



As the true life experiences brought out at the beginning of this article shows, Spinal Touch is very powerful. I have experienced major changes of my own with this technique. I have also seen some wonderful changes in the few clients that I have worked with already.

Depending on the severity of chronic illness you may be experiencing, relief is generally noticed in a few short Spinal Touch sessions, and the adjustments tend to stay in place longer than standard chiropractic adjustments. This technique is even beneficial for those who have experienced past spinal surgeries.

I am pleased to announce that I have completed my training and am accepting clients for Spinal Touch sessions.

If you wish to reserve a session, have a free evaluation, or just chat about what Spinal Touch can mean for you, please call me today! -Susan Swanson, CR, STT, State-certified Herbalist.

## Superior Quality Nutritional Support Now Available

Sole Reflexions is offering five great product lines of natural supplements.

Nature's Sunshine Products Superior quality herbs for every health issue imaginable

Del Immune V - for immune support

Vitalzym Products for dissolving scar tissue and relief from inflammation.

Bio Active - Homeopathic and flower essence remedies

NutriWest Products for hormonal health

All supplements are offered at a considerable discount. I have had great success using all these products myself and with my clients. There are very few health concerns that can't be reversed or at least halted by a good nutritional program. Up until recently, there were no governmental regulations monitoring supplements and their content. I work with only those companies that run multiple tests on their supplements for quality control. This ensures better success with my clients' nutritional programs.

## Parkinson's Disease Halted

Testifying to the quality and superiority of the above mentioned supplements, I am delighted to tell you of the success in treating my father's Parkinson's Disease. His Medical Doctor confirmed it, the Parkinson's was no longer progressing! More than that, my father has actually regained feeling in his fingers. He is also seeing tremendous changes from his Spinal Touch sessions. After just a few sessions, he said that he was able to breathe better. After about seven sessions, he noticed that the tremors from the damage done by the Parkinson's were less intense.

## Alternative Therapies Covered By Flex Care

For those of you covered by your company's Flex Care plan, Spinal Touch and Reflexology is covered as an office visit for alternative health care. So take advantage of this opportunity!