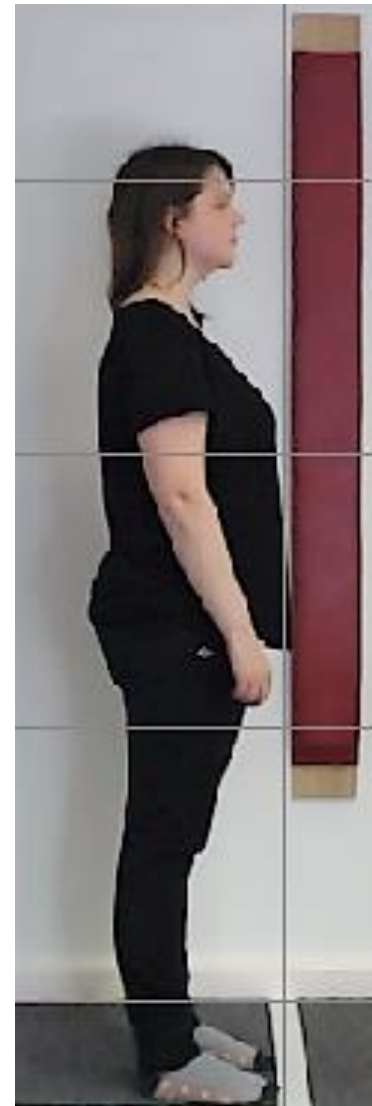


BEFORE

- Head forward
- Upper back rounded
- Shoulders forward
- Slumping forward from under the rib cage
- Body leaning forward from the hips



AFTER

- Head and shoulders back
- Chest lifted
- No slump at the rib cage
- Body upright from the hips and not leaning forward
- Ear, shoulders, hips and ankles all in line as they should be

“I came to see Liz and Nick because I had pain in my left shoulder which restricted movement in my neck. I have had this issue for more than 10 years and I didn’t think that it would be possible to fix this but since my treatments, my pain has gone. I am feeling much happier and I have more energy and flexibility. I would definitely recommend coming to see Liz and Nick”



Diane Howells