

Body Tune-Up Through System Restoration

Modern medicine and symptomatic treatment do not work well with chronic illness or pain. By restoring functions and vitality, this Body Tune-Up Program significantly reduces chronic pain and ailments, while returns people to activities that they loved. We may even restore some of the body height that you have lost over the years, in addition to feeling lighter and smoother in your movements.

Eight Different Systems and ProjectSelf Program 12 hours

1. Evaluate the Whole Body and Initiate the Posture and Gait Changes
2. Free Up your Spine
3. Improve the Circulation
4. Remove Tension from the Nerves
5. Balance the Cranium and Spine
6. Recondition the Arms and Legs
7. Mobilize the Rib cage and Breathing Related Structures
8. Move Better with Side Bending and Turning

It's Time to Restore your House and Tune up the Car

The physical body is the house for your soul and vehicle for your spirit. Consider the expenses that you have had over the years to pay for houses and cars. Then, you can see that this Body Tune-Up Program truly offers a great opportunity to restore yourself at a tremendous value.

The 12 hours program can be accomplished by weekly treatments or intensive 4 days to 2 weeks programs. Please call for appointments.

\$ 120 per hourly visit (cash or check)
Office Hours: 9 to 12 and 2 to 5 Weekdays

(828) 777-8226



Spencer Liu, P.T.

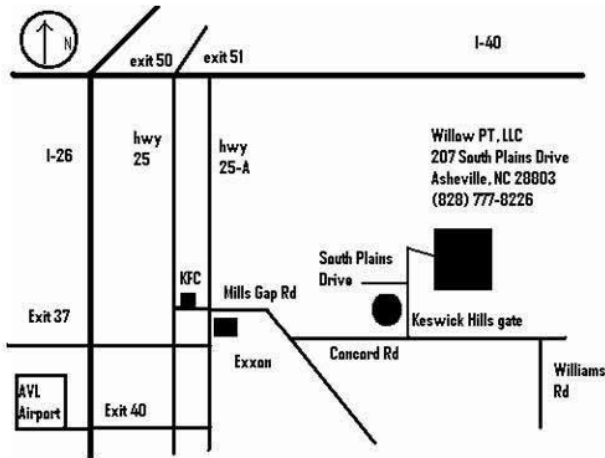
Graduated in 1976 from National Taiwan University, Taipei, Taiwan. Graduate Studies 1979-1981 at Northwestern University, Chicago. Practiced at St. Joseph's Hospital, Asheville 1985 to 1999. Started Willow Physical Therapy on January 3, 2000.

30+ years of Experience.

Philosophy

- ◆ Old injuries affects the healing of more recent injuries. Restore the whole system instead of where is currently hurting.
- ◆ Restoring breathing/circulation will enhance the healing and immunity to all kinds of ailments.
- ◆ Pain and inflammation are part of normal healing process and should not be suppressed. They will disappear permanently only after healing process has truly completed.

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- ◆ **From I-40**, exit 50, take Hwy 25 south, 4.2 miles left turn at the KFC light to Mills Gap Road
- ◆ **From I-26**, take exit 37 to Hwy 25, left turn to KFC, right turn to Mills Gap Road
- ◆ Pass Exxon exactly **1 mile**, turn left to Concord.
- ◆ **1 mile** on Concord, turn left into Keswick Hills.
- ◆ The stamped concrete driveway is 30 yards straight ahead. The office is located at the ground floor.

General Information

- ◆ Loose shirts and sweat-pants are required!
- ◆ Parent or guardian's presence is required for people younger than 18 years old.
- ◆ Please come in on time and get ready for therapy.

**Spencer Liu, P.T.
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(828) 777-8226
www.projectself.org**

It's Tune-Up Time for Every Body

Presented By

Spencer Liu, P.T.

Willow Physical Therapy, LLC

Quality and Experience That You Deserve

Visit www.projectself.org
Our Self Treatment Site



2012