

NEWS FLASH !!!
Friday 15th Sep 2011
Movements Fitness Member has
back FIXED
AFTER 17 years of PAIN !
READ THIS TESTAMONY !
The Healy's System simply Works !



Andrea ☺

Hi Graham,

I am sure this is not a complete enough list of improvements, but here is what I have noticed so far:

After 2 training sessions:

For the first time since I was 12 (nearly 17 years), I have woken up without back pain since training with Graham. I have received extensive treatments of physiotherapy in the past, **to absolutely no improvement.** Some of the issues have been scoliosis, a bulging disc, osteophyte (bony) formations and loss of natural cervical and thoracic curves. By building up my strength over 8 years I found things improved, but there was still daily pain, and it was the first thing I was aware of every morning of my life. After just a couple of training sessions with Graham, my core strength and flexibility is noticeably increased. It is amazing to live without daily back pain.

After 4 training sessions:

I can kick at least 30% higher in one fortnight.

My jaw is no longer noticeably misaligned, thanks to the rest of my spine being in much better alignment.

Picking up my child (19kg) is enjoyable again, now that it doesn't hurt my back.

I am truly thankful to you, for facilitating such a rapid improvement in my strength and flexibility, which has relieved a 17 year back ache.

The rest of the story vaguely goes like this... Up until 12 years of age I was a competent cross-country runner and tennis player. Around 12 years of age my knees were so painful I barely could walk up stairs (needing to use a lift throughout high school) until I was about 20. Every night my back contributed to bad sleep and I had constant bruises along my thoracic vertebrae from nearly any chair. Physiotherapy exercises did not help me. From about 19 years to 23 years my neck was the next problem, no doubt contributed to by computer work. It caused constant headaches, blurred vision and numb arms. I tried various modalities of treatments extensively, to no real improvement. Again, getting stronger helped but didn't really change a great deal. My neck is no longer causing me trouble. At 24 years of age at 10 weeks of pregnancy, my hips and back were so painful I could hardly walk without wincing. A hip brace was used for the entire pregnancy. Since then, my back has been a lot better, but that was because compared to what I had been living with, things were comparatively good. This is why I find it quite surreal that you have managed to change things so quickly. The back pain was not something I told people about because it had been such a constant part of my life. Complaints are not something people really want to hear about. However, now that back pain is not a constant part of my life, I want everyone to know what is possible.

Thanks again. See you soon, Andrea

Graham's Comment: "if we keep doing the same 'stupid thing' every time expecting a 'different' result ? this is the definition of insanity by Albert Einstein .

I have solved well over 200 + cases like this , these Clients have spent thousands of dollars at , and various 'experts' doing various 'so called 'stretching classes' that 'claim' to 'increase flexibility' and yet **PRODUCE NO RESULTS !** My system stands alone on **RESULTS !**

Andrea, is just one of hundreds of cases like this. Improve your back flexibility TODAY , make an appointment to see Graham Healy Mob 0411 393 503 www.healyshealthandfitness.com