



TO:

POWER CORE

27, April 2023

I am finally beginning my Wellness journey. This may sound cliché but in my case it's highly appropriate. I'd like to thank Dr. Carolina for making this possible. So many positive changes have taken place either directly or indirectly due to her program. I'll begin with my shoulder range of motion. After years of throwing with poor mechanics and bench pressing, I considered my shoulders MIA. After one week of adjustments, I was easily pressing 40+ lb dumbbells overhead.

Next, there's my lower back. I was told by a Physical Therapist never to deadlift or squat again. In About 3-4 weeks I was now deadlifting and squatting pain free. I've had on-going neck pain for years. It would randomly appear after workouts and would keep me up at night. Dr. Carolina gave a few of her Exorcist like neck adjustments and now I sleep pain free. Her guidance with my nutrition, supplements, sleeping has led me to numerous lifestyle changes. My sweet tooth has vanished, I'm more aware of hydration, I'm practicing Intermittent fasting which has transformed me into a fat burning machine.

I can't thank Dr. Carolina enough. I always look forward to our sessions and playing name that tune with her acoustic music streaming service. Enjoying my body was something I took for granted. Not anymore. See you Wednesday at 10:10 Dr.Carolina .

Sincerely,

Ronnie Kenyatta

Performance
Enhancement Specialist