**Most people have no idea how good their body is designed to feel**

How many times have you had a patient come up to you and say “I didn’t realise I was supposed to be able to do this with my body.” People get so used to being in pain, or having aches and niggles, that they don’t realise how good their body is designed to feel.

We don’t know our body’s true potential; our bodies are capable of so much more. We have patients come in for their pain, but they see unexpected improvements in their digestion or their sleep. All of which, move them closer to reaching their health potential.