

Letter N°1

Hello Jacques

I've just come back from my first consultation with Karl and would like to share my feelings with you. First of all, he is a very kind person, with a simple manner and a warm welcome: straight away he puts you at your ease. Just by observation Karl was quickly able to detect a variety of anomalies such as a leg made shorter by an unbalanced pelvis and tension in the upper ribcage. Afterwards, we did some exercises to warm up and then we started working: we spent an hour stretching, cracking and loosening up, starting from the feet and finishing at the head. At the end, I felt buoyant, with the impression that my head was mounted on bearings, my nose clear, my breathing deep and calm, and my posture more upright without too many aches
– Just a slight niggle under my right jaw. My breathing is freer for now and I feel less tense.
This sums up my first visit to Karl which for me was a positive experience!

See you soon

Kind regards

Stefan

Letter N°2

Hello Jacques,

Back from my second visit with Karl. I still have difficulty when I breathe in and my throat feels tight, but according to Karl, I am a little bit stiff, which makes the work harder for him. In order to free up my back, he gave me a few exercises to do at home before my 3rd visit next Friday...
During this visit, I clearly felt my right shoulder or collarbone unblock – I can't tell exactly which – as well as some of my ribs.

Kind regards

stef

Letter N°3

Hello Jacques,

I have to share my joy with you. I know that physical activity and strenuous effort were forbidden between sessions but this morning, given the sunny weather we've experienced lately, I couldn't resist going on a bike ride with my son (who was delighted by the way!).

I must tell you that before I started this work, my last ride had been really painful as it had been hard for me to breathe, I had been in constant discomfort, my throat had felt tight and I'd had a dreadful feeling that I was about to suffocate. No point in telling you how despondent I had felt ☹

So, back to this morning's ride, there I was off with my son, slightly apprehensive. The first kilometres passed smoothly, my breathing was easy and normal, breathing in and out while riding up slopes to properly oxygenate my body, my heart rate was okay too.

When I got to the top of the hill I breathed deeply and.... ABSOLUTELY NO FEELING OF BEING WINDED. My breathing returned to normal right away.

There was no feeling of discomfort, except maybe a slight pressure in my throat, but that was totally bearable...

Have the visits started to be bear fruit?

Whatever the reason, it's been a very good day for me and it has certainly cheered me up!

I am convinced your technique has got something to do with it...

Thank you again for having shared it through this website.

Have a nice day,

kind regards

stef

Jacques' answer

. Hello Stef

There are only two possible explanations for what you have experienced :

- The re-balancing of your ribcage and whole body has begun to bear fruit;
- It is a miracle following a trip to Lourdes
- Err, have you been to Lourdes recently?

Take care, there is still a little cervical work left to do and everything should improve further.

Regards,

Jacques