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### Testimonial to Structural Energetic Therapy

I am an Army Reservist who was called to active duty for 18-months in 2006. During my tour I was injured numerous ways, numerous times while playing sports with my unit. When I came off active duty in January 2007 I was experiencing lower back problems. Every 6 to 10 weeks I would suffer an episode of knee-buckling pain that with sudden onset. This condition would strike without warning, causing me to have to drop to my knees and struggle to stand up. These episodes would last for 6 or 7 days and with time gradually disappear. I went to the doctor who x-rayed my back with no findings of cause. So from 2007 to 2009 I lived with this condition.

In June 2009 I again received orders to active duty with an assignment to Afghanistan. I had great worries about my condition – was afraid that I'd experience an episode at a most inconvenient time, like while having to run with 40-lbs of equipment while dodging bullets. I really didn't know what to do about this.

I was to deploy the middle of July and spent the weeks before traveling and visiting family. I spent a weekend with my Aunt Sylla Sheppard-Hanger in Tampa, Florida. Sylla had been studying Structural Energetic Therapy (SET) and she worked on me for two sessions. The following week I left home and headed out to Afghanistan.

When I arrived in Bagram AFB, Afghanistan I took a one-hour trip in a truck, wearing 40-lbs of body armor and equipment. The ride was so rough and violent that I swore it would induce an episode or totally ruin my back. I arrived at my station that day and spent the rest of my tour experiencing many more such back-jarring experiences. And to my happy surprise, and to this very day, I have been free of any symptoms. I am a believer in the power of SET!



LTC James Baucom