

Athletics have been a huge part of my life from a very young age, but it was still a shock at eleven years old, when I went in to the doctors for back pain. Having only taken XRAY 's the doctors could not really ascertain what exactly was wrong, but it was clear that the curvature of my spine in conjunction with my daily exercise as a gymnast was causing strain on my back.

Being so young, the only treatment recommended was physical therapy, which I did religiously for months in order to return to my gymnastics training.

It didn't take long however for the pain in my back force me to quit gymnastics.

By the age of 22, I was a competitive springboard and platform diver for a Division 1 University, and yet again I found myself again looking at XRAY's of my lower spine. This time the images were clearly showing years and years of damage. Cartilage loss, Osteoarthritis, Facet wear and tear my back looked more like that of a senior than a young adult. Again physical therapy was recommended in order to strengthen the muscles in my back and core, in order to take pressure off of my spine. Every day I spent a good hour with trainers, taking ice baths, doing exercises, getting ultrasound, being hooked up to TENS machines and getting massages. Twice a week for several months I saw a chiropractor who would adjust my upper and lower spine, apply heat, and ultrasound. Though at the end of each day I found relief from these therapies, they became a necessary and daily chore by the next morning. Within 6 months I was told my only other option was regimented cortisone steroid injections, an avenue I had no interest in persuing. At 23, my injuries ultimately ended my lifelong athletic career, and I graduated from college still in constant pain.

By my 25th birthday, I had seen doctors, chiropractors, specialists, naturopaths, energy healers and osteopaths, and had worked my way through a gamut of treatments, medicines and routines, many of which unfortunately proved unsuccessful, painful or short-lived. Eventually I had to come terms with the fact that my pain could be something or the rest of my life. I had not given up on my condition but had stopped looking for options and accepted the fact that even at such a young age, this truly would be a daily issue for me. It was upon meeting Peter however, that I was reminded this did not have to be so. With the proper knowledge, equipment and treatment plan, I could maintain alignment in my spine and allow my body to work its own healing magic. It is an absolute pleasure to have someone like Peter, who is so well versed in his field to be working with you.

The DMT technique not only allowed my spine to fully release in years but also relieved tension in tissues and muscles, allowing my body to stay relaxed days after being strengthened. Within the first session I began to understand what sort of condition my spine was in, and how this unique programme allowed my body to heal itself.

Though I felt immediate results, after four consecutive sessions I could really feel a difference that I knew would last. Three months later I had one more session with Peter, and I was astonished that unlike any other treatment plan which required almost daily consistency, just two hours with Peter was all it took to restore alignment and alleviate pain and pressure that had built up over the previous months. After each session the pressure and pain in my lower spine that I feel every day is gone, the pinches and twinges absent, and every step feels lighter. Thanks to Peter I feel I am finally on track to maintaining a healthy spine.