

“We have been in the area for the past 3 years. Dr. Peters was recommended to me by my Chiro in Le Claire. My experiences with Global Wellness have all been positive. The entire organization is sincerely focused in “making you feel better”. Dr. Peters is very knowledgeable and always treats me with respect. I have a standing monthly appointment to support my overall wellness. It takes care of my aches and pains. I would highly recommend Global Wellness and Dr. Peters to anyone needing wellness services. My name is Phil Roberts and I am 73 years old and I am very active. I try to play 18 holes of golf Monday – Friday.”

- *Phil Roberts*

Vertigo Relief

“A few weeks ago I was diagnosed at a physician’s office with labyrinthitis and vertigo – no medication was prescribed other than for a small amount of vomiting I had experienced. It was suggested that I sleep in a recliner and Keep my head level and not to the side. I expected to have the condition go away in a few days. Not so! After close to a month without improvement, I knew that I had to find relief. Recalling earlier experiences with Dr. Peters for other problems, I scheduled an appointment to get his take on this matter. He recognized my symptoms immediately and performed a treatment. Almost immediately my condition seemed to be relieved and within a day I felt like my old self. I will be forever grateful for his ability and close availability. “

- *LaVerne R. Peterson*

Ear Infections

“The biggest and maybe most unknown benefit of chiropractic care is the treatment of ear infections. My youngest daughter has tubes in each of her ears and when visiting with Dr. Peters about her condition he began explaining how chiropractic could have possibly prevented the need for tubes. Approximately 1 month after this conversation, my 3-year-old got his first ear infection. Instead of going to my pediatrician for antibiotics I gave chiropractic a chance, and it turned out to be a great decision. After one adjustment by Dr. Peters and a few doses of Motrin his symptoms dramatically decreased. With two more adjustments and a little heat and massage at home his infection was gone. Approximately one month after that he developed another infection. This is a great alternative to antibiotics with the same results. If you have further questions, please refer to a handout located in the clinic or personally speak to Dr. Peters.”

- *Jake Gibbons*

Why Physical Therapy?

“I became interested in the health profession the summer before I started college. I was blessed with the opportunity to work as an assistant with Dr. Paul Peters for 3 months during the summer after which time my career path changed from accounting to science. Over the course of the next four years at Buena Vista University, I became profoundly intrigued by the areas of health and fitness and decided that physical therapy school was where I would devote my energy. Being able to assist people in accomplishing overall health and wellness through mind, body and spirit became my passion. I wanted to be able to impact others’ lives in a positive and uplifting way. Now, after 10 years away, I’ve been given the opportunity to return to Madrid and provide my skills to this community to help impact the people of my hometown. But, the amazing thing I’ve found about working with people is this: I’ve worked with them. I’ve talked with them. I’ve laughed with them. I’ve cried with them. I’ve cared for them. I’ve grown with them. I’ve helped them to help themselves. And they have done the same for me. My patients have and continue to teach me more than I ever dreamed possible. They have impacted my life in ways I never imagined. Isn’t life grand?”

- *Jodi K. Hook, M.S.P.T.*
Masters of Physical Therapy

Migraine Headache

“I am a migraine headache sufferer, and if you have ever experienced a headache like this I am sure you can relate to wanting the pain to go away quick. I went to all the headache doctors and was on medication to try and prevent one from coming on, one I took when I felt one coming on, and one when the pain was too much to take. Most of my time was spent taking medications instead of fixing the problem. My question to myself was; how do I keep my life stress free so I would not get this kind of headache? The answer to that is, I don’t, so I continued to take my medication and wait for another big one to hit. I met my husband Robert 10 years ago and began to start a family. During my first pregnancy, we lived in Des Moines and I suffered with the headaches because I could not take the medication to help. Then about a year later, we moved to Madrid and Robert had suggested to me to try chiropractic care for my headaches. At this point I was willing to try anything. I made an appointment at Dr. Paul Peters’ clinic and had my first treatment for my headaches that did not include medication. To my surprise it helped and was much quicker than the pain medication. Shortly after this, I was pregnant with my second child and guess what; I could still treat my headaches because chiropractic involves no medication and will not hurt my unborn child. This was a miracle for me that made this pregnancy and the two much easier to handle. Anytime I feel a headache coming on I am calling Global Wellness Clinic to get an appointment as soon as possible. Everybody that works for Dr. Paul Peters knows me and understands the pain I have and do everything possible to get an appointment as soon as possible. I thank Dr. Paul Peters and his staff for caring about me and helping me manage my headaches. I have been blessed to have the opportunity to become one of Dr. Paul Peters’ staff and to help other people like myself. “

- *Amber Braunschweig*

Ear Infection

“My son Nick started having ear infection with he was about 4 months old. Almost every month we were going to the pediatrician for the same symptoms. He was usually diagnosed with ear infection and put on antibiotics. When the doctor started talking about putting tubes in his ears, we decided to try a different approach. Dr. Peters encouraged us to try Chiropractic. A lot of times doctors treat for ear infection when really it’s just fluid. After Nick started getting adjusted and we did alot of head and massage around his ear lobe at home, his symptoms decreased. We took him for regular adjustments, he didn’t get tubes and he rarely has an ear problem. I really believe parents should try chiropractic care for children. It really works!

- *Dede Novotny*