



## Success Story:

### Six Years of GI Troubles Cured in 3 Months Stiles Chiropractic succeeded when conventional medicine failed

*In April 2004, Noelle Boudinot was volunteering at her 12-year-old daughter Lia's middle school when she was approached by one of Lia's teachers. The teacher commented on how Lia seemed to be coughing a lot lately. Noelle had noticed the dry cough start a few weeks previously but had assumed it was just a mild virus. The teacher's comment sparked Noelle to schedule Lia a doctor appointment, which became the first of many in their years-long search to discover the cause and find a cure.*



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**Noelle Boudinot**  
Patient's mother

#### **Specialists, Prescriptions, Testing: Nothing Worked**

The cough was a constant presence in Lia's daily life. "She was literally coughing a few times every minute of the day," says Noelle.

Although it never hindered her participation in sports, Lia was frustrated. "It was especially difficult during times when I needed to be quiet, like during tests at school. I always had to try to suppress the urge to cough."

In addition to the cough, Lia also experienced a gurgling sensation high in her throat, particularly after eating. Over the next six years, Lia saw multiple allergists, ENTs, pediatric and adult gastroenterologists. She underwent a barrage of tests for airway flow and asthma, nasal endoscopy, laryngoscopy, chest X-ray and even an esophageal pH test where a tube was placed up her nose and run down into her esophagus (food tube) to measure her stomach acid over a 24-hour period. Doctors prescribed allergy and acid-reflux medications, nasal sprays, cough suppressants, antibiotics and inhalers.

Nothing worked.

"Sometimes she had to take these medications multiple times each day," says Noelle. "I was extremely concerned about the effect they were having on my growing daughter. And I drew the line when one doctor tried ordering a CT scan of her sinuses. I was appalled at the amount of radiation involved."

The specialists' diagnosed everything from "it's just a habit" to speculation Lia had an enlarged heart or even cystic fibrosis. But nobody solved the problem.

#### **A Holistic Approach**

On the recommendation of a friend, Noelle took Lia to see Dr. Paul at Stiles Chiropractic in May of 2010.

"Not to be overly dramatic, but I think of May 19, 2010 as the day that changed our lives," says Noelle. "We met Dr. Paul for the first time."

Lia had never been to a chiropractor before and wasn't entirely sure what to expect. "I could tell right away that Dr. Paul was going to be different than my other doctors. For one thing, he wasn't wearing a lab coat," Lia laughs. "He was really personable and intelligent, and was different from some of the specialists we'd seen who often seemed unsure, or like they were grasping at straws."

After listening to their explanation of the problem, Dr. Paul performed a chiropractic exam. He adjusted the T3 (3rd thoracic vertebra) portion of Lia's spinal column, explaining there was some nerve compression at that level, which is the nerve responsible for the stomach.

He then performed an applied kinesiology exam which involves the science of muscle testing in relation to organ function. The examination is painless and to the observer appears surprisingly simple. While Dr. Paul instructed Lia to press on different sections of her abdominal area, he gauged the strength or weakness of her muscles in response.

"During that part of the exam, I was surprised because at one moment my muscles felt strong and in the next moment I was weaker, and all it took was me pressing down on my torso," says Lia.

Based on the muscle testing, Dr. Paul determined there was a dysfunction in Lia's ileocecal valve. This is the sphincter muscle that separates the small and large intestine. When working normally, it opens and closes to allow digesting food to pass through. But when it gets stuck open or closed, it disrupts the body's GI (gastrointestinal) function, causing an array of issues. He also diagnosed a mild hiatal hernia which had probably developed as a result of the malfunctioning ileocecal valve combined with years of constant coughing. He corrected both issues using soft tissue manipulation.

"To me, it just looked like a sort of short, gentle massage of the area," says Noelle.

Because of the years of irritation to Lia's GI tract, he prescribed Okra Pepsin E3 which is made from okra and natural elements. "Okra helps soothe and normalize the GI tract, it's like putting aloe on sunburn," says Dr. Paul.

To aid the healing process, Dr. Paul put Lia on a temporary "no wheat, no dairy" diet, explaining that these foods, along with nuts, seeds and popcorn are particularly tough on the intestinal tract. And finally, he began weaning Lia off the prescription acid-reflux medication she was using.

## **Dr. Paul Finds the Cure**

After one month of treatment, Lia showed marked improvement. Her gurgling sensation had diminished 90% and she was only coughing about 50% as often. By the end of July, Lia was doing great! She no longer took the prescription medicine, and her gurgling and coughing were completely gone. Because the acid-reflux medication had suppressed Lia's natural ability to produce stomach acid, Dr. Paul added one final step, introducing digestive enzymes to help jump start her body's natural production of stomach acid.

Within three months of meeting Dr. Paul, Lia was cured. Mother and daughter were thrilled. "My mom and I spent six years chasing solutions," says Lia. "Yet all it took was correcting one section of my spine, massaging my ileocecal valve and hiatal hernia, and temporarily adjusting my diet, and in three months I was better."

"I don't fix every GI case," Dr. Paul says modestly. "And anybody who tells you they can isn't telling the truth. I try, but a lot of it comes down to compliance. Some patients aren't compliant and won't do their part in the healing process. Lia was a very compliant patient."

"I know there's a place for conventional medicine," says Noelle. "But for Lia, I think six years was more than long enough. In three months, Dr. Paul corrected what a parade of specialists couldn't fix in six years. All I know is, the next time anyone in our family is sick, we're going to see Dr. Paul first."