

"After spraining my ankle really, really bad during league playoffs couple of weeks ago. I am still in pain and gangster leaning (limping) everywhere. I recently found out that a teammate of ours is a Naturopathic Physician and a licensed Acupuncturist, small world! I took my cankles in for a check-up and rehab and let me tell ya, "who would have thought sticking a ton of needles in you would make everything feel better".

Anyhoot, for those that sprained your ankles, pulled a muscle, sore shoulders as a result of playing volleyball or any other sports for that matter. I would recommend going to see a teammate of ours Chihiro Aber (aka - Chi) at Sachi Wellness Center."---P.T.

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"Massage is a necessity disguised as luxury" is absolutely true, especially in Sarah Colarchik's masterful hands. I've been enjoying Sarah's "magical massages" regularly for more than five years - through hip replacement, chronic back pain, and the ever-present "bad golf swing" shoulder soreness. Even before I utter my current complaint, she manages to zero in on what I need - I still haven't figured out how she does it. Even if you don't have a painful "problem area", Sarah's massage is the ultimate in relaxation and bliss.----C.C.