

freedom from

- ✓ Stress & Fatigue
- ✓ Neck & Shoulder Pain
- ✓ Low Back Pain
- ✓ Hip & Knee Pain
- ✓ Sciatic Nerve Pain
- ✓ Fibromyalgia
- ✓ Migraines & Headaches
- ✓ Insomnia & Hypertension
- ✓ Auto-Immune Disorder
- ✓ Digestive Disorders

synergy with

- ✓ Fitness Training
- ✓ Sports Activities
- ✓ Job Performance
- ✓ Acupuncture
- ✓ Physical Therapy
- ✓ Chiropractic Care
- ✓ Holistic Medicine
- ✓ Naturopathic Medicine
- ✓ Traditional Medicine
- ✓ Chinese Medicine



harmony lives

I am so grateful to have found Jesse! I was Team Captain in 2004 for the ITF Taekwon-Do Team and we won the World Championships in South Korea. I'm currently training for the Taekwon-Do World Cup and I know Jesse James will be a big part of my success. Jesse has the intuitive ability to scan the body and pin point what is going on with you in a matter of minutes, even seconds. This always astounds me!

JOHNNY KARSTADT

Taekwon-Do World Champion 2004

I experienced a heightened state of relaxation, limberness and freedom in muscles where it wasn't previously present or even available, and a sense of peace that comes with my body thanking me for taking care of it. Each massage with Jesse has been distinct, different, and attuned to exactly what my body needs and is dealing with at the time. Jesse's massage/work/art altered my experience of life, my spirit, my body, and my relationships. If you're looking for someone to alter your life, the Jesse James Method is the one for you.

WES PUTNAM

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