



*Jesse James*

Jesse Ferrell, creator of the Jesse James Method has been practicing the ancient art of massage since 2001. Jesse has amassed more than 2,000 hours of class and clinic training and has delivered thousands of massages, totaling more than 10,000 hours. The Jesse James Method is fast becoming the preferred method of bodywork for pro-athletes and health professionals!

The Jesse James Method unerringly releases the past patterns of tension that have been stored for years – perhaps even decades – in the memory of your muscle tissue. When your body releases those past patterns there is restoration of health, vitality and freedom of movement that you may never have thought possible!

When you tap into the power of your mind, body and spirit through bodywork you give yourself the gift of a lifetime, a gift I am profoundly honored to deliver. My greatest reward is in seeing my patients living lives full of freedom, joy and well-being.

JESSE JAMES FERRELL, LMT

## *endorsement*

*Jesse is an extremely intuitive massage therapist who has an incredible knowledge of the human muscular system. I have received therapeutic massage in the past and feel that Jesse's work is far superior to any other massage therapist that I have worked with. Jesse works with and finds the connecting points of muscles at the skeletal source. This is important in that he is able to work to release the tension and obstructions at their source. My body is on a better path of healing and Jesse's work with me allowed for this transition.*

TIMOTHY SWIFT MA, ND

## *freedom from*

- |                           |                              |
|---------------------------|------------------------------|
| ✓ Stress & Fatigue        | ✓ Neck & Shoulder Pain       |
| ✓ Fibromyalgia            | ✓ Low Back Pain              |
| ✓ Migraines & Headaches   | ✓ Hip & Knee Pain            |
| ✓ Insomnia & Hypertension | ✓ Sciatic Nerve Pain         |
| ✓ Auto-Immune Disorder    | ✓ Carpal Tunnel              |
| ✓ Digestive Disorders     | ✓ Tennis Elbow ... and more! |

## *synergy with*

- |                     |                                  |
|---------------------|----------------------------------|
| ✓ Fitness Training  | ✓ Chiropractic Care              |
| ✓ Sports Activities | ✓ Holistic Medicine              |
| ✓ Job Performance   | ✓ Naturopathic Medicine          |
| ✓ Acupuncture       | ✓ Traditional Medicine           |
| ✓ Physical Therapy  | ✓ Chinese Medicine ... and more! |