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January 1998

UPDATE OF PREVIOUS TESTIMONIAL DATED NOVEMBER 24, 1992

To Whom It May Concern:

The purposes of this update is to bring to everyone's attention the difference between the use of only neuromuscular therapy by Mike on me and a more comprehensive therapy which Mike used on me when I went back to see him in 1995, after I suffered a whiplash injury. Note that although Mike had relieved me of pain in 1992, when I first saw him, I still suffered from a hormonal imbalance, panic attacks, extreme fatigue and difficulties in concentration and in my ability to understand reading materials. Obviously, I was not functioning at full capacity. It wasn't until later, that I realized that I had suffered both from fibromyalgia and chronic fatigue syndrome. As a result of my other problems, I went from practicing law at a top notch firm in Canton to attempting unsuccessfully to practice law part-time out of my home. Although I was pain free, my other symptoms still caused me to become disabled to the point I couldn't support myself or my family.

My whiplash injury triggered my pain cycle again, so I looked to Mike for help. Although I went to Mike to help my alleviate my pain, Mike's more comprehensive treatment plan not only relieved me of all pain, but also normalized many of my other problems as well. I think it's important to mention at this time that I graduated from undergraduate school with a 4.0 grade point average, graduated 9<sup>th</sup> out of 117 students at the University of Cincinnati Law School, and had an IQ of 145. I mention this not to try to impress you, but to make you aware of how the debilitating problems that we have in common shattered my seemingly invincible career. At the same time that I began seeing Mike again, I was attempting to obtain financial aid from the local Bureau of Vocational Rehabilitation to go back to school to enable me to change careers to do something I could handle. At this point, my mental abilities had deteriorated so much that extensive neuro-psychological testing by the BVR found that my IQ had dropped to approximately 110. The BVR specialist's suspected that I was having small, unnoticeable seizures in my brain that was severely limiting my ability to think clearly. However, a subsequent MRI test showed no trace of any seizures. As a result, I became the first licensed attorney in the history of the Canton BVR to receive financial assistance. I became so intrigued with Mike's work, that I decided to go to Massotherapy School.

At that time when I saw Mike for therapy, instead of taking a purely physical approach, he focused on the primary importance of my neurological system's ability to both send signal from my body to my brain and from my brain to my body. I was quite skeptical at this new approach, but was willing to try anything. He tested my level of discomfort. Some examples of the neurological tasks included touching my nose with my finger with eyes closed from four different directions, balancing on each leg with my eyes closed, how long I could hold my breath, measurement of my lung capacity, grip strength, and neurological muscle tests. He found then, like we do now, that all fibromyalgia and chronic fatigue sufferers have levels of neurological functioning less than that of a four or five year old child.

During the next couple of months, Mike proceeded with a multidimensional treatment plan. He focused on my posture, biomechanics, nutrition and proper bodily structure. Most significantly, he focused heavily on using his skills to restore the curve in my neck (cervical vertebrae) to its proper angle and restoring proper movement between the vertebrae in my neck using the Jones Hyperextension Inter-Segmental Technique

(JHIST). He also performed neuromuscular therapy on important organ and muscle systems to restore normal tonus and health of those areas. The goal was to restore proper neurological functioning so that my body could use its own healing powers together with the neuromuscular therapy to relieve pain and also to greatly reduce or eliminate my other symptoms.

In summary, by normalizing my cervical curve and maximizing the use of my neurological system to correct by structure, I became not only pain free, but my other symptoms were either eliminated or greatly reduced. **Although my situation has been stabilized since late 1995, I decided to go to my physician recently, was evaluated, and was given a fibromyalgia-free status.** I easily passed the neurological tests. I greatly reduced taking medication for panic attacks. I began to exercise freely. Most importantly, my thinking abilities returned. I then decided to return to my law practice. However, a year after my return to law, I decided to return to massotherapy school and to specialize in treating people in chronic pain in the manner in which Mike has taught me. I am now able to handle a schedule I would have thought was impossible two years ago. I am winding down my law practice, attending massotherapy school, and providing full-time care for people with chronic pain that have been referred to me. Despite this level of emotional, physical, and mental stress, I have maintained my improvements through the use of neurological movements, proper lifestyle, occasional treatments, and techniques for monitoring my own health, so that I keep my structure normalized without having to wait until a significant health problem surfaces.

I would describe Mike's multidimensional approach in three words: "Structure Determines Function."

Sincerely,

Ross A. Carter

### **February 2008 Recent Update:**

With Mike's continued research and experience, we feel that although physically I'm healthier than most we know, some family background and lack of enough healthy social connections have limited me from being the best I can be. I have taken goal-oriented strategies to address this last piece to complete my realization of attaining optimum health.

Sincerely,

Ross A. Carter