

# COMMENTS FROM MASSAGE CLIENTS

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*Regular massage from Gay Lee Gulbrandson has become essential to my health and well-being. As a 68 year-old woman with arthritic knees and hands, lots of tightness in my shoulders and neck, and a job that is sometimes stressful. Gay Lee has magically therapeutic hands, mixing deeper massage with the relaxing techniques of manual lymph drainage. She offers very helpful suggestions about everything from ways of stretching to nutrition to strategies for emerging more whole from transatlantic flights. Gay Lee is also warm and supportive. I've recommended her to many of my friends. B.T. November 8, 2010*

*I began using Gay Lee for the detoxifying benefits of **MLD**. Not only have the treatments helped in this area, I have less pain, more range of motion, and feel stronger. I also found that it improved my circulation at night. Gay Lee has a very healing touch. I recommend her highly! S.S. January 17, 2011*

*Gay Lee Gulbrandson is one of the most knowledgeable health professionals I have ever encountered. In the 15 years in which I have received massages from her, she has correctly understood and helped heal various injuries. Just as importantly, she has helped me maintain a general level of functioning that I am sure I would not have without regular massages from her. I feel very fortunate to be her client. C.J. March 15, 2011*

*Gay Lee has been my occasional massage therapist for 25 years. I found that tensions and pains build up that I am not really aware of - in addition to the back pain and neck issues that I feel consciously. After a treatment, my overall feeling of strength, energy, wellness, posture and ability to sleep deeply is strongly improved. It actually took me about 10 years to figure out why a 1 hour massage every few months made me feel so much better overall. It is simply because Gay Lee has a superior knowledge of anatomy, release mechanisms, structure, and appropriate techniques derived from various advanced disciplines. I always ask her about the latest amazing results that other clients have experienced. Invariably I am astounded by the dramatic outcomes she shares with me so warmheartedly (and of course anonymously). She is intimately familiar on a daily basis with creating what I would call "miracles", i.e. helping regular people like me. E.M. March 14, 2011*

*I find my sessions with Gay Lee provide profound relaxation and keep my chronic pain from becoming unmanageable. Also **MLD** has facilitated a reduction in swelling and discoloration on my foot after surgery. J.S. March 27, 2011.*

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