



ORIENTAL HEALTH METHODS

12868 W. BLUEMOUND ROAD, ELM GROVE, WI 53122

262-785-5955

I've become an independent woman. My husband no longer has to be my nurse, nor take care of me! I can have a real life and take part in real life activities!



I had two back surgeries which fused L4 – L5 with rods, screws and bone graft. Then a subsequent surgery to remove the hardware because a nerve had become permanently damaged resulting in drop foot. I had severe stenosis, grade 3. I had also turned into a complete puff ball because I could not do exercise of any kind nor lift anything over 12 pounds. Everything was a chore and I just existed. My immune system tanked; I came down with mono, asthma and allergies. I had a pronated foot and a tilted-rotated pelvis, ramifications from a fall 17 years ago. One part of the body is connected to the other part and everything ALL DOES work together. I had a micro-vascular event in the basal region of my brain. My blood pressure went to 213/123 with a falling pulse to 45. Also I had two left foot surgeries due to foot pronation because my left leg is longer than my right leg. The body does try to adjust itself. I now have a fused left foot and just the last joint of the big toe for push off power. I also have a right total knee replacement from a childhood injury. I have problems with my left knee because the left leg is longer than the right leg and my body was trying to even itself out. An herbal patch applied to the left knee has relieved the pain and strengthening by leg movements has eliminated the problems.

So, with all of this, I still wanted a life. I was advised by Ted Smith, whom I had met elsewhere to try this. I thought 'what do I have to lose? I'll try it.' I want a life. I'm not use to just existing.

I walked in and met Ronen. He started me on breathing and gentle stretching. I didn't know I could work up such a sweat just breathing. I balked every time he asked me do something new, like doing knee lifts, stretch kicking..... It all horrified and petrified me. Every five minutes I had to sit down and catch my breath.

It is amazing what I can do now. I now leave my hiking stick behind. I have walked in a parade; I can now stand for 1-1/2 hours practicing the English hand bells. I play in the bell choir at church. I can carry my sewing machine in and out of my car when I need to take it to sewing class. I'm cleaning clutter up in my house which has accumulated for 17 years. I have taken care of myself when I flew out to Boston to visit my Mom. I handled my own luggage, helped my Mom, guided her, and walked three flights of stairs instead of an elevator. I walked the University of New Hampshire campus when I went to a hand bell conference. I am enjoying life again. I've learned how to be stronger through my core muscles, legs, arms, hands and even my brain. I am mentally sharper. My asthma has not given me trouble since June, 2005 and I breathe better – ALL from learning how to deep breath, Tai Chi, and many of the other Oriental Health Methods.

I show my husband what I have learned when I get home and he gets tears in his eyes because I haven't been able to move in years. He is so amazed and proud of me. I now have a partner in my husband; not my constant 24 hour care giver – I just love it .

I thank Ronen for encouragement, patience and persistence. He never discourages me, but says you will be able to do it. I shake my head in amazement and keep on doing. I also thank Ted for sending me here. If you have the will, you can do it. Mind, Body and Spirit do come together to give you back life if only you keep a Positive Attitude and keep on trying and practicing.

**Sandra Hammel
Milwaukee, WI**



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I was introduced to Oriental Health Methods through a friend of mine. The first time I walked in, an instructor looked at me and said, "You have an issue with your back, your posture and the oxygen levels in your blood." I was amazed. I had recently undergone numerous x-rays, MRI's and CAT scans. It was a shock that the instructor had an ability to accurately see my physical issues that confirmed the test results. He also suggested a way to address them.

Since the age of six I have played the game of soccer. I played in high school, college, and professionally. I have been exposed to many different training regimens, developed by famous physical trainers. One of the interesting things I saw in European soccer was the type of training they did versus here in the US. The Europeans tended to train more naturally. For example, we ran out in the woods, jumped over trees, and performed more physical training that did not require machines or man-made exercise equipment like in the US. Over the years the type of training I've been exposed to has been a cookie cutter approach to working out with trainers on stationary bikes and other mechanical units. The most beneficial, in my opinion, was the training in Europe. When I came back to the United States I felt I was in excellent physical shape. Near the end of my soccer career I needed to have surgery on both of my knees to correct a condition (Chondromalacia patella) that had developed, most likely because of my improper training and abuse of my body.

After my professional soccer career ended, I went to work at a somewhat normal job in the financial planning industry. In 2003 I was in a near head-on collision that resulted in a debilitating condition in my spine at the L3-L4 level. I could not stand for more than 20 minutes without going into spasms. I couldn't play with my children the way I used to. Surgery was required to regain quality of life.

The surgery was a "success". However, it resulted in me having to attend many different workout programs, rehabilitation centers and physical fitness gyms that required me to invest a great amount of my time. It was nice to build strength in my back muscles but did nothing to help my flexibility. Most workout programs prior to OHM did not produce very good results either due to my lack of desire to succeed or the trainer's lack of knowledge about my body and my needs. At OHM the instructors looked at my body condition, and were able to customize training according to my body type, which made it more comfortable for me physically and mentally to accept. I felt the benefits immediately. One of my goals was to be able to touch my toes which I can now do! I often look back at my professional career as a soccer player and wonder what my career would have been like if I had this type of training. My ability to read my body and react to its needs has not only saved me time but money too. I used to wake up ready to enjoy playing a sport that I loved. I now have the same feeling when I wake up and start thinking about my training. What's really nice is that I can do this training anywhere; I don't need to be in a gym or fitness center, I can be outside or in a hotel room and benefit my life.

Tim Gambatese