

**12/03/08**

**"I started zero-balance with Christina after undergoing six weeks of radiation and chemotherapy to treat cancerous lymph nodes in the neck area. In the three years previous, I had two surgeries of the tongue to remove malignant tumors. The radiation of the neck and mouth eventually left me unable to eat and talk above a whisper, so I had to have a food tube inserted. I also experienced numbness and tingling in my fingers. I have had three zero-balancing sessions with Christina and I believe they have speeded up my recovery to the point I no longer need the food tube because I can swallow liquid food and even some semi-solid foods. My fingers numbness has also diminished a lot. My speech has returned to near normal and my energy level is improved. I believe the zero-balance treatments have helped me immensely and will recommend it to others.**

**Thank You Christina"**

**Richard L Porsoska**

**"When I first decided to come to Christina Karamesines for a session, it was because my physical and mental well-being was compromised and in a low state. I couldn't think clearly, my muscles were stiff and inflexible, and I had chronic pain and limited range of motion in my shoulders and arms. Without really asking about what I thought my condition to be, Christina intuitively read and zeroed in on my specific body stresses and blockages. Under her strong and experienced touch she coaxed my mind and body to let go, stimulating my circulation, and reconnecting the flow, bringing the rhythm of breath back to my body. It was remarkable how this release made me feel different and more open to taking on the world. I have tried many different kinds of therapies to relieve my chronic shoulder pain but none of them have helped to this degree of healing. I continue to go to Christina because her therapies help me work out the wear, tear and stress that accumulate over time. I feel better, rejuvenated and more cognizant of my health because of these therapies."**

**Client**

**"I'm a firm believer that massage stimulates the body's own healing response, and I frequently recommend massage therapy. A growing body of research shows that massage offers health benefits throughout the life cycle: It promotes weight gain and motor development in babies, boosts respiratory function in children with asthma. It also increases blood circulation, reduces stress hormones, increases range of motion, reduces depression, and enhances immune function."**

**Dr Andrew Weil**

**Bob Hope credited his long life to daily massages.**

**This is confirmation that massage adds years to your life.**