



DR. B'S TUESDAY TEA TALKS...

JAN 9TH: POSTURE AND THE AGING BODY

JAN 16TH: LOW BACK PAIN

JAN 23RD: THE FISH OIL CRAZE

JAN 30TH: ARTHRITIS

TALKS BEGIN AT 6 PM AT JULIES TEA AND COFFEE GARDEN. PLEASE RSVP SYMMETRY. (510)769-0125

SYMMETRY WELCOMES RAUL CASTRO, A CERTIFIED ADVANCED MASSAGE THERAPIST AND A GRADUATE OF THE SAN FRANCISCO SCHOOL OF MASSAGE.

BY COMBINING TECHNIQUES FROM SWEDISH, DEEP TISSUE, TRIGGER POINT AND THAI MASSAGE, RAUL OFFERS PERSONALIZED BODYWORK THAT RELAXES, INVIGORATES AND PROMOTES HEALING.

RAUL BRINGS A DEEP KNOWLEDGE OF THE HUMAN ANATOMY TO HIS BODYWORK, WHICH COMBINES TECHNICAL SKILL WITH UNUSUAL INTUITION AND COMPASSION. SESSIONS ARE OFFERED AT 30, 60 AND 90 MINUTES. ASK ABOUT THIS MONTH'S MASSAGE SPECIAL!



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HOLIDAY 2007

A SYMMETRY TESTIMONIAL...

I first brought my son Carlos to Dr. Boyd when he was 16 months old. He had been in and out of the hospital with severe asthma for 2 months.

Although he had one asthmatic episode at 13 months old in September 2004, he wasn't on daily medications or having any problems until he fell out of a cart onto his forehead the day before thanksgiving.

He showed no immediate signs of trauma, cried for a few minutes but then ran around, played and giggled as usual. Over the next few hours, I knew something else was wrong, as his energy level drained and he became pale. He started developing symptoms of a cold, so both the advise nurse and I thought it was viral and not related to his fall. His breathing went south late Thanksgiving night and we ended up in the ER the next day. Although I told the doctors about his fall and thought an x-ray was in order, our healthcare provider said any "real" trauma would have been



Dr. B and Carlos Claiborne

immediately evident and wouldn't affect his breathing. He was admitted to the ER and/or hospitalized 4 times over the next 5 weeks, constantly on oral steroids and inhalers with his health failing rapidly. I was worried he was going to die, or at best always have to be on strong

medications and constantly monitored.

My active, happy, lively boy was now lethargic, pale, sad and extremely sick all the time. The "real" trauma to all of us! In less than 10 visits to Cindy, who immediately found his atlas vertebra completely out of place, my son was off oral steroids and almost all of his inhalers. Within a month, he was doing so well that we attempted to wean him off all medications. We ended up in the hospital for what seemed to be the last time. That was almost two years ago and he's never even come close to visiting the ER again! He rarely gets sick and is back to being his happy, rambunctious self again! We can't thank Cindy enough!

-Pilar Claiborne

WE WANT SAY...

thank you to everyone who joined us Dec. 8th for our open house. A great time was had by all!

A special thank you to: Farmstead Cheese and Wine, Pappo, Julies Tea Garden, Feel Good Bakery, and Barons for providing the delicious food, wine, and tea.



By raffling off certificates provided by NoFu Skincare, Julies Tea Garden, Mark's Paints and Flamingo Surprise, we were able to raise money for the Alameda Midway Shelter- Thank you to everyone who participated!

Raffle winners are: Bill Baxter, Taosha, Arlyse Kraft, Millie Luz, Chuck Rames and Dan Canose.