

I grew up in an abusive household although in that era, 1936 to 1955 it wasn't considered abuse, and most parents where I lived slapped their kids around. I'm sure that my neck absorbed those blows to my head.

When I was in 5<sup>th</sup> grade, a friend of mine was trying to gain my attention while I was engaged in conversation with another friend. This "friend" was gently tugging on my right arm and I was ignoring him; all of a sudden my arm was cracked like a whip and I thought my head was going to fly off my neck. The neck of course, had to transfer the whip-like snap to my head.

I played football in Jr. High and High School and received numerous blows to my head. We didn't have face guards then and one of those blows came from a foot that loosened my front teeth.

And then there was the time when I tried a back flip while on a Jr. High trampoline and I didn't make it over and landed on my head. I also remember when I foolishly dove into the shallow end of the swimming pool and hit the bottom of the pool with my head. Also, a friend of mine and I had a hand balancing act. Part of this act included him standing on the top of my head and balance while I was standing, and then he would jump off. As I look back this couldn't have been good for my neck.

Over a period of about 30 years I frequently visited chiropractors who twisted my head back and forth to adjust my neck. I also picked up the habit of raising my shoulders when I was tense resulting in a continuous tensing of the muscles that attached to my neck and my head. I also spent many hours on business phone calls with the phone pressed to my right ear while I tensed the muscles on the right side of my neck.

Finally, at age 70, my neck stiffened up and refused to move, and I could not move my head; not up, not down, and not to either side. It was so stiff and so painful that my chiropractor was not able to adjust it. Additionally, my neck, shoulders, pectorals, and deltoids were stiff, painful, and cramping. It was so bad that I had to hold my head when I rolled over in bed, and I had to slide out of bed on my stomach while holding my head in order to minimize the pain.

Fortunately, at that point in time, I chose to go to Julianna Holden for core-release treatments. Jul suggested that I might have a couple of bulging disks and a possible herniated disk in my neck; all these problems were on the right side of my neck. All of the stories I just told had been long forgotten but were recalled during her treatments. She recommended that I see a medical doctor to diagnose if I had these problems, but I didn't want to face the possibility of surgery.

During my first treatment Jul was able to effect considerable neck movement and it was done without pain. In my conversation with her afterwards, I remarked that I was worried that she would try to move my neck further than it wanted to go, and thereby elicit pain from my neck, and I was marveling at her ability to stop just short of causing any pain. What she told me then surprised me! She informed me that all she did was cradle my head and she did not move my head at all. She said that my neck was doing all the movement on its own, having received the release energy from her treatment; and that the neck was realigning itself and the vertebrae and the disks were thereby gently being moved back into place.

I continued to receive weekly treatments from Julianna, and have improved vastly with each treatment. I can now move my head freely in all directions, and the pain and cramping are gone from my neck, shoulders, pectorals, and deltoids. I can now drive a car without experiencing pain when I look from side to side for traffic, and I am able to resume my usual daily activities. Additionally, my head no longer droops forward and my posture has improved dramatically (the stoop is gone).

Julianna most likely saved me from the surgeon's knife and saved me from living the rest of my life in pain. I enthusiastically recommend her treatments to anyone who is experiencing muscle pain, muscle cramps, and range of motion problems.

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