

January 20, 2017

Ms. Terisha Tatter  
Lift Total Wellness  
5885 Glenridge Drive  
Suite 100  
Sandy Springs, GA 30328

Dear Terisha,

WOW! What can I say? Thank you so much for healing my body. I have always been involved in sports (gymnastics, yoga, swimming, tennis, and skiing to name a few) and working out my whole life. I've also had several surgeries on my abdomen.

Nothing had me baffled more as when 5 years ago, I was diagnosed with plantar fasciitis. I bought all the stockings, braces, and ointments. I saw several different doctors, who gave me shots in my feet every few months. None of these things worked. Before this dreaded diagnosis, I had torn both meniscuses in my knees in a skiing accident. I was one hot mess.

My friend mentioned Terisha's name and suggested Pilates. I went for a couple of solo sessions and after about 2 months, I began to notice a difference. My body had strength, my legs seemed stronger and straighter. There was no more pain in my feet and my knees. I can now bend down on my knees and stand on my tip toes.

I believe that in the process of doing Pilates, my core was strengthened. My stomach is strong again and I feel centered. I no longer drag my feet and trip over things. It is awesome.

I've been seeing Terisha for more than 2 years now, attending her weekly Pilates classes and getting a massage once a month. She gives the best massages – EVER! Oh, I forgot to mention, I call her the "muscle whisperer" – haha.

Thank you Terisha Tatter for giving life back to my body. I feel 15 years younger. You're the best.

Sincerely,

Heidi