better than it ever was before.

I am now on my way to achieving ultimate happiness, gaining back strength and health not only physically, but emotionally and mentally too. You'd be amazed at how much better you feel about yourself when your body is working the way it should be!!.

Thanks to the treatment by Dr. Zielonka, which will always be ongoing, and to the wealth of knowledge his office has provided, I now have a far better understanding as to how I managed to hit rock bottom in my health. It's a little bit more than just what you eat or how you deal with stress, if your spine is out of whack, your muscles are too weak or too strong and not responding properly and your nerves are getting pinched in between all this, you could end up in the same situation as I was in. I would never have thought to seek Chiropractic care for any of the problems that I was having (except my back), but now that I have the knowledge, I would recommend this care to anyone.

Patient: "L"

Condition: Cervical disc herniation, spinal stenosis and moderate disc degeneration

"L"'s medical doctor referred her to a neurosurgeon for an aching pain in her right shoulder that travelled down her arm with numbness and constant pins and needles. She lived with this for two months and it was getting worse. A cat scan and x-rays showed a cervical disc herniation at the C4,5 level, spinal stenosis at C5,6 and C7 and moderate disc degeneration along with severe limitations of neck range of motion.

"L" was not at all pleased with the service of the medical doctor and Neurologist. "L" had spoken with our staff at a Health Day event we held in her office building and after much hesitation she

decided to give us a chance to help her condition. Her biggest goal was to be "fixed up" to play golf in the spring.

To her surprise after only four (4) weeks of treatment "L" reported, "relief of pain and free movement" in her neck condition.

We are pleased to report that "L" is fully recovered with her disc herniation corrected and her spinal degeneration now under control. She is back enjoying life and has brought both of her children in for care. Golfing in North Carolina was a huge success.

PLEASE CALL US TODAY AT 613 688-1036 TO FIND OUT IF WE CAN BE OF SERVICE TO YOU