

No Need To Be Skeptical, Trigger Point Massage Relieves Pain!

By Anne E. Bauswein

As we approach "a certain age" aches and pains become an unavoidable part of life. Old injuries from sports, falls on the winter ice, or maybe from just rushed carelessness surface. Getting in and out of a car can be painful, not to mention climbing a flight of stairs.

Enter John Everard, or better known as "JohnE" to many who have come to know and love his means of alleviating pain.

He walked in our office last week to inquire about advertising and knew at a glance precisely where my "deadline stress" was located. Yep, that right shoulder blade gets bunched up with tension and feels like someone is sticking a iron poker into it. He applied a brief "trigger point massage" and I was left feeling a bit bruised and somewhat skeptical... but much, much better.

John told me of the testimonials he has received from local people and, again, I was a little skeptical. Five minutes and he'll change my life??? A dollar a minute??? Who is this guy kidding, I thought.

Being in the same building as the *Spirit* office, he stopped back two more times that afternoon. I mentioned arthritis in my knee and he all but scoffed at the term "arthritis." A minute of applied "trigger point" seemed to work immediately. But here's the convincing point about the trigger point: Later as I left the office, got into my car, and went to work on a home "project"---these tasks encompassing a total of four flights of stairs---I was conscious of no pain in my knee. None. Nada. Ah, bliss!

In conversation, it surfaced that John had been a Post Office employee for 25 years, during which time his mail truck was rear-ended twice. Pain became his constant companion, and he sought relief in many ways. When he found trigger-point massage as the answer to his pain, he was determined to learn the method and share it with others. He went to school at Cleveland Institute of Medical Massage, became licensed in 2004 and the rest, as they say, is history.

Not only are stress and arthritis on his pain-free hit list, TMJ, migraine headaches, fibromyalgia and heel spurs can be helped as well.

So what have you got to lose? And so much well-being to gain! Call JohnE today at 440-991-6149. You'll feel better by spring, I promise!