

Auckland June 2012

To Whom It May Concern

I've been involved in extracurricular activities since I was 5 years old gymnastics, swimming and dancing. When I was 10 I took up dancing following in the footsteps of my parents and grandparents who have all been dancers at either amateur or professional level. I was involved in dancing at a competitive level doing Jazz, Ballet and later Ballroom and Latin American. For 18 years body maintenance has been very important for me in order to stay on top of injuries and to also prevent them. I've been to a number of physiotherapists, chiropractors, osteopaths and doctors over the years who have all been top notch and have assisted me but after making potentially 1000s of visits and costing me thousands of dollars over the years I thought I would try something different.

I was recommended Chris by a work colleague who keeps fit in the gym and had a rugby history. I understood Chris was in the business of making you well so that he didn't need to see you very often. On my first visit with Chris we spoke about my menstrual cycle which I said has progressed from being fairly non-existent when I was younger and in the height of my dancing career and dieting heavily to as I've got older and less active and love food to being more painful, heavier and lasting longer. Chris asked if he could try a technique on me to see how I responded. I happily obliged and would have to say that I have never felt worse pain in my life. It would seem to me that my response clearly told me that I had something going on that was causing me such bad pain, bloating and just generally feeling rotten during my cycle.

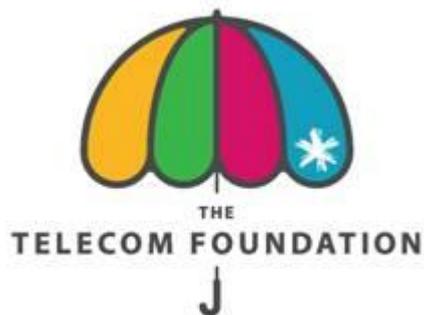
I started receiving treatment from Chris once a week and my first few sessions were not the most pleasant. There was a lot of work to do as over the years my body has been worked fairly hard and there were some old injury points that needed to be taken care of. Chris also treated me in the same way he would treat a client who had endometriosis. I'd never had anything tested or confirmed as I just thought pain during your cycle was normal. The pain of the treatment when I first started was unlike anything else I'd ever experienced and thankfully it only lasts a matter of seconds. Each time I visited Chris the treatment was less and less painful to the point where I felt like I was receiving a pleasant body massage.

After a month of treatment my first cycle arrived. I was completely caught off guard as I'd had no warning leading up to my cycle no bloating or swelling and best of all no nausea. The best result of all was that I had very little pain throughout the cycle. Chris moved my treatment to once a fortnight and then once a month. After two cycles I could see and feel the huge change in terms of pain. When my third cycle arrived I had no pain at all and am very pleased to say that I continue to have little or no pain.

Chris has made a huge difference not just in pretty much eliminating all of my menstrual pain but also improving my general body health and taking care of painful old injuries. I used to get a number of headaches from my neck being out and would often be making trips to the chiropractor or osteopath but after receiving treatment from Chris I've experienced very few headaches and my neck spends more time in the right place than ever before.

I've recommended Chris to a number of friends. In my opinion Chris is nothing short of a miracle worker and would not hesitate to recommend Chris to anyone who is looking to be well in the long term.

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Kind regards
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