

BEFORE

Head very far forward

Shoulders forwards

Upper back rounded

Chest caved in

Slumped under the ribs

Abdomen bulging as the body
slumps

Very wide stance

- feet wide apart while the

Body is so unstable



AFTER

Head now in neutral

Visibly much taller

Shoulders back

Upper back not rounded

Chest expanded

No slumping under the ribs

Abdomen no longer bulging

She visibly looks slimmer



Feet much closer together as the
body is very stable

I came to see Liz because I had an intense burning pain in my back, lower back and shoulders. I couldn't lift anything, and my posture was appalling. I was sitting on same desk for 14 years slumped over like an old lady. After this treatment I feel fantastic. I can stand up straight, I don't have any pain anywhere. I can sit all day at work and ant the pain isn't there and that what I appreciate most. And I feel so good about myself. Thank you!

