



Fitness Health

A Happy Fix, From Afar

by **BILL BOLAND**

Over the New Year's holiday, I had the opportunity to meet two delightful members of the Davie & The Ranches Magazine community, Maria and Leo Rojas. On the right you can see us at El Mariachi in Weston.

It was great fun to meet Maria and Leo. Maria and I had communicated by email for the last few months as I developed an at-home menu to address her hip pain. As her hip pain is now almost gone, we decided to work on her postural alignment and neck pain. The neck pain had been a smaller part of the hip issue.

At the same time, her husband, Leo, as he has had two difficult surgeries in the past few years, felt that his ability to move like the old days was being compromised by his posture and general lack of power. We talked about getting back to the gym and walking more, but agreed that the best place to start was to get the



joints and muscles working together again.

That put us back to aligning the joints and muscles. We both felt that he his body had gotten into bad habits and that this was hurting him, too. Habits are easily acquired, bad habits more easily than good ones. Once the body's balance goes awry, it usually needs an outside intervention to get back on the right track.

The BodyFix Method is great for restoring

the body to its functional state. Sometimes, that's even better than what we remember! Leo agreed to send me four standing photographs, to fill out a short questionnaire, and to start as the second on-line client in his family! I will review his standing posture, go over his responses to the questionnaire, and, as I have already had a chance to see him move, I'll be able to fashion an at-home menu that will restore him to pain-free movement and power.

Perhaps we can help more of our readers with some hands-on work. The internet is a great medium for gathering information, assessing problems and developing solutions. We can create at-home menus for each reader who would like to feel better. The cost is minimal and the benefits are substantial.

If you would like to develop an on-line program that would restore you to good health, please email me at bill@bodyfixmethod.com. Be well.

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