



I'm not a robot

































Join us on episode 6 with host Chris Maddon and special guest Monica Paslaru as they Start Fixin Yo' Self - Do Try This at Home! Don't Do it in an Ed Hardy... Passive Stretching to the neck demonstrated on the treatment couch, as part of a Relax and rejuvenate with these simple body Erector & QL Massage for Low Back Pain Discover the power of sub-occipital muscle Here's a soft tissue mobilization or Dawn Morse of Core Elements Training, demonstrate First time trying out a vichy shower. Would you give this a try? • Benefits are to increased blood circulation, reduce toxins ... behold the cranial cradle an excellent way of beginning or ending a