

How we met:

One of Leisha's clients, Charlotte Beran, introduced us. Charlotte had been treated by Leisha successfully for back pain and was living a normal active life so I trusted her recommendation.

What was ur challenge?

Low Back Pain, Muscle Spasms and Pelvis Misalignment

In 2014 I had several low back episodes where I would move the wrong way and then was in such pain that included back spasms that I had to take muscle relaxers. And because of the severe pain I felt I had to rest. I would rest my back for days on end and it took at least two weeks for me to recover and be able to move safely and pain free again. I had Xrays and an MRI which only showed I had degenerative disk disease. The spine surgeon recommended doing less, resting more and exercising minimally. I followed this advice and the troubles continued. In addition to seeing the Spine Surgeon I had gone to several massage and sports recovery practitioners over the years and they helped me find temporary relief but my back issues recurred on a regular basis. These other practitioners were able to provide relief for the pain but did not solve the root problem.

In summary, my issues were:

- Back Pain
- Muscle Spasms
- Imobility
- Weight Gain

The Recovery through Leisha Anders

The very first time that Leisha treated me, December of 2014, was the return to my active life. She brings her massage table to the house, sets up, observes your stance and movement, and asks questions to get your history. Then she goes to work. Leisha has an amazing ability to find the root cause of the pain, not just treat the pain/symptom. She gently works out the tension, to the point that there is a remarkable improvement after the first treatment. As I understand it, she draws from Eastern and Western techniques to identify and remove the blocks in the muscles, body and adds energy work to aid in healing. After several years of pain, I started to feel stronger.

For the first couple of months we scheduled sessions twice per month, every two weeks. These sessions were 60 minutes each. Once I consistently started feeling strong and began exercising consistently without setbacks we moved to sessions once per month. Leisha gives homework including using cold and heat as well as appropriate exercises to advance the healing. Leisha has treated me for six (6) years with great success. I will always have back pain when I do things I should not, like bend down to dremel my dogs' nails or pick things up improperly. However, I now

recover COMPLETELY without medicine in 24-48 hours. I exercise regularly including daily 45 minute walks, core exercises, pilates (also core), swimming pool exercise , ride bikes and attend fitness classes.

In summary, the results:

- Few episodes of back pain
- Less severe back pain
- Very quick recovery, 24-48 hours
- Regular exercise programs
- Much more active life
- Weight loss

Leisha now helps me on an as needed basis. She has taught me to manage my back issues successfully. There is no one better than Leisha Anders!

Please contact me for any questions: Susan Robinson 214.876.5933