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Busy Entrepreneur and Caregiver Finds Life-Changing Pain Relief and Energy

Customized Exercise Maintenance Plan Makes Normal Life Possible Again

AT A GLANCE



Laura's Challenges

- Pain from injuries and surgeries
- Loss of mobility and strength
- Impaired balance
- Frequent falls
- Fatigue, exhaustion
- Caregiver stress

NHG Solution

- Exercise Management Plan

Results

- Newfound body confidence
- Increased energy for life
- Improved strength
- Walking with less pain and fatigue
- Better balance and stability
- No more falling



Joseph Saint,
Natural Healing Group, LLC

Speaking onstage at a business networking event might make most people a little bit nervous. But for Laura, the act of walking across the stage and standing at a microphone for those few minutes was the hard part. Just a few years ago, it took every bit of her physical stamina to do so.

"I had to use a cane for a long time just to walk. And standing was so hard. You have to stand up at those events when you present,"
she explained.

Laura Deter has a full and busy life, and there's lots she wants to do. Married for more than 40 years and a mother of three grown kids, she also shares the caregiving of her 95-year-old mom who lives almost 2,500 miles away. Regular travel back and forth has become a way of life for Laura.

She has also run her successful Mary Kay business for almost as long as she's been married and recently founded her company, Compassion with Laura, where she's a Life & Recovery Coach.

Pain Shouldn't Be a Way of Life

Along with walking and standing, Laura struggled with a number of other physical challenges. Several years ago, she fell, injuring her shoulder, arm and hand. After enduring rotator cuff surgery and physical therapy, she still hadn't regained her strength or range of motion. Before her fall, she had already been experiencing knee pain and was facing knee replacement surgery.

Her pain kept her from living the life she wanted. She and her husband were given a canoe and were looking forward to spending time together on the water, but they only went out once. It was just too hard for Laura's arm.

"Now we have that canoe just sitting unused in the back yard under the deck," she said.

Her mom, and at that time her dad too, needed her help. Frequent travel, hiking through crowded airports and manhandling heavy luggage was agonizing and exhausting. And that was before she even got to her parents and needed to do all the physical things their care required.



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“One of the things that makes Joseph unique is that even over Zoom, he notices if I need to relax my shoulders, or engage my core, or reminds me to breathe properly,” she said. “He is so much more present and in tune with what I’m doing over video than some trainers are in person.”

A typical session starts with Joseph catching up with how Laura is feeling. Meditation with mindful breathing and chair yoga follow, then the important therapeutic exercises and movements for building her strength and healing. A closing meditation is something Laura really loves.

Laura finds working with Joseph online fits easily into her life and helps her stick with her program. The convenience of not having to drive somewhere, being in her own home and using her own equipment is very comfortable.

“I don’t have to wear shoes. I hate wearing shoes!” she laughed.

Getting Back to Normal Life

Since starting sessions with Joseph, her shoulder mobility has dramatically improved, and she can raise her injured arm over her head easily. She notes that her core and leg strength have also increased. She is still working towards easily taking the stairs, but she can now go for walks – a simple act that was impossible before working with Joseph.

Laura’s balance and stability on her feet are markedly improved. She hasn’t fallen in almost a year, and she credits the hard work she’s put into her customized NHG Exercise Management program and Joseph’s support and encouragement.

Maybe best of all, real-life, fun activities seem possible again. Laura finally feels strong enough to get that canoe out from under the deck and back in the water soon.

“After working with Joseph, I feel more energized and more confident,” she said. “Now I feel more like I can do anything!”

Joseph Saint, Owner
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Particularly disconcerting was that Laura fell several more times. Something felt off with her balance. And each time she fell, she risked injuring herself even further.

Accepting an Opportunity to Feel Better

It was at one of those business networking events that Laura met Joseph Saint of Natural Healing Group (NHG). Joseph noticed Laura using her cane while onstage and made a point of introducing himself. He offered to work with her to improve her strength, balance and mobility, with the goal of reducing her pain.

Laura had worked with physical therapists before. Plenty of them. She hadn’t experienced much improvement and was skeptical that anyone could really make a difference. But Joseph was offering something that was different from traditional physical therapy. He described to her a program that would treat her as a whole person and not just injured body parts.

After thinking about it for a couple of weeks, she called and accepted Joseph’s offer.

“I wanted to work with Joseph because he’s enthusiastic about my progress. He really cares,” she said.

Joseph recommended NHG’s Exercise Management Program for Laura. Specifically designed for people with chronic conditions, injuries and disabilities, the plan takes special care to avoid moves that cause pain or possibly aggravate any conditions. Joseph crafted a plan to foster Laura’s healing and overall wellness.

Video Exercise Management Sessions as Effective as In-Person

Laura’s first few sessions with Joseph were in-person, but since then they work exclusively via online video meetings.