

BEFORE

- Head forward and down
- Shoulders forward
- Upper back rounded
- Body slumped from under the rib cage



AFTER

- Head back and upright
- Shoulders back
- Upper back not as rounded
- Body more upright
- Abdomen changed shape



"I came to see Liz because I had bad headaches, dizziness and back pains. I was in so much that I couldn't do anything, and I could hardly leave the house. After my treatments, my pain has greatly gone, and I can now leave the house more often and do some gardening and housework without being in any pain. I would definitely recommend Liz"

Emma Hawkins

