

BEFORE

Head forward

Shoulders rounded

Slumped over the ribs

Body tipped forward from the hips



AFTER

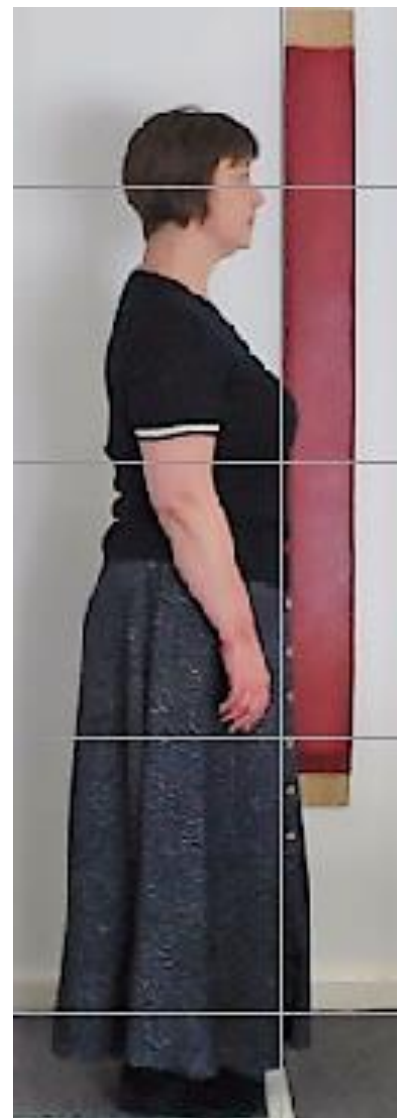
Head farther back

Visibly taller

Chest lifted and expanded

No slump under the ribs

Body not as tipped forward.



There is a lot more to do but as you can see she had great symptom relief and is able to do all the things she wanted to do in just 6 weeks, even though her posture is not fully upright

"I came to see Liz due to pain in my back. I had difficulties to walk and stand. I couldn't drive when back was very bad. I stopped swimming & aerobics. Since my treatment the pain has reduced greatly and I can drive, swim and take part in aerobics – gently. I would definitely recommend you to other people."



Colette Wright