

To: Deb Jackson
From: Joe Jolly

September 11, 2006

Dear Deb,

I owe you a debt of pure gratitude & I wanted to thank you for all you have done for me, and helped me do for myself. The improvement I have seen is miraculous.

If you recall, when we first met it was obvious that I was very uncomfortable and in a lot of constant pain. I had already had two back operations including a spinal fusion at L-4, L-5 and S-1. I was being told I would need another fusion to relieve the pain and I really didn't want to go there.

The first massage I received from you was eye opening. I actually didn't realize how great it was until I noticed a few days later how limber and less uncomfortable I was. Since that first massage we have worked hard and have come a long way. I am pain free most of the time (Because I had the 2 operations - not sure I will ever be completely pain free), I stand up straight, and one of the best parts of this improvement is I can golf pain free! I no longer have the frown on my face from constant pain.

Your massages are the best I have ever experienced. Most massage therapists work the same muscles, the same way each massage. Your massages are different each time and you seem to know exactly what part of my body needs attention each time. The first few times you would ask me what was hurting and I would say my lower back and you would work on my abs or my legs. I wasn't sure what you were doing, but each time you knew what was causing my back to hurt and it wasn't my back.

You have also helped me to explore and learn other ways to help myself improve my quality of life. The books you lent me and the exercises you introduced me to have helped immensely. I do some of the exercises every day because of how much they help.

I know your goal was to get me to a place where I wouldn't need your massages anymore and we are real close. However, I will not let that happen because I get so much out of each massage and I am thoroughly addicted to getting at least one a month - more if my travel would allow.

I am truly grateful for all you have helped me accomplish and I am happy to call you my friend. Friends help others achieve more than they may be able to achieve themselves and you have done that with me.

Forever grateful

Your Friend Joe Jolly.

A handwritten signature in cursive script, appearing to read "Joe".