

Frances Harriman
P. O. Box 181
Ukiah, CA 95482
477-0937

Well, I got a two-fer. I came to Christine Miller several months ago when an old injury in my right shoulder flared up, something called an achromial-clavicular separation, a nasty result of pulling four shoulder ligaments in directions they didn't want to go.

In the process of "favoring" the right arm, however, I overused the left one. Now, after the right side was improving, I had a new problem—tendonitis of the left elbow. Chris has been working on "the whole system" – neck, shoulders and elbows – with an emphasis on laser light therapy. Much to my amazement, an even older problem has begun to improve, one which I'd long given up on. Years of working at typewriters and computer keyboards, with a sizeable volume of written words as the output, gave my writing arm a beating. Carpel tunnel syndrome of the wrist blossomed into nerve damage due to constriction on up through the elbow, shoulder and neck. Luckily, it wasn't painful to type, only to write for several minutes with an ordinary skinny pen. My once-respectable penmanship became a large, loopy scrawl—and that was on a good day. On bad days—translation: tired, lots and lots of writing or typing—I was lucky if what I wrote was legible at all. Sometimes the pen would just plain fall out of my hand if I tried to hold it too long. The sample fragment I've copied onto the back of this page is an example of a good day. Yes, this is part of a recipe for couscous.

Over the past few weeks, I've noticed increasing occasions when my handwriting looks nearly human! Chris and her kit of tools and healing methods are remarkable to experience.

Thanks very much, Christine! You've given me more healing than I ever hoped for. Bless you for all your good work and kind heart.

Frances Harriman

December 21, 2007