



Mike,

I have desired to write this for the last couple of weeks, so here goes.

How do I thank you for your ability to ascertain the exact cause and effect relationships in a person and then to provide specific exercisers that correct the exact problems.

Your help has allowed my body to go back at least 10 years if not 15. This is a TRUE statement...

My wife Johnnie, noticed within two days of performing the initial exercises that I was sleeping much better. Then in Church, I noticed a voice with the ability to carry a note that I have not had in years and years. This one thought brings tears to my eyes as I write this. Now I'm using 100% of my diaphragm and it's amazing that even stress is easier to deal with.

Now move weeks later and going from an initial evaluation of a "0" to a "4" (strength test) was very rewarding and I was very surprised that I could do that without much effort. You made the statement that you wish that all of your patient's were as dedicated as me. I marveled at that, in that why would someone not want to recover and be a "Better" person.

Here I sit ready for knee surgery on Dec 15th (total knee replacement), walking tall, straight without the "John Wayne swagger" and am amazed how our bodies adapt to things that we do to ourselves and then in a few weeks we recover to a position of strength and abilities in spite of a knee issue.

Your abilities and the "Leadership" I saw and personally experienced while at Cantrell has provided "HOPE" when I had little and inspiration when I learned to accept my limits not knowing I could overcome them.

Thanks, and I shall be back when my knee and its PT rehab has been completed. Also the Nutritional info is helping me move forward in this area as well. May God Bless you and your business as for me you were a person God used to help change and impact my life.

Rick Steward

Atlanta, Ga.