

In our neuromuscular seminars we are taught that a shear of the neck with C¹ projected over C² can cause sudden infant death syndrome (SIDS). Along with Tigra, (the cat testimonial) Larry Temo, age 75, is an example of this, as shown through the following testimonial.

Michael Jones, B.A. LMT, NMT

When I grew up I had a very active life with a strong urge to push myself at a quick pace. I always remember my body being very tight and I had a minimal ability to relax. Since I was born with exceptional genes, I got away with this for a long time. Through the education Mike provides in his practice, I learned how this fast pace affected my body and caused the medical condition I developed years later. Unfortunately, the severe stress of my job and my history caused me to pass out one day and quit breathing while visiting my daughter in Milwaukee, on August 20, 2006. My daughter is a veterinarian and used CPR to revive me. I spent a week at St. Luke's hospital, had extensive testing and the doctors found nothing wrong.

Before I saw Mike for an evaluation I had been seen by a good NMT therapist for several years. My case simply was one that required more than NMT, as this wasn't enough to stabilize my condition. I saw Mike for an evaluation. He examined me and said I had the worst structure (alignment) he had seen in many years. He explained that structure determines function and how this could cause the condition I had.

Since seeing Mike, my neck has improved greatly to where my range of motion is considered within normal limits for someone my age. For example, I can turn my neck while driving and look over my shoulder, whereas before I would have to turn my whole body as a unit. I am ½ an inch from touching the floor versus 13" on my first visit with Mike.

I have had a great improvement in posture. This, along with my soft tissues becoming much looser, has allowed me to be taller. Through Mike's work I have learned to slow down at work and in life. I take breaks at work, have cut down my hours, relax more and listen to my body with the tools he has given me. Additionally, with these tools I can make corrections when my body gets out of balance. This last Thanksgiving was the first time in many years that I did not work. I spent the entire day with my family!

I have learned the correct way to breathe. Also, instead of sitting down to put on my pants, I can now do this task easily while standing up. I do my neurological exercises two times a day, and sometimes at work if I become tight. My job makes it very difficult to improve and not fall back into the old habits, yet I improve every time I see Mike. We have more work to do to achieve the health I desire, however, I do not fear this life-threatening situation happening again. When I first came to see Mike that fear was frequently on my mind. My structure (alignment) is now close to normal and I look forward to many more years of healthy living. If anyone is interested, I can be contacted at juarniel@mac.com or 330-666-8564. Sincerely,

Larry Temo