

# Strong & Healthy Spine

## – Mas Sajady

Our spine is the foundation of our body's entire physical structure and a key component in flexible movement. Issues in the spine may not only have a physical impact, such as on our heart and lungs, our back and legs, but may also denote a wide range of spiritual and emotional problems, including lack of confidence.

Join Mas Sajady, energy-healing pioneer, in this fortifying Medihealing® where he will work at the frequency level to enhance the frequencies supporting a strong & healthy spine, and help:

- Alleviate the impact of traumas to our spine, helping bones, muscles and ligaments to work better together
- Ease the symptoms of pain, stiffness and inflammation
- Dispel the frequency of rigidity in mind and body
- Bring in the frequencies of limberness and ease
- Release restriction and invigorate strength and mobility.

*Please note: Mas Sajady is not a doctor, so please consult a health professional before modifying any medical treatment.*