

Terisha,

Once again, you have been a life saver! Memorial Day Weekend I was having about 40 people over to my house for a big outdoor celebration. As you can imagine, there was a lot of prep work to be done before the party both inside and out. Since, I'm semi-retired, I was left at home Friday to get a large to-do list completed and I ended up doing a lot of things that I really shouldn't have been doing all by myself, but, well, the house had to be ready for my guests, right? Well, after dragging the area rugs outside to be deep cleaned, weeding the garden, putting down mulch, vacuuming, mopping, and doing laundry, I finally sat down to rest around 6 pm. I think that was my mistake, resting.... I stood up after a few minutes with a glass of water and when I stood up, I couldn't move, literally, my back had seized up entirely and said "enough is enough".

Off to the bedroom I went with my ice pack and some Nsaids to lay down leaving dinner to be cooked by my husband. A couple of hours later, I'm better, but not nearly where I need to be to be able to get up and start cooking for 40 people coming over in about 15 hours, yikes! So, now, not only is my back killing me, but I'm having some anxiety about how I'm going to get through this party the next day. I'm racking my brain, "how do I get my back moving again?" Then, I had an epiphany! Terisha's "spikey" balls, yes! So, I slither out of bed and go get the green spikey lifesavers. After using several of the techniques that you showed both me and my husband, I can start to move around a bit. After repeating these techniques a few times, I'm starting to feel like a brand new woman! I can move!!! It's a MIRACLE!!! Ok, maybe not a miracle exactly, but you and your techniques saved me AND my party! Our guests and I had a fabulous time the next day!!

Thank you for all you do! It's amazing what two little spikey balls and your knowledge and teachings can do for a person.

Cheryl Cappelli