

I have been attending Roy for the past 9 months and this has been the best thing I have ever done for myself.

I have found Roy to be extremely patient, caring ,understanding and encouraging. He listened attentively to my list of concerns before he started to work. He explained exactly what he was going to work on and why he was choosing this line of action. He answered all my questions with simple clear answers

Roy has helped me in so many areas of my life that I could not possibly list them all but I am going to try. I no longer have any of the following problems:  
Severely bloated tummy

Diet so narrow in an effort to prevent issues that I was reduced to just 6 items of food.....very unhealthy

Violent Tummy cramps

Sleep interrupted at least 20 times every night

Chronic perspiration and other problems

Permanently dry mouth

Pains in the back area where 30 years ago I had shingles

Consuming vast amounts of biscuits !

There is no instant magic wand to fix all my problems which I had lived with for 50 years . It took a little longer that I wanted to repair my body but none the less every visit has produced an improvement and encouraged me to return.

Roy with patience , kindness and encouragement has helped me on the road back to health and a better quality of life.

Jean