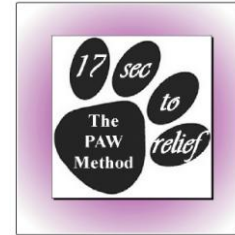




## Testimonials



**The** demonstration was powerful. It instantly relieved the knee pain.  
Very very helpful.

CM, age 40

**Relief!** Such a gift. I was dry coughing non-stop and Surteg took away my body's jerking response. I thought I needed a glass of water - never saw one. But a very quick response of calm.

CW, age 49

**Surteg** is an amazing man. He tapped my head, touched my hip, and told me to 'think happy' and my lower back felt fabulous. Crazy... but true!

CR, age 31

**As a dancer** and a dance teacher, Lyme disease was robbing me of many bits of my whole person. Today after one treatment, I feel whole, miraculously whole and ready to have a normal evening that hasn't been possible in 5 months.

BA, age 42

**This past Saturday**, I took a PAW class with Surteg, totally on my husband's insistence. I was very reluctant to go as I was extremely fatigued by working on the computer 8 hours on Friday. I had pain in the left side of my neck and Surteg did a demo on me for the class. I was extremely surprised to find that the pain had gone away 100%. Next day I did the paw-cross and I was at the computer 9 hours. I periodically did paw-cises. Here are the results.

1. I was able to work without eye-glasses.
2. After 9 hours my eyes had only about 2% ache.
3. I was feeling at peace after work.
4. I cleaned the house for 2 hours after 9 hours of work.
5. I had no pain in the neck. Thanks

VS, age 42

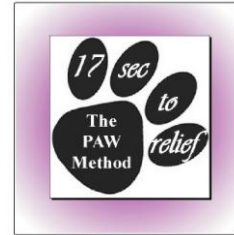
**After 6 hours on my feet**, my knees began to ache. I don't know what happened but after 30 seconds with Surteg I felt better!

I spent a little longer time with him later and couldn't believe the tingling sensations of my circulation coming back to life. My feet, knees, hands, neck- all felt relief. He was good at educating me about getting my body out of the posture prison into the feeling of well-being all over.

CG, age 29



## Testimonials



**I had hip pain**, tightness in the groin area, inner thighs and pain on the right side when I walked. Surteg coached me on paw-cises especially tapping and energizing areas of my body. I was impressed with how quickly I felt the results. The functioning of my hips and legs improved throughout the session I felt ease of motion in the lower back and hips immediately. Surteg has a very calming and reassuring manner. His positive encouragement and insightful comments gave me a renewed energy and restored my joy in movement.

AB, age 62

**I got pain-free** through paw-cises in less than 10 minutes with Surteg. I met Surteg at the event at the bank. My youngest son had just had his tonsils and adenoids taken out and this was his first day back to school. My oldest had woken up sick and needed to go to a doctor. I am a single mom. I was stressed and tired. I had worked things out with the help of my mother, but I was worried. Surteg showed me how to straighten up my posture releasing the stress and focusing the energy of the mind on relaxing. I felt better in minutes.

PM, age 33

**I am 17.** My Achilles tendon is less painful when it pops out. It is more comfortable to walk now. Back is straighter; doesn't hurt anymore as I walk. I have better balance. I need less help. I can drink and walk at the same time. I don't have to look at my feet when I walk. Sitting cross-legged is less painful. After frog exercise, I walk faster now and I rock back and forth less. In my experience with physical therapy, children with CP (including myself) get put through painful exercises that are not very effective and very painful. The paw-cises are easy and pretty painless. They have helped me so much in the past 3 days alone. It makes me feel bad that there are all these kids that aren't getting the help they need.

Alisa, age 17

**My daughter has improved** as she is walking more independently and balanced. The curve in the lower back is not as pronounced/ visible. She is letting more movement in lower as well as upper back. She is happy, emotionally.

Alisa's Mother, age 45, LMBT

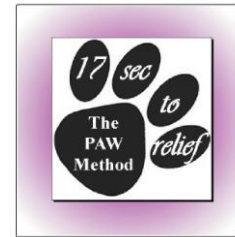
**Dear Surteg**, I was not sure about what you were teaching at first, but after one paw-session, I don't now need to see my Practitioner for a visit. With your paw stretch technique that you have shown me, I truly feel the difference in my posture.

Thanks.

MARK, age 35



## Testimonials



**Yesterday I followed 10 Paw-cises** for the second day in a row that Surteg set up as a menu for me during his PAW Clinic. I have already felt a noticeable lung expansion and ability to stand up straighter today. Yesterday after dinner, though, the old familiar left hip pain returned while on a half-hour walk with my husband. I was in pain with 20 minutes to go. When I got home, I lay on the floor and went through my menu one more time. I did not know it would be so effective to do the Paw-cises while in discomfort, but before bed I was pain free again. Thank you, Surteg, for giving me the exact program my body is asking for right now.

Mary, age 68

**I had shoulder pain** and overall grungy and worn-out feeling. I was skeptical at first, but trusted Surteg, a good friend. After 15 minutes of paw-treatment, I felt extremely relaxed and clear minded. I am sure I will function as a much better parent and employer. I encourage any one to try something new and treat yourself to well-being. I feel great.

LA, age 45

### **Flexibility & Strength**

I am stronger--have more endurance. For instance, I went on a long bike ride, had much more strength and endurance for pedaling even though I hadn't ridden lately! I pushed Liam, my grandson in the stroller up a steep hill easily without needing to stop and rest. I feel the connection with the muscles through my torso when I walk for the first time. Walking feel like it involves the whole body, not just the legs and hips. I feel more flexible in the lumbar/sacral area. My leg muscles are firmer. My butt muscles are firmer. I feel like standing straight, not slumped. I notice when I'm slumping, and remind myself to be straight and erect. My hip joints feel amazingly freer. They move more easily with no discomfort when walking or moving. I am very grateful for this program which is enriching my life. I am very grateful for Surteg's knowledge and deep intuitional "tuning in" which helps him design my PAW program.

Lynn, age 67

**I have a condition called 'Frozen Shoulder'**. One PAW treatment helped me so much. In a couple of minutes, I increased range of motion in my shoulder. I plan to get more treatments.

KH, age 39



## Testimonials



**Surteg touched** many different parts of my body while tapping on my head and thymus area. He helped open up my sinuses and lungs which were a bit congested. I am breathing clearly now! He helped open up my hip joints.  
Lynn, age 67

**After doing couple of paw-stretches**, my back feels relaxed with a line of energy running up and down my spine. Amazing!  
KL, age 35

**It is always amazing to me** that the invisible energy of our being affects us. Whatever happened in the energy medicine session today, affected my whole person. I felt lighter. I am in awe that so little can feel so good. May be this program will be good for my spiritual development.  
MAJ, age 68

**For 3 nights in a row** before my first appointment with Surteg, I was awakened by terrible headaches originating between the shoulder blades and moving up to the neck and the base of the skull. That was about 6 weeks ago, and I haven't had one since. I have been faithfully doing the paw-cises and have not only been headache and pain free, I also feel more flexible and plain better. I have even had immediate relief from pain in the lower back from moving by doing certain paw-cises and trying some point-access-to-wisdom on myself with no formal training I got instant pain relief. I get into my car and have to adjust the rear view mirror up because my posture is so much better. I strongly encourage any one to try this program with an open mind.  
DB, age 37

**I have had arthritis** for over 6 years. Due to this I have suffered discomfort of my left knee. At today's event, Surteg did some quick paw-cises on me and amazingly it really helped my arthritis.  
AQ, age 35