

## Injuries in the Back, Shoulder, Hips and Arm

### Quit Smoking



I have been seeing Justine for a number of years for different ailments.

I first met Justine due to a severe backache caused by years of repetitive injury from hard labour in the metal recycling trade. I had a hard time getting in and out my truck, and it took a long while before I could straighten my back and walk. After a few sessions of acupuncture and massage, Justine was able to correct my back problem, and strengthen it. I was able to walk straight without any pain and until now, my back problem has not returned although I continue the same work.

On another occasion, I experienced severe pain in my hips, probably caused by the type of work I do, which causes the wear and tear on my body from carrying heavy objects, although I was only in the mid 30's. One day, when I carried groceries from the supermarket to the car after a day of

hard work, my hips seized and caused me to walk in slow motion with great discomfort and pain. Justine was able to relieve all pain and strengthen my hips in just one session of acupuncture and strong acupressure massage.

During a nature hiking trip in Hockley Valley in the Spring, I tripped on roots then fell down a slope and landed on my left shoulder which is separated from a previous accident. The pain was excruciating but it took me a week later to see Justine. After just two visits, Justine had relieved all the swelling and the pain through acupuncture and mild osteopathy manipulation.

Recently, I pulled a muscle and tendons in my arm by throwing an object backward. The pain from the muscles and tendons pierced through my elbow joint. After one visit, Justine relieved the pain through acupuncture, acupressure and osteopathy. I came back for a second visit for Justine to strengthen my arm and elbow.

I am not a believer of pain killers and had always wanted to find a good alternative medicine practitioner to help me. However it's hard for me to find and trust a therapist whom I do not know without any referral, because I have no health insurance coverage. I saw Justine's ad in a health magazine. After talking to her on the phone, I was convinced to give her a try. I feel lucky that in my first attempt to look for the right alternative therapist, I met Justine. Besides her abilities to fix my physical injuries and ailments quickly, she had coached me to quit smoking, a twenty-year habit, and improve my health through her diet and nutrition advice. It will be 4 years in April that I have been smoke-free and healthy.

Thank you Justine for taking care of my health. You give me a positive outlook towards my future.

Peter Taslak - Mississauga