

**A Testimonial written for**  
**Dr. Jon Repole, D.C., N.C., H.H.P.**  
**Jacksonville Health and Wellness**

**By**  
**Virginia F. West**

**June 1, 2011**

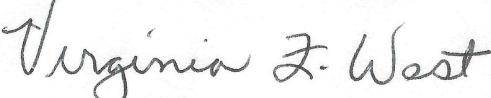
I am a senior citizen in overall good health. In February, 2011, I celebrated five years of being breast cancer free. As I was going through the recovery and healing process, I became more and more aware of the importance of practicing CONSISTENT health practices. In March, 2011, I set an intention to find ways and means to accomplish this. Shortly after setting this intention, a friend of mine referred me to Dr. Repole.

When I first saw Dr. Repole on April 13, 2011, I had chronic back pain, high cholesterol, low energy, depression, sinus/allergy/digestive challenges, and wasn't following a regular nutritional, or exercise plan. In addition to the above, Dr. Repole advised me I had a buildup of yeast and acidity in my system. I was immediately impressed by Dr. Repole's professional manner and knowledge, more importantly, with his genuine interest in my health and well-being. His goal was to move me through the chronic back pain into routine maintenance, and restore me to perfect health. He recommended spinal adjustments, daily stretching exercises and relaxation techniques, a daily whole food vitamin, supplements to balance my cholesterol and digestive system, and an individual counseling session specifically designed for my nutritional and health needs. With excited anticipation, I decided to follow through with his recommendations. Dr. Repole's easy step by step program, expertise and his encouragement gave me incentive to set a goal of leading a CONSISTENT healthier lifestyle.

As of today, June 1, 2011, my back pain has decreased immensely, my digestive system has greatly improved and the yeast and acidity buildup is steadily moving out of my system, my energy level is up, my depression is lifting and my allergy/sinus challenges are cleared up. I feel confident that when I have my cholesterol rechecked in August, it will be within normal range.

I highly recommend Dr. Repole to my friends, family and anyone who is seeking a professional who has a genuine concern for his patients. Thank you, Dr. Repole, for helping me toward my goal of maintaining and "living" a happier and healthier lifestyle. I would like to take this opportunity to thank the staff at Jacksonville Health and Wellness for their support and courtesy.

Respectfully and gratefully submitted,



Virginia F. West