

Geary Whiting **The** **Fitness Doctor**



**"If you make me a part of your health and fitness problems,
I will become a part of your health and fitness solutions."**

Geary Whiting, Ph.D.

The Ultimate Trainer

What is a certified personal trainer? Let's put it this way, last week some were selling shoes, paid \$200 for a certificate, signed their name, and now this week they are a CPT (certified personal trainer.)

As silly as it sounds, this is not very far from the truth, and in some cases it is the truth. With all of the claims people make these days, one can't be too careful, it all sounds so convincing. With that said, I will now give you some background on myself along with my thoughts and accomplishments.

About Geary Whiting

Without sounding arrogant and pompous, I will try to do my best to present myself to you. I am probably the *ultimate* trainer. I hope I did not lose you on that statement, please read on.

I have been able to get results quicker than any trainer I have met, and in some situations, get results where others couldn't. I have more than 45 years of understanding how the body works and what it needs for optimum performance. For the most part, I did not learn this from other trainers, rather from digging around the volumes of discarded knowledge and my curiosity, which did not fit main stream thinking.

Supplement-selling health and fitness magazines are making a lot of money by persuading the consumer to believe they really need a new miracle food. As far as the work-out programs in those magazines, they are really a formula for slow growth and over-training. This is the knowledge that is being passed on to certified personal trainers today, as well as their clients, and the general public. I will be explaining this later as well as more about myself.

Now is a good time for a history lesson of fitness and conditioning before certification, and supplements and modern scientific wonders. This may put a smile on your face and you may be surprised how advanced our earlier athletes were without science.

Strength and fitness conditioning is not new. We can take a look at the mighty Roman Army unequaled in might and dreaded in battle. They could march all day in full combat armor, 100 lbs. or more, eating one meal a day. Any one of them would have made a great Olympic Athlete of today. They were a truly powerful and efficient force of dynamic health and fitness, as well as legendary athletes.

In the 1800s, a gentleman named Herman Goerner did a one-hand dead lift with 727 lbs. I remember when that was considered an excellent two-handed lift in the Olympics.

Arthur Saxon's one-handed overhead lift of 370 lbs. is still a record today. Try lifting your refrigerator with one hand, that might be a good comparison. I know you can lift what is in it with one hand.

Eugene Sandow, lifted a pony one arm over head using a strap and harness, 350 lbs. I did not say puny.

Going back to 300 BC, there was a fellow named Milo, born in Croton in the district of Calabria in south Italy. He took a new-born calf and carried it on his shoulders every day until it was a full grown bull, 2500 lbs. or more, anyone want to take a guess? He has been called the Father of Progressive Training. The calf gained three pounds a day average and Milo adapted to the calfs gains. Whatever demands one puts on the body, it adapts to it if the demand is gradual. A good concept in general for anything we do I would think.

Lets Not Leave Out The Ladies.

Katie Brumbach, later to be called Katie Sandwina, was considered quite a beautiful and shapely woman by high standards (according to her pictures). She worked for Ringling Brothers Circus. At six feet and 200 lbs., and an hour-glass figure, Katie could carry a 600-lb. cannon ball around the ring on one shoulder, hoist her 160-lb. husband over head with one arm, twist horse shoes with her hands, bend iron rods, and once lifted 286 lbs. over head in what is called the “continental and jerk.” Sandwina’s strength was so awesome that many strong-men of the period would slink out of town under cover of darkness rather than risk the embarrassment of being compared with this foremother of strength. In other words... get outa Dodge... dude! She would be stronger than the strong men contestants of today.

Let’s not leave out the beautiful Kate Roberts, our Vulcana, an English Music Hall strong women weighing only 125 lbs. could lift 145 lbs. overhead with one hand.

There was another event worth mentioning. A rare gathering of strong men in 1890, prompted by the Police Gazette magazine. It offered a large valuable jewel-studded belt to the first man to raise a “dumbell” 1,030 lbs. One might think that there had to be some athletes there who were close to lifting that weight. Look fellas, no steroids.

When looking at the early pictures of these powerful athletes, and strong men, it is interesting to note they did not look like the strong men of today. They, for the most part were not big and bulky, and looked small in comparison. There is a good reason for this. Their bodies were not filled with toxins and chemicals. Today because of not understanding real dynamic health principals of radiant health, people are very weak for their sizes. In the body building world, steroids are used to get strong and huge, but that was not the case of our early strong men and women. These are the health principals I have come to understand. I can usually double a person’s strength in 12 workouts and only 6 hours of training.

When I was 27, I bench-pressed of 425 lbs, at a body weight of 164.5 lbs. It was years later that I learned that in the '60s that was world record lifting numbers. I had no idea as I did not compete, rather lifted for enjoyment. I was not a large person, but efficient for my size. I understood health principals which are still not understood by most. Had I understood what I do now, my lift would have been much greater than 425 lbs.

When I arm wrestled, I could easily slam the arm of my competition with larger bodies, and much stronger looking arms. Why? It came down to understanding good diet, they did not and would fatigue quickly because they lacked stamina and real power. I understood eating concepts which are still not understood.

When I wrestled, my closest competition was in the weight class above me. Pound for pound I had a definite edge. Even those who had better techniques than I fell to my more efficient power. This I believe had a lot to do with the time era I grew up in, and my advanced understanding of the value of resistance training which really didn't come into vogue until late '70s or early '80s.

My Background

Wow, this guy is long winded you might be saying. Yes I am, I have a lot to say. Some of my students gave me a plaque which I made each of them sign. It said, "Everyone is entitled to my opinion." So now you know.

As a child growing up in the small ocean town of Cayucos, California, my teen years were the late fifties and sixties. With learning disadvantages, I had several strikes against me. However, I had a few things in my favor which would eventually lead me to the world of fitness. I was very angry, fifty fights by age twenty. I loved music and was a very good trumpet player, a lot of testosterone, and an adventurous person, with a strong mechanical aptitude. This proved to be an interesting combination of talents.

I saw resistance training as a way of getting stronger so I could have the advantage in fighting. Music gave me the passion and emotion. Mechanical aptitude made understanding body's mechanics easy, and my drive never waned because I always had a dream. Fitness became my passion, and it took me quite far in life, as well as meeting interesting and talented health and fitness professionals.

I have participated in pretty much every sport one can think of. I have been able to put weight training to use in each one of them with greatly enhanced performances. Because of my conditioning and diaphragm improvement from weight training, this also enhanced my trumpet playing.

While attending the Navy School of Music in Washington D.C., my music teacher, Mr. Clements, commented as to how strong my upper register was and was envious. Later this was to be noticed again by another trumpet instructor. He was so impressed he started going to the gym, and later reported how happy he was with his newfound ability.

Gaining Confidence And Understanding My Worth

Dr. Robert Gulde of The Heart Institute For Care of Amarillo Texas. M.D. F.A.C.C. F.S.C.A. F.C.C.P, who holds the World Safety Record of a 0% death rate, was to open my eyes to my real worth in the health and fitness world. I will quote him.:

“I have met many so called experts in the field of health and fitness who talked nutrition, and you are the only one I would endorse.” You will also find his letter on hypertension in my endorsements.”

He also told me not to belittle myself by using therapy on my business card. He felt my accomplishments had established me in a better understanding of health and fitness. To be considered the best all around trainer he knew was the ultimate complement, as well as a great endorsement. I did not grasp what he was saying at that time, but eventually I did.

My Credentials

I have my Doctorate in Original Research in the field of holistic studies. Over the years, I have been a pioneer in different areas of health and fitness.

I was quite fortunate to not have received instant propaganda from a knowledge factory or educational institutes of higher learning based on antiquated main stream thinking. Institutions without understanding of what man is, why he is, and what he requires for happiness and successful living.

I proved myself though my accomplishments, and successes in my field. Not from a written test one has to memorize with all of its errors and meaningless questions someone thought was important. I did what educational factories don't like. I asked **WHY!** I would not accept unsound knowledge put into my head only to unlearn later.

At one point in my early years, 1966, a junior college tried to do just that. I walked out of class because I would not accept the error they wanted me to memorize for a test. A few years later their speech teacher told me, along with an apology, the book was filled with errors and they finally had to get rid of it. So, what happened to all of those who stayed in the class? They're out there somewhere spouting errors, some may be a CPT.

I choose the knowledge pertaining to radiant dynamic health that has been in front of us for thousands of years which has unfortunately been ignored by all the so called “experts.” America has been duped and has accepted a counterfeit concept, and she is living proof of its results. **SHE IS SICK AND GETTING SICKER...** lost and doesn't know how to find her way back. We don't need a bigger health care system, we need sound knowledge. Man is sick because of broken health laws, he needs to understand those laws of radiant health. He needs to understand there are such things as, **ABSOLUTE HEALTH LAWS.** If you break them, they break you. There has never been a law that did not have a penalty attached to it if broken, or rewards from following it.

Being the rogue I am, I have always been, and thought outside of the box. In the 1980s I put all of my personal training clients on the following. A glass of red wine each day, Perfect 7 colon cleansing, and blue green algae. Still ahead of the experts.

I understood their value to health. Other trainers simply scratched their head in confusion and told their clients “drinking alcohol is not healthy,” they were clueless to why I did what I did. Many laughed behind my back and tried to steal my clients. Some of my clients told them, “why would we go with you at a cheaper price? Your clients look terrible, you need to have Geary train you.” My clients also became unpopular with them.

It seems I was the only trainer who understood the value of COLON CLEANSING, better nutrition absorption, cancer fighting both colon and breast because of cleaning out fecal matter. I understood in the mid-'80s dirty colons could cause breast cancer. ALGAE, its oxygenating, chlorophyll, and cleansing benefits as well as its ability to raise the testosterone in males which made for better muscle growth, and emotional stability. RED WINE, natural antibiotics, iron, enzymes, and vascular benefits, and over all good health. My clients loved my thinking and happily did what I required. “Cheers,” to your health.

When the egg scare came out in the mid-'80s, trainers were saying, eat egg beaters, and lots of chicken. I had the audacity and simply asked, what is an egg? It is a liquid chicken! You should have seen all the blank looks on their faces, they simply could not get it, because they had not heard any one say what I did on the radio and TV. So for six months I ate 36 eggs a week to prove the point that eggs won't raise your cholesterol. It actually brought mine down five points. It would be many years after, eggs would be classified as a “perfect food.” Now trainers parrot back what the media has said ... again.

America Is A Mixed Up Nation ... What We Need To Know

There are reasons America is ranked 25th in world health. One reason is this kind of foolishness. Another is... oh, whatever should I do? Low fat, no fat, protein, carbs, fat grams. Should I or shouldn't I eat six meals a day, or not. They (whoever *they* are) say breakfast is the most important meal of the day. Yet the experts making these statements have never fasted a day in their life, (break- a-fast) had they, they would know one is not hungry after fasting. You would also think “they” would understand that what you eat won't be used for many hours as it is going through the digestion process. If one would simply look to the past and study different and healthier cultures we would see the error in our thinking. Is it a wonder why other countries think America is foolish, in its eating ideas. The following simple concept is all you need to know about eating.

- 1 If it grows on a tree ... eat it.
- 2 If it grows in the ground ... eat it.
- 3 If you can hunt it or catch it on a hook ... eat it,
- 4 Eat foods that will spoil ... eat them before they do.
- 5 Throw away your vitamin pills and eat real absorbable vitamins from real food.
- 6 If it comes in a box ... eat the box?!? Seasoning suggested!

Finally He Ends ... Is About Time.

When it comes to personal training, dynamic health or sound eating, don't go with the trends or those who support them. This simply says ... THEY DON'T KNOW WHAT IS GOING ON.

When I work with you, if you are a beginner, I use a thundering velvet hand, if you are advanced and want the ultimate training, I am "The Trainer From Hell." The bottom line ...RESULTS.

Another reason I generally get results quicker than most other trainers is' I incorporate my massage concepts into the personal training. The body recovers much quicker, and we can see faster results without injuries. I also do not over train the body, in most situations, less... is more.

Because of the intensity of my workouts, recovery time is important. Working too hard and too frequent is a formula for slow growth and injuries.

Case In Point.

A comparison between Casey Viator and Arnold Schwarzenegger, both gifted athletes and both were using steroids. Casey trained 6 hours, or 12 half-hour workouts in a one-month period and gained 63 pounds of recall muscle, and lost 17 lbs. of body fat. Arnold trained 288 hours for his 25 lbs. of recalled muscle. Casey reached his all-time best body weight, Arnold did not. Arnold trained four hours each day for six days a week. He simply over-trained and failed to get optimum results. This is not unusual with trainers they are simply following the thinking of the crowd. Welcome to Happy Geary's House Of Horrors... The Ultimate Training Experience.

Some Exceptional Stories

I hope you will enjoy the following information, my education, accomplishments, and letters from the many who have benefited from my work.

You will especially notice most of those I worked with had serious problems. One client had spent a small fortune (\$100,000.00) on specialists with little to no results before I worked with his headache problems.

You will also read about a woman who got her life back, through my work. She had failed at everything she had attempted in her 55 years of existing, all stemming back to age 3 to 13. Her 10 years of horror as an innocent helpless victim was buried so deep it took six sessions to get the truth of the matter to surface. Once she remembered what had happened to her, she started processing at light speed, and eventually came back to a normal life of happiness and successful living. Her lumbar injury also healed much quicker than expected. She was now free to walk the halls of her mind and not be fearful of the unknown.

You will also read a wonderful story about a horse named Billy ready for the glue factory, and a dog named Lucky only seconds away from being put to sleep, a woman with internal and external shingles. These are heart-warming stories and I am sure you will appreciate reading them. All of these success stories have one thing in common ... they were in the hands of ...The Ultimate Trainer. That's my story... and I'm stickin to it.

Happy Trails and Health

The Fitness Doctor



Geary Whiting Ph.D.

info@gearywhiting.com

530-410-5270

About Geary Whiting

US Naval School of Music Washington D.C. 1963-64...Graduate.

Bugler for President John F. Kennedy memorial service.

Shiatsu Massage School of California Graduate 1986... School Honors.

Doctorate in Original Holistic Studies...London (SUMMA CUM LAUDE).

Massage Therapist Hall of Fame 2015 Inductee

Massage Magazine cover story of the year. Anniversary Issue March/ April 1989.

Recipient of the Outstanding Achievement Award in Oriental Medicine through Education, and Shiatsu -Anma Therapy...May of 2003.

Three time graduate of Ambassador Spokesman Club.

Owner of Geary Whiting's Equine Massage School for Horse and Rider.
Three part DVD on Equine Massage, Stretching, and Saddle Fitting.

Co-Founder of The Ancient Healing Arts Association.

Personal Trainer since 1963, World Class since 1981.

Personal Trainer to Bob Wieland, the double amputee who walked across America on his arms in 1981-1984. A 3,000 mile, three years, six months, and eight days to complete.

Many have considered Bob Wieland's achievement as one of the all time outstanding accomplishments in the history of sports.
Bob shattered two of his previous Marathon record times. New York, by more than 17 hours, and L. A. by over 18 hours. Geary was the main factor in these incredible accomplishments.

Inventor of the "Wild Horse Cycle" (three wheel arm and leg cycle).

LECTURES And Motivational SERIES

The Incredible Human Potential...Design With A Purpose.

Dare To Dream.

Seven Laws of Radiant Health.

Seven Laws of Success.

What Your Eating Or ...What's Eating You.

Impotence..., Lets Focus On The Correct Sex Organ.

Thirty Days To A New You...AKA... The Stud Factory.

Clean From The Inside Out.

You Are Not What You Eat, Rather What You Eat, Digest, and Assimilate.

Health Secrets From The Bible... Foundation For Life.

Dynamic At Any Age...Are You A Sun Or A Moon?

Eating Myths...Breakfast Is Not The Most Important Meal Of The Day.

Myths About Food Combining.

Stop Taking Vitamins, and Start Taking In Vitamins.

The Crazy Protein Revolution.

Eating Your Fat Away...The Catabolic Concept.

Winning Techniques Of Fitness Training...Less Is More... Every Time.

Building A Dynamic Human Body At Any Age...Never Duplicate.

The Dying Process Begins At Birth...Will You Die With Dignity?

Shiatsu... The Ultimate in Massage!

There are approximately 300 different massage modality's available today, but one heads the list as far as being the ultimate in relaxation, and healing. It is the Japanese art of Shiatsu. At times it can be more effective than Acupuncture, and in most cases more effective than Chiropractic. This, of course, is not to say there is not a need for the others, as each has their strengths. Lets now take a CLOSE LOOK at some of the problems Shiatsu Massage addresses.

Facial Paralysis; Headaches (general and migraine); Cataracts; Eyestrain; Farsightedness; Hearing Impairments; Ringing in the Ears; Nasal Irritation (allergy, hay fever); Nasal; Catarrh (cough); Influenza; Loss of Sense of Smell; Sore Throat (Laryngitis); Tonsillitis; Mouth; Toothache; post-Anesthetic Toothache; Neck, Shoulder, Chest and Back; Lumbar Pain (lumbago); Stiff Neck, Shoulders, Back, Sciatica; Whip Lash Syndrome (Arms, Hands, Legs, and Feet); Carpal Tunnel; Knee Pain; Leg Cramps; Leg Tiredness; Sprained Ankle; Tennis Elbow; Arm Pain; Paralysis; Respiratory System; Chronic Bronchitis; Cold Discomfort; Hiccups; Gastritis; and Related Stomach Disorders; Diabetes Mellitus; Diarrhea (Chronic); Constipation; Hemorrhoids; Liver Ailments; Loss of Appetite (Anorexia); Peptic Ulcer; Stomach Cramps; Generalized Abdominal Pain; Cardiovascular System; Arteriosclerosis; Dizziness; High Blood Pressure; Low Blood Pressure; Varicose Veins; Nervous System, & Psychiatric Factors; Epileptic Seizures; Forgetfulness (Lack of Concentration); Insomnia; Irritability; Speech Impairment (Stuttering); Bladder irritation; Kidney Problems; Cystitis; Bed Wetting; Sexual Problems; (THIS HAS BECOME A SERIOUS PROBLEM IN AMERICA, AND CAN BE ADDRESSED THROUGH SHIATSU MASSAGE, NATURALLY); Impotence; Frigidity; Menopausal Problems; Menstrual Irregularity; Vaginal Discharge; Skin Problems; Eczema; Face Wrinkles (Premature); Crows-Feet; Hives, Rash; Rough, Dry Skin; Weight Problems; (Gain/lose); Alcoholism; Bell's Palsy; Hair; (Thinning or Loss); Prostatitis; Smoking; Parkinsonism.

All of these problems can be addressed by bringing the body into balance. Problems come about because of a life style that has taken our lives out of balance. I have personally worked with many of these problems with excellent results, especially, sexual dysfunction. It is also interesting to note, many of the same problems we have as humans can be shared by the horse. Horses are the same as humans, emotions, bones, muscle, blood, etc.

Music also effects dispositions. Lack of exercise, poor quality food, and over all disruption to natural functions. When the laws of Radiant Health are broken, there will always be a price to pay, after all, broken laws come with a penalty. It is time to bring YOUR BODY... into HARMONY, feel free to contact me with questions.

Happy Trails

Geary Whiting PhD (Doctor of Holistic Studies)

530-410-5270

FOOTBALL HEAVY BODY BUILDING PROGRAM WITH SANBAGS

After you have been running 1-5 miles per day, and lifting weights 3 times per week. Try this and really get into shape.

Exercise	Wt.	Reps/Time	Sets	Goals
1. Curl	1.36 kilo	25	3	10 sets of 25 reps using 1.36 kilo Sanbags
2. Press	1.36 kilo	25	3	
3. Upright Row	1.36 kilo	25	3	
4. Tricep Press	1.36 kilo	25	3	
5. Squeeze	1.36 kilo	25	3	
6. Curl & Press	1.36 kilo	25	3	
7. Side Raise	1.36 kilo	25	3	
8. Crossover	1.36 kilo	25	3	
9. Sprint High Knee	1.36 kilo	½ min.	3	5 min.
10. Press Up & Out	1.36 kilo	25	3	10 sets of 25 reps with 1.36 kilo Sanbags
11. Pullover	1.36 kilo	25	3	
12. Jog Easy	1.36 kilo	2½ min.	3	25 min.

Set a goal of adding one set per week, until you reach 10 sets of 25 reps. with 1.36 kilo Sanbags, add 15 seconds to sprint each week in the ten weeks until you are sprinting 5 minutes. Jog up to 25 minutes by adding one set of 2½ minutes per week. This program is for the advanced football player. Remember, if you feel sore or tired, take it easy until you build up. This program will definitely get you ready for a gruelling schedule from high school to pro football.



Wrestling

Win with super condition, stamina

Warm-up: The Big Four

Exercise	Wt.	Reps/Time	Sets	Goals
1. Jog Easy	.45 kilo	1 min.	2	Add 15 sec. on Sprint High Knee every week. Add 30 sec. on Jog Easy, Bounce. Goal: 8 sets.
2. Curl & Press	.45 kilo	20	2	
3. Squeeze	.45 kilo	20	2	
4. Bounce	.45 kilo	1 min.	2	
5. Sprint High Knee	.45 kilo	30 sec.	2	Add 1 set of 20 each week until you reach 8 x 20 with 1.36 kilo Sanbags.
6. Upright Row	.45 kilo	20	2	
7. Squeeze	.45 kilo	20	2	
8. Spring High Knee	.45 kilo	30 sec.	2	
9. Lymphatic Bounce	.45 kilo	1 min.	2	Total Time: 50 min.

Your goal as a wrestler is to be in top shape. Do this by adding .45 kilo of Sanbag weight every month until you can do 1.36 kilo bags. This program should be done every day at least 3 sets, eventually working up to 8 sets. May I recommend for those who do not have time that you split this program: 2-3 sets in the morning, 2-3 sets in the evening.



Geary Whiting, doing the squeeze.

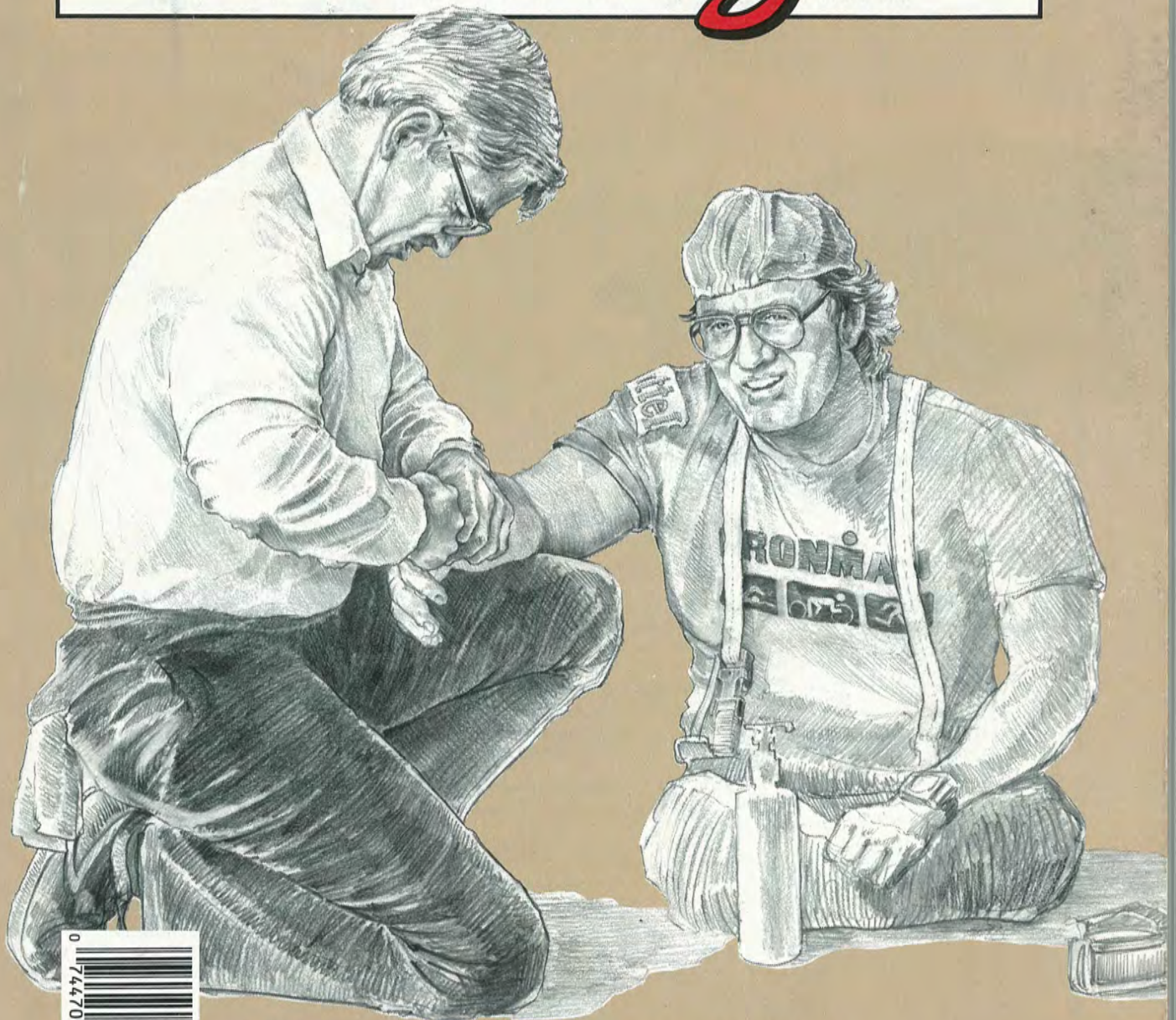
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M A G A Z I N E Issue 18



**Shiatsu Therapist Geary Whiting
with double amputee Bob Wieland
conquering the Ironman together.**

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Geary Whiting PhD

Geary Whiting, personal trainer to double amputee Bob Wieland (better known as the double amputee who walked across America on his arms), is offering his world-class techniques as a service to you.

Geary's work made it possible for Bob to set four world records in the New York Marathon, the Los Angeles marathon, the Iron Man Triathlon course, and the Race Across America (R.A.A.M.).

Geary has also worked with Doug Brignole, 1986 Mr. America and Mr. Universe

(division winner); the U.S. Olympic high jump team; and other world class athletes.

Geary was honored as the recipient of the Outstanding Achievement Award for his contribution to Oriental Medicine through the use of Shiatsu Anma Therapy.

You may not be trying to set a world record, but after one of Geary's treatments, you might just want to try. It's really that good! Give Geary a call and let him help you obtain that 100 percent you.





P.O. Box 3762
Arcadia, California 91006
(818) 446-8347

To Whom It May Concern:

Over the years of my athletic career I have worked with many Massage Therapists and none were in the league with Geary Whiting. As much as I appreciated their work, I will not mention them in the same sentence with Mr. Whiting. He "stands alone" when it comes to getting results.

It is my pleasure to introduce Mr. Whiting to you, of whom I greatly respect and endorse.

Besides being a very competent athlete himself, Geary has gone on to do in-depth study's in the different massage arts. This combination has not only given him a thorough understanding and knowledge of what makes the human body work, but also a direct analysis of what needs to be done to maximize the body's performance whether athletic or otherwise.

This is why I have selected Geary to help coordinate some of my training and handle all of my performance massages which includes;

Shiatsu Deep tissue Sports, Swedish.

Because of Geary's expertise it is mandatory that I have him accompany me during my race events and my training required for these events. One such event was the New York City Marathon. Geary worked on me continually during the twenty-six point two miles. He was able to lower my 1987 New York City Marathon time by more than 17 hours. Due to Geary's efforts in maximizing my bodies performance, I feel he was a main factor in my being nominated as Athlete of the Year for 1988.

Geary has another valuable quality worth mentioning, his unique ability to sense the needs of his clients. His sensitivity and concern for others makes him the professional he is today, and explains the results he achieves.

I consider it an honor and a privilege to introduce to you, Geary Whiting, of whom I give my endorsement.

Sincerely,

Bob Wieland
World Champion

SNEIDERS' FAMILY FITNESS, INC.

115 Loralyn Dr.
Post Office Box 3374
Arcadia, CA 91006

(818) 355-8964

March 3, 1988

President and Founder
Dr. Harry Sneider, Ph.D

Co Founder
Director of Operations
Sarah S. Sneider

A Personal Commendation:

Debbie Karen Sneider
Advertising & Graphics
Fitness Consultant

Karl Paul Sneider
Equipment Design & Sales
Fitness Consultant

Robert Harry Sneider
Public Relations
Fitness Consultant

Karl Peter Sneider, M.Ed.
Writer/Lecturer
Educational Consultant

Dwight Stones
Media Consultant
Olympic High Jumper

Jack Kessler/Attorney
Legal Counsel

Harvey & Marilyn Diamond
"FIT FOR LIFE"
Nutritional Consultants

Bob Wieland
Motivational Speaker
World Champion

Wayne Grinditch
Business Consultant
Hall of Fame Waterskier

Dr. Leroy Perry
Sports Medicine &
Chiropractic

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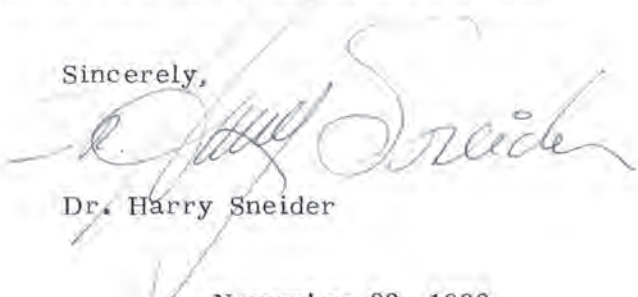
Tony Dow
Actor, Writer
"Leave it To Beaver"
Youth Fitness Education

Geary Whiting has proven skills as a first rate trainer and masseur. His work with Bob Wieland in the New York City Marathon resulted in a new world record for Bob. Presently, he is working with Bob for the Los Angeles Marathon. A world record time is expected by Bob again.

Geary is sincere in helping others to their full potential. Geary's work is thorough, efficient, and professional.

Congratulations on your efforts in serving mankind in developing their total fitness potential.

Sincerely,


Dr. Harry Sneider

November 28, 1990

P.S.: Bob broke his world record in the marathon in Los Angeles by a phenomenal 18 hours. Geary played a major role as a sports therapist in Bob's new world record achievement.

 "Specialists in Exercise, Nutrition, and Fitness Education"



www.KigersdelosCalifornios.com

August 15, 2010

Dear Geary:

I am writing to thank you for the hundredth time for changing my life. For the first time in 12 years I am virtually pain free. I own it all to you, with your extensive knowledge of Shiatsu Massage and how to heal the human body. When I met you a few years ago at a horse show I wish I had understood then how incredible your healing hands really are. I would have lived pain free much sooner.

I have been a horse and wild animal trainer for over 30 years. This means I have had a very physical and active life with lots of bumps, bruises and crashes along the way. Growing up training animals for the circus I have been moving equipment twice my body weight for 35 years. In 1998 I had a work accident which resulted in 3 herniated discs in my lower back. I was virtually incapacitated for 2 years. Since then I have lived in constant pain.

Recently I have become a nationally known trainer of wild mustangs. In April 2010 I had an unauthorized dismount (was bucked off) from a young mustang I was breaking to ride. This accident landed me in the hospital in a body cast with a broken back.

After 5 weeks in a body cast I was transferred to a canvas brace. Which the doctors said I would wear for at least 6 months. When I ran into you at the Paso Robles fair I knew right then you could make me better. I was in a lot of pain and very weak from the stiffness of not moving, bending or twisting for 12 weeks. I still had 3 more months to be in the brace and even longer before I was to do any thing physical.

After just one session with you I was absolutely pain free for the first time in 12 years. I took the brace off and have never looked at it again. After 3 sessions my range of motion was back to where it had been before my first accident in 1998. Most of the time I don't even remember I broke my back only 4 months ago. I do not ride yet but I work horses full time all day, clean pens, and hoe weeds without a care in the world.

I am a barefoot trimmer and before seeing you, I could only stand to trim 2 feet at a time because of the pain in my back. The first day I decided to try trimming again (only 15 weeks since breaking my back) I was able to trim 2 whole horses (8 feet) with little pain.

You are an amazingly talented and truly gifted man. I don't know how to put the extent of your abilities into words people would believe or how to thank you enough for your knowledge, friendship and healing skills. A simple and humble *Thanks* from the bottom of my heart is the best I can do.

Sincerely,

Sue Watkins

October 28, 2009

Geary Whiting
HC 67, Box 1836
Big Sur, CA 93920

Dear Geary,

I must sincerely thank you for your expertise in the practice of Shiatsu massage. I never expected to experience the results I have—and certainly not after only 2 sessions.

As you know, I have had no feeling in my right leg from the knee down for about 15 years. Perhaps being shot through the right knee during World War II has something to do with it. My balance has been affected by the numbness and has forced me to use a cane to avoid falling. This has ruined my posture.

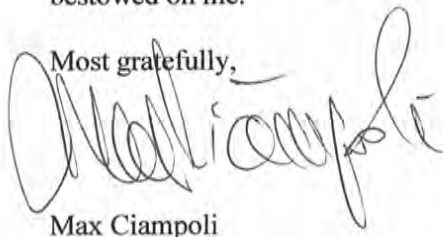
During the very first treatment, I suddenly felt intense heat in my right big toe which amazed and thrilled me as I have had no sensation in that foot for so long. Now, 10 days later, I still have feeling in that toe. This has given me a new confidence in my balance which has allowed me to put the cane aside for the time being.

This result would have been more than enough; however, through your work on my neck and back, I have regained some flexibility in my neck so that I no longer have to move my body to look left and right as I did before.

And something else, Geary. I feel better, more vital than I have in several years. This is very important as I have a young wife to keep pace with.

I am very grateful for the devotion you have for your work and the time and energy you bestowed on me.

Most gratefully,

A handwritten signature in black ink, appearing to read 'Max Ciampoli', with a stylized, flowing script.

Max Ciampoli



11/23/09

To Whom It May Concern:

My name is Dennis Reilly and I am writing this letter to tell you about the difference that Dr. Geary Whiting made in my life. In the fall of last year I was seriously injured in an A.T.V accident on a moose hunt in Alaska. The A.T.V landed right on top of me and crushed me, breaking numerous ribs, and my wrist. My wrist required surgery and an external fixator with four screws protruding out of my arm. I was in very bad shape, my arm was completely useless for months, and my whole body was extremely sore. I became very weak, and just getting out of a chair was nearly impossible. It has been over a year and I am finally doing the things I did before the accident.

I am still not 100%, and I have good days and bad days. On the bad days my whole body is stiff, and I can't even turn my head. I met Dr. Whiting on one of these bad days, and I was desperate for some relief. He worked on my whole body, and could tell how much pain I was in. Within an hour I got up off of his table a completely new man. I could turn my head left and right with no problem, I stood up straight, and the pain and stiffness that had a hold of me had let go. My daughter said that I had a completely different look on my face, one of relief and happiness. I even went home that night and did a pushup, something that was not even a possibility earlier that day.

Dr. Whiting allowed me to see that it is possible to feel good again. Just knowing that I could feel like that again, has helped me keep working towards my full recuperation with determination and excitement. I would not hesitate to recommend Dr. Whiting's treatment to anyone who lives with pain.

Sincerely,

Dennis Reilly



SANDY COLLIER TRAINING

*Multiple NRCHA and AQHA World Champion
International Clinician and Judge
Only woman to win NRCHA Snaffle Bit Futurity
Top 10 NRCHA All Time Money Earner*

To Whom It May Concern,

Geary Whiting has worked on my horses, my friends, and myself for over 5 years. He has turned around several very sore horses at the finals of the Snaffle Bit Futurity, enabling them to compete at their full potential.

He has an amazing gift of feel and healing, balanced with a deep knowledge of anatomy and technique. I don't think I know of one person or animal that he has worked on, that didn't feel 110% better when he was done.

I recommend him constantly to people who have horses with all kinds of issues, and the reports I get back are always good. Perhaps more telling, those people continue to use him in the future, and recommend him to others.

I wholeheartedly recommend him and suggest that you give him a try. I welcome a call if you have any questions or reservations.

Sincerely,
Sandy Collier
805-350-1869



GARY LEFFEW BULL RIDING SCHOOL

P.O. BOX 5175
SANTA MARIA, CA. 93456
(805) 929-4286 evenings

September 13, 1996

AFTER 20 YEARS OF RIDING BULLS, ALONG WITH ALL THE OTHER CRAZY THINGS I HAVE DONE IN MY LIFETIME, I WAS PAYING THE PRICE IN THE FORM OF NECK, BACK AND GENERAL BODY PAIN.

AS IF THIS WASN'T ENOUGH, I CRASHED AT THE "COWBOY DOWNHILL" SKI RACE IN STEAMBOAT SPRINGS THIS PAST JANUARY LANDING DIRECTLY ON THE BACK OF MY HEAD AND BENT MY NECK AND BODY IN WAYS GOD NEVER INTENDED! SEVEN MONTHS OF CHIROPRACTORS AND MASSAGES HAD NOT HELPED.....AND THEN I MET GEARY WHITING.

GEARY'S MASSAGE TECHNIQUES RELIEVED MOST OF THE PAIN IN JUST ONE SESSION AND AFTER TWO SESSIONS THE PAIN I HAD ENDURED FOR YEARS WAS GONE AND I HAVE NEVER FELT BETTER.

IF YOU OR YOUR HORSE HAVE ANY BACK, NECK OR MUSCLE RELATED PROBLEMS OR PAIN, I HOPE YOU HAVE THE PLEASURE OF WORKING WITH GEARY AND FIND OUT JUST HOW GOOD LIFE CAN BE WHEN YOU ARE PAIN FREE.

HAPPY TRAILS,



CARLISLE CHIROPRACTIC OFFICE

1901 S. Atlantic Blvd., Suite G • Monterey Park, California 91754 • (213) 268-7929

DR. ARTHUR L. CARLISLE

CHIROPRACTOR AND NUTRITIONAL CONSULTANT

February 1, 1990

To Whom It May Concern:

As sole proprietor of two chiropractic clinics in Monterey Park, California, it gives me tremendous pleasure to write on behalf of Geary Whiting.

Geary Whiting is a true professional. He is prompt, cooperative, thorough, and well-read in his field of expertise. This explains the excellent rapport Geary has maintained with my staff and our mutual clients.

I have such confidence in Geary's understanding of therapeutic massage and the holistic approach to health care in general that I refer many challenging clients to Geary without hesitation.

Consequently, Geary Whiting has been a tremendous asset to my practice.

I look forward to a long and successful working relationship with Geary Whiting. I also graciously support his continued growth in the health care field.

Sincerely,

Dr. Arthur L. Carlisle



Liberty Family Chiropractic

Dr. Daniel M. Ruedlinger D.C.

Dr. John Termini D.C.

**11421 E. Carson St., Suite N
Lakewood, CA. 90715
(In Liberty Square across)
(From the Naval Hospital)**

**(213) 865-2924
(213) 531-3480**

To whom it may concern,

This letter is to give commendation to Geary Whiting in his affiliation with our office on both a personal and professional level.

In my professional career as a doctor of chiropractic I have had the privilege of working with orthopedists, neurologists, radiologists and Geary Whiting. Mr. Whiting is the only masseur to whom I have felt confidence in to refer patients to for treatment. Patients not with simple sore muscles but difficult and chronic problems. And I can truly say that Geary Whiting's work is commendable.

Geary Whiting is a man of good character willing to go the extra mile to help others. He is dependable and on time for his appointments. He follows his own advice and keeps himself in excellent physical condition. He works in harmony with others and seeks counsel for problems out of his field. He maintains good rapport and upholds the confidence which others have in him.

Therefore, I am privileged to say a few good words for Geary Whiting. Although, his works have always spoken for himself.

Very truly yours,

Daniel M. Ruedlinger, D.C.

Daniel M. Ruedlinger, D.C.

Mani Mostashari

P.O. Box 341

Upland, Ca. 91786

July 27, 1991

Dear Mr. Whiting,

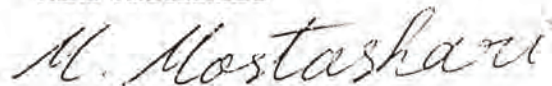
I would like to share some great news with you. After receiving my first acupressure treatment from you I was able to quit smoking. It is important to mention that I had previously tried acupuncture and feedback methods to stop smoking, but none of these methods were effective on me.

Furthermore, I felt a great deal of energy flowing in my body after your treatment which led to a higher estate of well being. As a chiropractic student, I would like to recommend your acupressure techniques for stop smoking and stress related problems in general.

Finally, I would like to commend you on your humane approach towards your profession and clients rather than a purely commercial approach towards them. Please let me know if I can be of any assistance to you. I look forward to receiving many more future treatments from you.

Sincerely,

Mani Mostashari

A handwritten signature in cursive script that reads "M. Mostashari".

AUTOMOBILE
Investment Services™

8-5-88

DEAR GEARY:

AS YOU KNOW, I HAVE BEEN IN A GREAT DEAL OF PAIN FOR THE LAST SIX YEARS. THE MASSAGE AND TREATMENTS YOU HAVE GIVEN ME HAVE MADE A WORLD OF DIFFERENCE. IT CHANGED MY LIFE! ONLY TWO OUT OF FIFTEEN SPECIALISTS ACTUALLY HELPED WITH MY NECK PROBLEMS AT ALL, BUT AT LEAST THEY WERE HONEST ENOUGH TO SAY THEY WERE NOT ABLE TO COMPLETELY RID ME OF MY PAIN. YOUR THERAPY HAS MADE A BIG DIFFERENCE. IT IS INTERESTING TO NOTE, I MANAGED TO SPEND OVER A HUNDRED THOUSAND DOLLARS ON THE FIRST THIRTEEN OF THE FIFTEEN SPECIALISTS WITH LITTLE OR NOTHING TO SHOW! I CANNOT THANK YOU ENOUGH FOR YOUR VERY SPECIAL MASSAGE, AND PLEASE CONSIDER THIS LETTER A PERSONAL REFERENCE YOU MAY SHOW OTHER CLIENTS. THE AMOUNT OF PERSONALIZED ATTENTION YOU GIVE YOUR CLIENTS IS VERY IMPRESSIVE, AND I AM SURE WILL KEEP YOU AT THE TOP OF YOUR FIELD. I DON'T KNOW THAT EVERY SINGLE PERSON CAN ACCOMPLISH WHAT YOU AND I HAVE, AS THEY WILL ALL HAVE DIFFERENT PROBLEMS, BUT I DO KNOW WHAT YOU DO CAN HELP MANY OF THESE PEOPLE COME BACK TO A PAIN FREE LIFE WITHOUT HAVING TO SPEND HALF THEIR LIFE SAVINGS, AND MAYBE SAVE THEM FROM NOT NEEDED SURGERY. YOU WILL ALWAYS BE A CLOSE FRIEND, SO LET'S KEEP IN TOUCH!

YOURS TRULY,
Ken A. Marchant
KEN A. MARCHANT



THE HEART INSTITUTE FOR CARE* P.A.

November 25, 1990

Gary Whiting
5032 Harris Avenue
Los Alamidos, California 90720

Dear Gary:

This is to verify that you spent significant time here at the Heart Institute and that while here the many benefits of Shiatsu [Shiatzu] Therapy became increasingly evident.

The neuromuscular benefits are quite well established and I will confine my comments to that which we identified relative to blood pressure modification.

It became evident that an individual suffering from hypertension - high blood pressure - could anticipate a significant reduction in both systolic and diastolic blood pressure as a result of the gentle Shiatsu [Shiatzu] treatments.

I want to commend you for your commitment to this discipline and encourage you in continuing your work and documentation of blood pressure on all patients before a treatment as well as after a treatment and would encourage that you would obtain those blood pressures both lying and standing. I am most interested in your work and I believe that as patients choose fitness which may follow Shiatsu [Shiatzu] and aerobic conditioning programs that most if not nearly all patients will see a marked reduction in their use of medication to lower blood pressure many of which have multiple other adverse side effects not seen with aerobic exercise and Shiatsu [Shiatzu] treatments.

Cordially,

Robert E. Gulde, M.D.
F.A.C.C., F.S.C.A., F.C.C.P.

REG/jpb

L0640

April 14, 1996

Dear Geary,

A simple thank you, and not even this letter, could begin to tell you, how grateful I am to you, for the wonderful healing that I have experienced, through your work. Physically, mentally, and spiritually, I have come to know a peace, that has eluded me, my whole life. You helped me to realize, that it was safe to walk the halls of my mind, and to know at last, that only truth would set me free and bring me peace. I have always known that there was something in my past that disturbed me and made me neurotic. I was completely shocked, to know what really happened. Each day since "My Breakthrough", I experience a deeper peace than the day before, and the memories now, are merely passing thoughts. I don't allow them to stay, and I try not to judge them.

I realize that I still have a lot to work on, but for me it is a new beginning, and for the first time, I feel that some of the goals that I have set for myself, can at last be achieved.

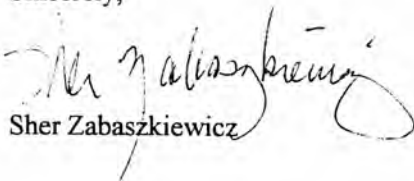
Sometimes, I feel as though I am processing mentally, at light speed. Some of the things that I have clung to, couldn't let go of, now seem so trivial. I have a new perspective on what really - is important. Hanging onto painful memories from the past can do nothing for anyone, and serves no purpose what-so-ever.

As far as my physical progress, I can hardly believe how relaxed my shoulders feel, and although I still get stiff and find a few knots now and then, I have never felt better. As you know, I recently injured the fifth lumbar disc, which set me back physically, but not for long. My total recovery time was two and a half weeks. I attribute this short recovery to healing hands through massage, and the dramatic changes that have taken place in my life because of it.

So you see, without you, none of this would have been possible for me, at this time of my life. I know that I am a survivor, I have experienced so many horrible things, but I don't want to be just a "survivor". I want to have quality and a substance to my life that is good. I want to be able to put out positive things and have those same things come back to me. That part is difficult for me, as it is not so easy to give up the old ways, but I know that the possibility is there, and that I simply need to grasp and hang onto the idea, that all things are possible.

I want to thank you for your knowledge and for your gift of healing. I will always remember you with kindness and gratitude.

Sincerely,



Sher Zabaskiewicz

Janet L. Newcomb

Ombudsman / Mediator

18311 Gum Tree Lane • Huntington Beach, CA 92646 • (714) 847-8933

August 16, 1994

Dear Geary:

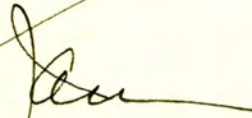
Just wanted you to know how much your services have meant to me.

The shiatsu massage is incredible. Not only is it the ultimate in relaxation, but I really think it has been instrumental in beginning and accelerating the process of detoxifying my body--helping to purge the buildup of stress and emotional turmoil accumulated over the last several years.*

Your coaching in other areas is paying off too. Today I put on an outfit I haven't been able to wear for a long time. I never would have stuck with the exercise if you hadn't been standing there next to me.

You are helping me change my life--I can't thank you enough!

Sincerely,



*P.S. It's almost as though the fat melts away by itself once the emotional blocks are removed. I'm impressed!



To Whom This May Concern:

530-410-5270

The following letters have been selected to show you the value and versatility of my Massage and Training Techniques. I hope you enjoy reading them.

As a competitive athlete, and World Class trainer, with an extensive background in sports and fitness, martial arts, power lifting, as well as golf, I am well aware of the demands top athletes must go through in all aspects of his or her training, whether emotionally or physically.

In Chinese Medicine we understand that Primordial Force, is the heart of the persons performance. When reading the Bob Wieland letters, you will have a greater understanding of this "force." You will become more aware of the Incredible Human Potential that is in each and every one of us, also realizing we all need help from others to reach it. This is where I come in, this is what I do!

You, the golfer may also expect such impressive improvements with my training techniques. The following will give you an idea of what you can expect.

- 1-FOCUS...More relaxed, better visualization, and awareness, especially in putting.
- 2- STRENGTH/ RELAXATION...Muscle moves bone more efficiently, which means increased club head speed with less effort, better follow through.
- 3- FLEXIBILITY... Less stress on lower back, better back swing, and follow through from freedom of movement. Shoulder and joint injuries greatly eliminated.
- 4-POWER...Greater distance on the ball. Be prepared to back down at least one club from what you are used to, this is no joke!!! You will love your new body.

As Dave Buffington of Pure Golf Inc, said "at first I was very skeptical of what Geary claimed he could do, Geary convinced me to give him a try, and I'm happy he did."

I would love the opportunity for us to get together and discuss, or show what I can do for you. You will be happy you took the time. You may not be an extreme athlete, but you are an athlete, start thinking like one... you will love what I do for you.

Happy Trails, and Happy Reading


Geary H. Whiting PhD

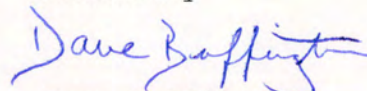
ftnsdr2@shasta.com

12-14-88

To whom it may concern,

I would like to take this opportunity to express how I feel about Geary Whiting both professionally and personally. I was introduced to Geary while I was training for the Ironman Triathlon World Championship by a very good friend of mine. At first I was very skeptical about what he claimed he could do to improve my training program and my overall performance. Geary convinced me to give it a try and I'm glad he did. Not only did Geary's treatments improve my performance but they also helped in healing many of the minor injuries that occur while training for such an event as the Ironman. Many other injuries that might have occurred I'm sure were prevented because of Geary's magic hands. I would not hesitate to recommend Geary to anyone who is looking for increased performance, relief of pain, improved flexibility, nutritional consultation, or a general overall fitness program. On the personal side Geary is one of the most honest, sincere, and caring individuals I have ever met and I feel very lucky to have him as a friend.

Sincerely



Dave Buffington
President
Pure Golf Inc.



October 7, 1988

Geary Whiting
4735 Hazelbrook Ave.
Long Beach, CA 90808

Dear Geary:

I am writing to express my appreciation for the excellent Shiatsu treatments that you have given me and continue to provide. They are truly effective at relieving pain, enhancing performance and allowing better freedom of movement.

In my field, as in any sport, we realize the importance of utilizing nutrition, rest, a variety of training techniques, mental attitude, relaxation and massage to improve our efficiency and enhance the pleasure of our sport. I feel strongly that sport massage should be an integral part of any athletic training program. I further commend you on your expertise as well as on your professionalism and personality. Keep up the good work!

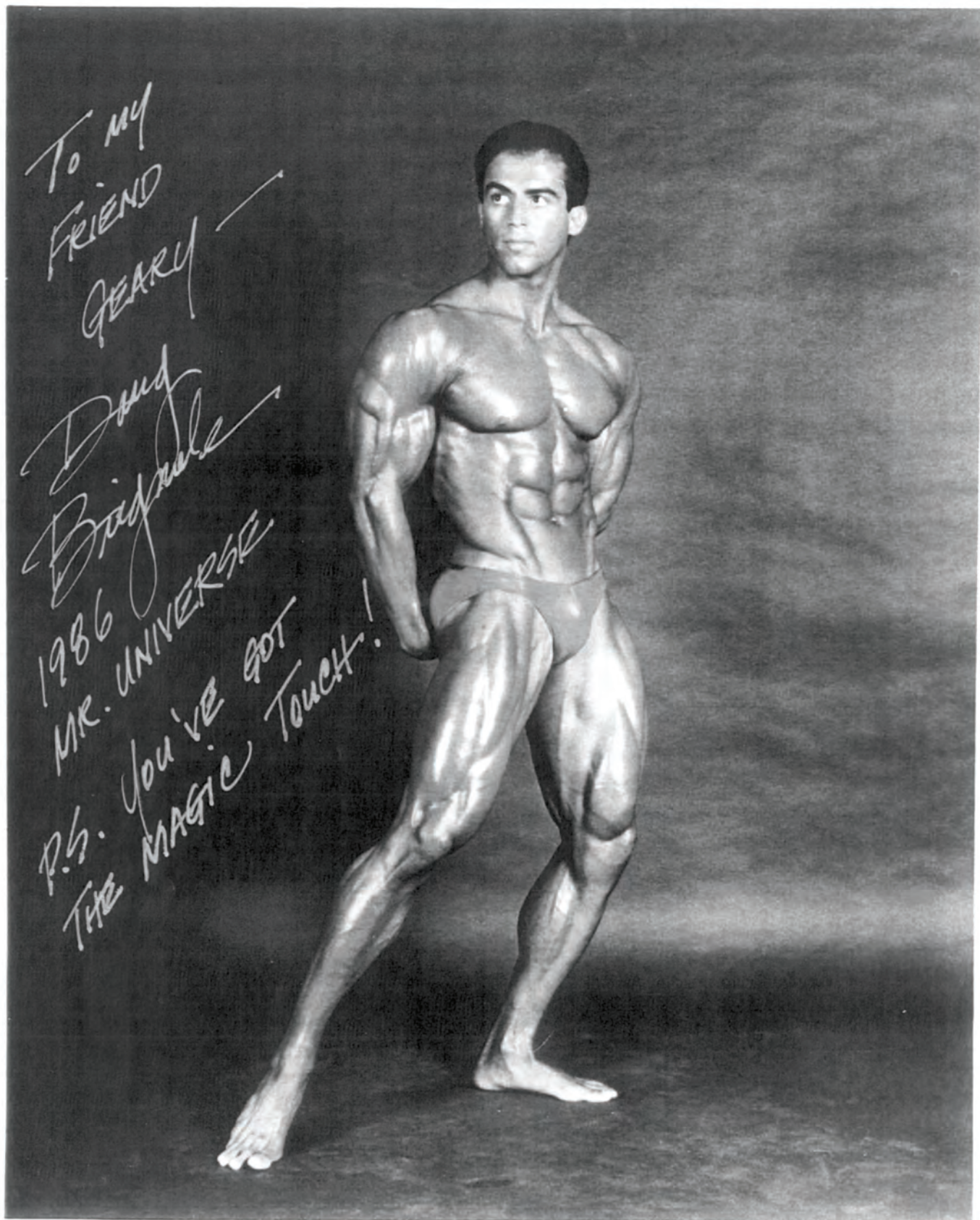
Very truly yours,

A handwritten signature in blue ink that reads 'Doug Brignole'. The signature is stylized with a large, flowing 'D' and 'B'.

Doug Brignole
BRIGNOLE FITNESS TRAINING CLUB
1982 A.A.U. Mr. California bodybuilding champion
1986 Mr. America (division winner)
1986 Mr. Universe (division winner)

DPB/klh

42 South DeLacey Avenue · Pasadena, California 91105
(818) 449-1701 (818) 449-1702





David A. Cornelsen



David A. Cornelsen

S.A.G.

Height: 6'

Weight: 175

Size: 44R

Waist: 32

Inseam: 32

Collar: 17

Sleeve: 34

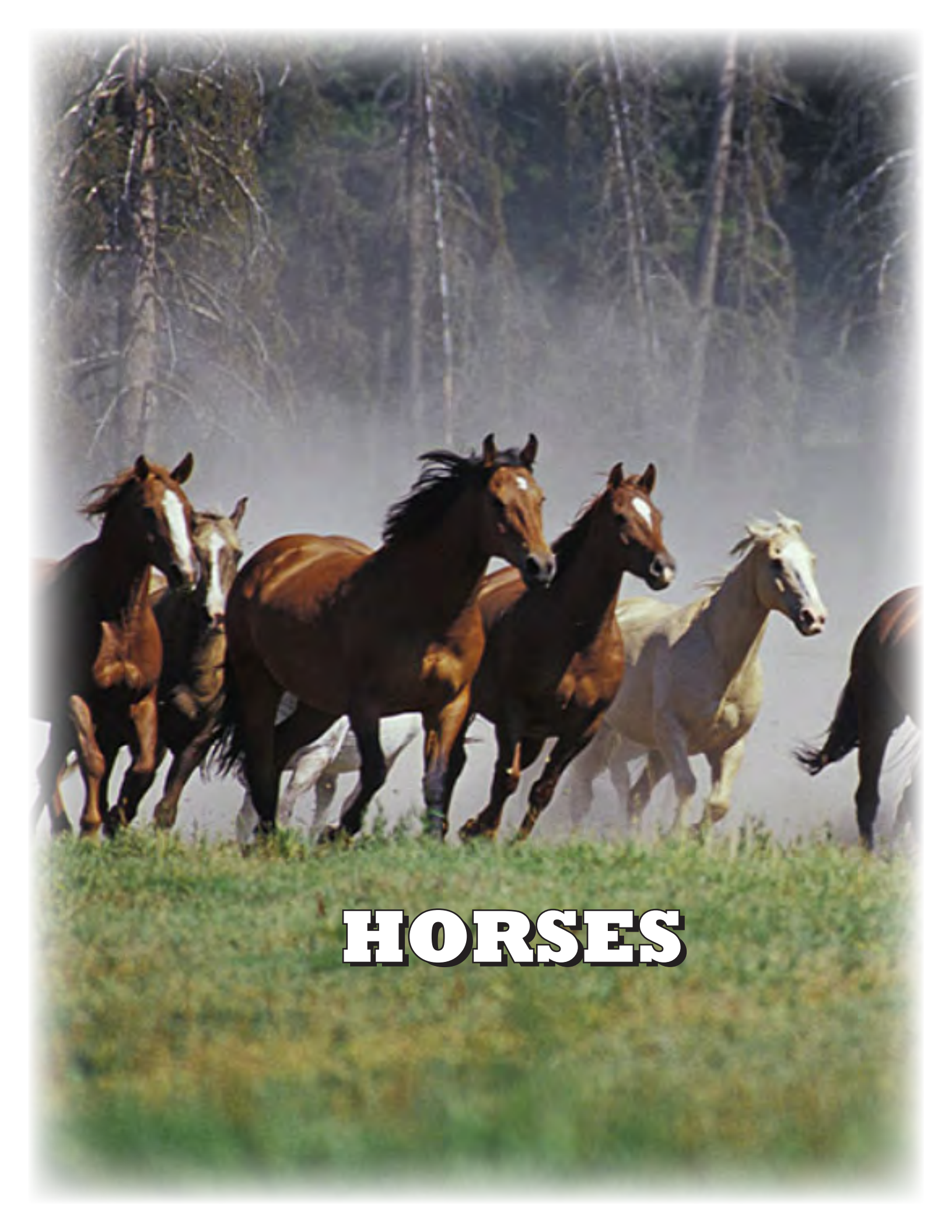
Shoe: 11

Hair: Brown

Eyes: Green



PRINTED BY SUPERSHOTS® L.A. U.S.A. (213) 724-4809

A photograph of a herd of horses running through a grassy field. The horses are in motion, kicking up dust or grass. The background is a dense forest of tall, thin trees. The word "HORSES" is overlaid in large, bold, white capital letters with a black outline.

HORSES



"THE END OF THE TRAIL"
(530) 410-5270

MANISTEE INVESTMENTS, INC.

Diversified Real Estate Services

102 East San Miguel Avenue • Phoenix, Arizona 85012 • 602/274-7777 Fax: 602/274-7788

January 20, 2011

Mr. Geary Whiting
HC 67 box 1836
Big Sur, CA 93920

Dear Geary:

Time has flown by since my mare and I had our "mishap" in the Paso Robles NRCHA Bridle Spectacular! Both she and I are in great shape and in the Winner's Circle, thanks in part to your wonderful talents with equine and human massage therapies. As you remember, you were there at the show grounds and worked your healing touch on both "Clover" and me within hours of the fall in the herd work. We both responded beautifully and finished the competition successfully. Neither of us had prolonged discomfort; without your therapy I know that the healing process would have taken much, much longer.

Since then Clover and I were 2010 AQHA World Champions in Select Working Cow Horse and, most recently, NRCHA Non-Pro Bridle and AQHA Amateur Working Cow Horse Hi-Point earners at the 2011 Arizona National Livestock Show. We were also 2010 AQHA Year-End Champions in both Amateur and Select Working Cow Horse.

Thank you, Geary, for your timely and special help that you provided for both Clover and for me. You truly do work miracles with your therapies. I hope that I will not need your professional services again because of an accident. But I know that your therapeutic touch can do much to maintain health and balance in non-injured horse and rider as well. I look forward to seeing you at upcoming horse events. Keep up your outstanding work.

My best,

Marilyn

Marilyn Harris



JOHN TOFFAN, TRUDY McCAFFERY

(Typed Version of Original Letter)

November 25, 1998

To Whom It May Concern,

It is a pleasure to introduce Geary Whiting who has been working with our thoroughbred race horses for several months. Geary is an athlete, understands athletes and appreciates that the horse responds to massage as the human athlete does. I have noticed significant and positive changes in our horses over the course of the last few months. They are more relaxed, happier, and move more freely. Moreover, Geary is a true professional. He is extremely thorough and always follows up on his treatments. It has been a pleasure working with him, and I strongly urge any athlete, human or equine, to take advantage of Geary's skills.

Sincerely,

Trudy McCaffery



[Back to Why This School](#)

Standing Tree Ranch

Thanks to Geary Whiting's Equine Massage Therapy!

This is a true testimonial about a horse we saved from an early painful death.

Earlier this year we were given Billy because his owners couldn't afford the care that he needed. He could not stand without being in extreme pain, he moved slowly, and limped painfully. He was unable to put weight on his hooves, causing all his muscles to be tight and tense. Billy was dehydrated and smelled of death, due to kidney and liver failure (as we later found out). With doubts of him surviving the trailer ride home, we made our journey and arrived safely to our door. We immediately changed Billy's diet and had him to the first vet within four days. He told us to keep him drugged with "bute" and let him out to pasture to pass on. Geary Whiting presented us with the opportunity to use Billy as a demo horse for his first massage course in our area. Billy was taken to the school the day before class unable to walk very well, head hanging low and in obvious pain from various ailments (including, but not limited to, severe ringbone, arthritis in the knee, severely underweight, and unable to urinate). The students were not sure if he would make it to the stall twenty feet away, and nicknamed him "Mr. Dead". Billy was worked on throughout the week and when we came to pick him up (expecting maybe a horse made more comfortable, but still in pain) we were greeted with a clean smelling, alive-looking animal, that was being ridden up hills and wanting to gallop because he could. The results were unbelievable! Here was a horse that only a week earlier was expected to die, who was now acting like a 10-year-old ready to go instead of 25 and out to pasture. Due to the results of Billy's recovery I (Kelli) enrolled in Geary's course so that I could learn exactly what happened to bring a horse back from the dead. I was surprised at the simplicity of it all. I found the class to be informative, enjoyable, and easy to absorb. Geary's course offered everything that is needed to provide health and well being to animals, along with how to start your own practice while keeping a healthy mind and body through his workout program. My husband and I highly recommend Geary's course for both horse and rider.

P.S. Billy, now known as "Wild Bill", continues to thrive and is a lesson horse for beginners; he has found his niche and loves looking after his riders.

Yours in Good Health,
Thomas M. Klassy D.C.
Kelli M. Klassy C.M.T., E.M.T., C.E.S.M.T.

[Back to Why This School](#)

[Back to Why This School](#)

Billy is a 25-year-old thoroughbred who looked like he should be sold for dog food. He arrived at the massage school underweight and in poor condition. He barely made it from the trailer to his stall - 20 feet away. Billy was lethargic and would not raise his head when anyone entered his stall. He was mostly skin and bones. He would barely eat. We called him "Mr. Dead". Over the course of a week Billy received several massages. Monday evening Billy started eating more. Tuesday he turned to look at us as we entered his stall. Wednesday he nickered at us as we came to feed him and he ate everything in sight. Wednesday afternoon he walked around with a rider on his back. By Thursday he was trotting and Friday morning he cantered up a hill with a rider. We call him "Wild Bill".

Just as amazing was that these massages were performed by students! Geary makes learning so fun and easy that anyone can do it and achieve remarkable results. Classes are small and interactive in a comfortable setting (they were held around the dining room table). Geary provided us with an education that went far beyond the advertised 60 hours.

Sincerely,

Jody Hutchison

Horse Trainer and Graduate of Geary Whiting's Equine Massage School

[Back to Why This School](#)

Geary,

I just have to write this note I hope you'll share with your future students.

As you know, I came to your school just so I could help my own horse when I became dissatisfied with the therapist who had been working on him. Little did I know what was to come!

What you teach at your school, your massage technique, is powerful stuff! I mentioned that I was going to your school to my chiropractor, who, unbeknownst to me then, is an owner of some racehorses. He said he would love to try it out on his horses. So I went to share with you, that just 3 weeks home from school and I was at Hollywood Park racetrack massaging racehorses. I must say the trainer seemed captivated with the first horse's demeanor during the massage. The second one I did, he said he couldn't believe it was the same horse and that he'd never seen him that calm before.

And of course, the faces the horses made was a "tell tell" sign as well that they did indeed love every minute of it! While I was "working" I also overheard the trainer tell the owner that he was very impressed at how thorough the massage was. Saying that over the years he had seen many people come in and do massages and that "they all seemed to be in a hurry, and the horses never relaxed like this!" He had not seen anybody take the time that I did and just marveled at how much the horses enjoyed it. The horses trained the next day and it went so well (his words: "He was just gliding down the track!") they had me at Del Mar the next Saturday massaging for Sunday's big stakes race. (I'm not giving the names of the horses or trainer as to not reveal their secret weapon - ME!!! Thanks to you!) And they did very well too!

What a thrill it has been for me, to have the opportunity to work on these amazing horses, to have played a part in their enhanced performance, and to get behind the scenes at the races. And, I am confident if I were just another massage therapist doing "fluffy stuff" they surely would not have asked me back.

And it just goes on! Sharing this story with a few friends has resulted in appointments for more massages and I've been asked to do a clinic at a local facility that has approx. 160 horses boarded there!

So to you future students, what you have the opportunity to learn is an amazing and powerful tool that not only can enrich the lives of the horses you work on, but your own life as well.

And to you, fine teacher, I will always be grateful that God put that love in your heart for what you are doing, it shines through and through. I am so glad I chose your school.

Sincerely,

Berta Delight Pinon CESMT

B Delight'd Equine Massage

Update!!

On Feb 7, 2009 they entered Charlie's Moment in a \$200,000 Stakes race at Santa Anita, and had asked me to work on him the morning of the race. Security is very strict before a Stakes Race and you must be licensed by the Racing Board to get near the horse. So unfortunately, I was not allowed to touch him, as I had not received my license yet. In any case, Charlie finished last that day : (

May 24, 2009 Charlie was entered in a \$100,000 Stakes Race at Hollywood Park. One of his owners expressed concern because this was a 7 Furlong race against some pretty tough opponents. I made them an offer, "let me massage Charlie a week before the race and again the day before the race, and if he doesn't finish in the money, I won't charge you" They agreed! -Charlie took the lead before the first turn and never let another catch him! He won by two lengths!!! -It was very impressive, to say the least! As a matter of fact so impressive, he was purchased right after the race by a Sheikh and shipped to Dubai! I later found out it was Goldolphin Racing that purchased him. Their founder ----(Drum Roll please !) **Prime Minister and Ruler of Dubai H.H. Sheikh Mohammed bin Rashid Al Maktoum. !!!** Incredible, that's what I say!

I'm having the time of my life out here, and still very impressed by the power of this massage technique!

Most Sincerely,

Berta

Hello to everyone who may be reading testimonials about "Geary Whittings Equine Massage school for Horse and Rider".

My name is Meladee Ann Tyrrell, I'm 56 years old, and I attended/graduated Gearys "Equine Massage School for Horse and Rider", class of November 2007.

I arrived at his school very pale, very weak and still quite sick, but in all sincere thanks and credit to Geary, I left school a week later mentally/physically healthier, much stronger, and a very proud graduated student. So I'd like to share the story of how that all came about with you, to hopefully give you some insight to what sort of man you'll be meeting and studying under, and the life long benefits/teachings of choosing his school:

I checked Geary out extensively on line, personally, professionally and the Equine school itself. Needless to say I was quite amazed to find that his career and the endless, impressive accomplishments in his lifetime, was truly amazing for just one man and quite lengthy to say the very least. His drive, his energy, his positive outlook on life, his business sense and his personal "goal setting" is highly contagious, so fair warning! After my research I soon wanted desperately to attend Geary's "smoke free" school, so I quit smoking cold turkey the day I made my class deposit after 40 years of smoking 2 packs of Camels a day. My body in turn, reacted violently to the nicotine withdrawals and stress, and I was soon diagnosed with a severe case of interior and exterior shingles. Rendering me helplessly bedridden for 6 very painful weeks and simply heart broken thinking I would miss school.

It was during that time that I spoke to Geary for the first time on the telephone. It was as if I was talking to an old friend, not someone I had never met, as the man is pure "down home country" and very comfortable to sit and converse with. That "positive in-put" hour long conversation was the beginning of a very wonderful life changing experience for me. And his name was Geary Whiting.

As to this day I have never forgotten his "above and beyond" kindness, his comforting words of encouragement, hope and emotional support, nor his promise to help me heal my body and my immune system, plus keep it healthy in the future, if I could only get up out of bed and get to him down in California. And I did.

He went well beyond the expectations of your "every day teacher" once I got there too, as the man truly and deeply cares about people in general and above all else, his students, their well being, and their success.

So true to his word, heal me the dear man did, as that's one of his many endless talents, mentally and physically healing people and horses. And he does it up right.

So when you read his words advertising "a school for horse AND rider", know it's quite true, and well worth every red cent you'll spend for tuition. His school...I could go on and on about that as it's still one of my favorite memories and subjects:

His stress free, kicked back atmosphere, and the endless laughter filled teachings during his classes, guaranteed to make even the shyest of students comfortable, his deep human compassion, his big, kind heart and true caring for each and every students physical and mental well being, let alone their understanding/learning of Equine Massage and all it entails, the personal one on one time he makes to be with each student and answer each and every question or concern, his extensive background of body building, resistant weight training and vitamin therapy, guaranteed to make the weak and sick, like myself, strong and healthy again, (which is important when you're massaging a thousand pound horse!) his endless fountain of knowledge for Equine Massage/horses and business, his honesty, integrity, morals, beliefs and values in life, which are excellent and very admirable, and his willingness to always be available for you long after you graduate goes far beyond what any other school could possibly offer you. So I highly recommend that if you are thinking of a career in this field to choose his school!

Those of us that have, and graduated are sure glad/blessed we did. You will not only leave class a knowledgeable, confident graduate, but also a true friend of his for life. As helping people and teaching people is his true calling in life and a God given talent. And he does it so very well.

So..to all that may read this testimonial and to you my dear beloved teacher, know that I now proudly stand before you a much healthier and stronger woman, who is now massaging 3-4 horses a week at my stable as we're in the height of "show season", and a woman who's now shopping for that perfect piece of land to start her very own Equine Training Center on.

But above all else, I'm a woman who is very proud to call Geary Whiting my very dear and good friend. I miss you so dear Geary and Happy trails to one and all, My love, my friendship always.

Meladee Ann Tyrrell
"Equine Shiatsu Healing/Helping Hands"
Corvallis, Oregon



Lucky's Story
by the Okwandu Family

Something seemed eerie that morning in March 2007. It was a feeling out of the norm, the kind of sensation when something just does not feel right; however, it was difficult to pin point. Nonetheless, I proceeded downstairs towards the backyard to fetch Lucky and Zora, the family dogs. It was tradition to run with the dogs every morning, even the "eerie" ones. Zora swiftly came to me at the sound of the door knob, but no Lucky. Not thinking anything peculiar about his absence I shouted, "Lucky, come on. Let's go!" It was only at my final shout I saw Lucky struggling to move towards me. He looked disembodyed and absolutely helpless. His two hind legs were restrained by ambiguous internal forces. I tried to release Lucky of his pain and restraints, but my efforts were hopeless. At that moment there was a sense of frustration, guilt, and sadness that crept over me. Lucky's eyes were full of life but his body appeared to be disposing of it. I did not know what to say or do to make my dog feel better. Everything just seemed so odd and hard to comprehend. The night before, my dog was fine, the next day he could not move an inch. At that moment, with my dog in my arms, I understood why this morning felt so eerie after all.

Eventually, we decided to take Lucky to the local veterinarian. (Village Animal Hospital) The doctor examined our dog and obtained x-rays immediately analyzing his status. Unfortunately, the x-rays failed to show the problems with Lucky. There were no visible fractures, abrasions, sprains, cuts, or bruises. Nothing! What was happening to Lucky and why? The doctor proceeded to give him antibiotics, steroids, tick medicines and other treatments but nothing seemed effective. She also recommended an MRI; however, it was not guaranteed a MRI would detect the problem nor could I possibly afford this procedure. My options were limited but my prayers for Lucky were not. My family decided to wait another night and give Lucky a chance to recover.

Sunday morning failed to give my family good news. Lucky was not progressing; in fact, his condition was worsening. It seemed like the end was inevitable. We had no other option but to put Lucky "to sleep" or to spend over a thousand dollars waiting for him to recover by himself. However, there were no signs of recovery. Lucky could not control his bladder so he released waste everywhere and often. The site of him not having control of his bladder clearly showed he could not control his life. All we could do was break down in tears and continue to pray for any signs of progress. The final paper work was put together and all we needed to do was sign Lucky away to be put to rest. The idea of Lucky out of my family's life was hard to picture because Lucky was not merely a dog, he was our friend and family member. We could not see the flare in his eye die out-not now. Even though all hope appeared to be gone, we continued to keep faith alive despite Lucky's odds. Ironically, an animal massage therapist (Geary Whiting), a friend of Dr. Earnhart's came in unexpectedly from Northern California. Without wasting any time, Dr Earnhart discussed Lucky tragic situation with him and he offered to examine him. After about thirty minutes of massage therapy, came out and assured us that our Lucky may be well again. He also offered to return that evening for additional treatment on Lucky. It was a very lucky Tuesday! Lucky showed visible signs of improvement. He was twitching his legs for the first time since the incident. He still failed to walk properly but it was clear he had made some improvements. Hours went by and Lucky continued to be in this state but Sheryl, the veterinarian assistant worked her magic. To our surprise, Lucky slowly began to walk and wag his tail again! Though he had his limitations, Lucky was relieved to go home and we were ecstatic to see him back with the family. To make sure Lucky remained healthy and strong we continued Lucky's massage therapy three hours every day. With continual prayer and a little sacrifice each day with his therapy, Lucky recovered and is running more than ever.

We are truly thankful for the caring and loving people at Village Animal Hospital especially Sheryl, who even came in on her day off, to care for Lucky. We truly believe that Geary was an angel sent from heaven to cure Lucky. Lucky did not give up and neither did we. My family knew we could not just let him go in this way. With the support and determination of the veterinarian staff Lucky made it through his time of turmoil. You are truly very special to our family and Lucky. It's people like you who really make Lucky so "lucky" after all.



Lucky's Tale

In April of 2007 "Lucky" Okwandu presented to Village Animal Hospital with a history of not being able to bear weight or move his back legs since that morning. Physical examination abnormalities included:

- Rear limb weakness so severe he could not stand (paraparesis)
- Non-ambulatory (He could not walk)
- 2+ CP deficits (Neurological deficit)
- Decreased patellar reflex
- Deep pain still present (The only good news)

Mr. Okwandu was given two options:

- #1 Referral to a neurologist for MRI / myelogram and surgical intervention. Consultation with the neurologist provided information that proceeding with this option would give Lucky a 75% chance of walking well again within 3 months. The diagnostic MRI / myelogram and decompression surgical fees would be close to \$5,000.00.
- #2 Hospitalization with medical management that included high doses of anti-inflammatory corticosteroids to reduce inflammation and gastrointestinal protectants

Due to financial concerns the owner elected conservative medical management. Within the first 24 hours the dog's neurological abnormalities were noted to be improving. It was apparent, however, after 72 hours that this option would not be effective as Lucky's neurological condition had begun to deteriorate. Decreased deep pain perception of the left rear leg was noted.

Mr. Okwandu was faced again with the imperative recommendation to pursue the surgical option. He was unable to proceed in such a costly direction at this time.

As Lucky was a large dog, it would be very difficult to give him time to possibly recover at home because his bladder needed to be expressed every 6 hours and he needed to be walked with a sling and have rear limb motion physical therapy, in addition to daily massages.

So, with great angst, Mr. Okwandu said there was no other options to choose except for euthanasia. That Monday afternoon, I administered an injection to cause Lucky to be sedated prior to the euthanasia injection.

Right after the sedation injection was given, Geary Whiting arrived at the animal hospital. I asked him if he would like to come and take a look at Lucky with me. He listened to the history as we walked to Lucky and then he began to massage him. He began at the cervical vertebra and worked his way back to Lucky's tail as Lucky began to be extremely relaxed because of the sedative medication. Geary used a Shiatsu massage adjusting technique which caused a "release" in the area of the lumbar vertebrae at the level of L4-L5. Lucky's lower motor neuron neurological exam findings were compatible with a problem in that area.

I asked Mr. Okwandu if he would agree to let Lucky sleep off the sedation and re-evaluate him in the morning. He said it would not hurt to try and that at this point we had nothing to lose. We were overjoyed in the morning when Lucky showed neurological improvement. Sherri, one of my technical assistants, began massage therapy three times daily. Amazingly, Lucky, walked well out of the hospital with only mild ataxia or weakness in the back legs on Friday afternoon which was four days after the therapy.

He recovered completely within 2 weeks and as of June 2008 he has not had any recurrence. Shiatsu massage therapy and adjusting techniques were the treatment modalities that resolved Lucky's problem.

Charlene Jespersen



8967 E. Lacey Blvd. ♦ Hanford, CA 93230
Home Phone (209) 582-3127

June 24, 1996

Dear Geary:

Thank you for taking the time to come over and work with our horses. Mom and I both believe your *massages* have helped her mare tremendously in her performance ability as well as everyday riding exercise. You have worked three times on her now and she is running freely, faster than we can remember, her turns are snappier and mother is winning! Mother definitely feels the difference in the power and speed of her mare and your service is the only difference in our routine of taking care of her to keep her sound.

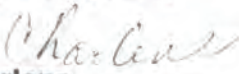
June 29, 1996

There has been a few miles since I started this letter. We have been to Del Mar and back and with excellent news! We were in the Senior Pro Rodeo at the San Diego County Fair on Tuesday. We made two runs on Tuesday and returned home that evening. Mother won two firsts (the average and one go-round) and a second in one go with a barrel down (which is +5 added to your time). Her little mare just *flew* through the course and of course, the audience just loved it...especially when they announce her age, 80 years old in December!

AND....my mare 'turned' out some great runs, too! For the first time since I have been competing on her (three years now), I finally felt what she is capable of doing. I won a second one go, but brushed a barrel (over) to win the next go. She really got down and run! I was so excited to finally have her perform as I expected she could, that the trip home wasn't bad! You have worked on her twice now, the first time being away from home and she was nervous, but this last time, she enjoyed the treatment and it must have loosened up her muscles as she really performed. Bottom Line: *We believe your massage treatments have helped our horses tremendously.*

That's our story Geary, we really believe in your skills and will be calling you again. Good luck in your new endeavors and thank you!

Very truly yours,


Charlene



Post Office Box 40
Clements, California 95227

(209) 727-5477
(209) 727-3114

Mr. Geary Whiting
P.O. Box 382
Cayucos, CA 93430
(805) 995-3837

Dear Geary,

I wanted to take a moment to thank you for your expertise with our three time World Champion English horse, Jazzy Express (better known as "Willy").

As I explained to you in Paso Robles in April of 1996, "Willy" seemed to be uncomfortable when asked to lope on the right lead. Your brief examination found some abnormal tensions in various places on his body.

You were kind enough to travel to our ranch in May and work on "Willy", a few of my friends, and myself. We all benefitted from the massage and therapy field. You also took the time to show me how to help do my own "rubbing" on "Willy's" muscles to help loosen him up. I will not use the word "massage", because that needs to be reserved for use with the professionals.

We never had another problem with "Willy" and his lope to the right. Thank you for your help and good luck with the future endeavors. We have waited a long time for professionals like you to enter the equine world, where we dearly need you.

Please consider this thank you letter as a letter of recommendation as well, to anyone thinking of utilizing your services for either horses or people.

Sincerely,

Rita Turpie, Owner and Breeding Manager



Purina Mills, Inc.

Amber Knight
District Manager
CAD

P.O. Box 1354
Arroyo Grande, Ca 93421

March 25, 1997

Geary Whiting
175 N. Ocean
Cayucos, Ca
93430

Dear Geary:

Thank you for the massage that you gave my mare, Printer's Lynx. I could immediately see the difference in her movement. She had obvious improvement in the motion on her front right and more extension in stride. She moves better than she has for several years.

I also wanted to thank you for the great Demonstration you did for the Equine Education Seminar. I had several positive comments from the people attending. It's really great to see that people are becoming aware that the physical needs of their horses as Equine Athletes include proper nutrition, conditioning, Veterinarian care, and the benefit from Massage.

Thanks for making life better for so many horses, including Printers Lynx.

Sincerely,

Amber Knight



JOSEPH MONDELLO
MONDELLO PROPERTY INVESTMENTS
MONDELLO RANCH

77924 VINEYARD CANYON ROAD, SAN MIGUEL, CA 93451
(805) 467-3206

July 3, 1996

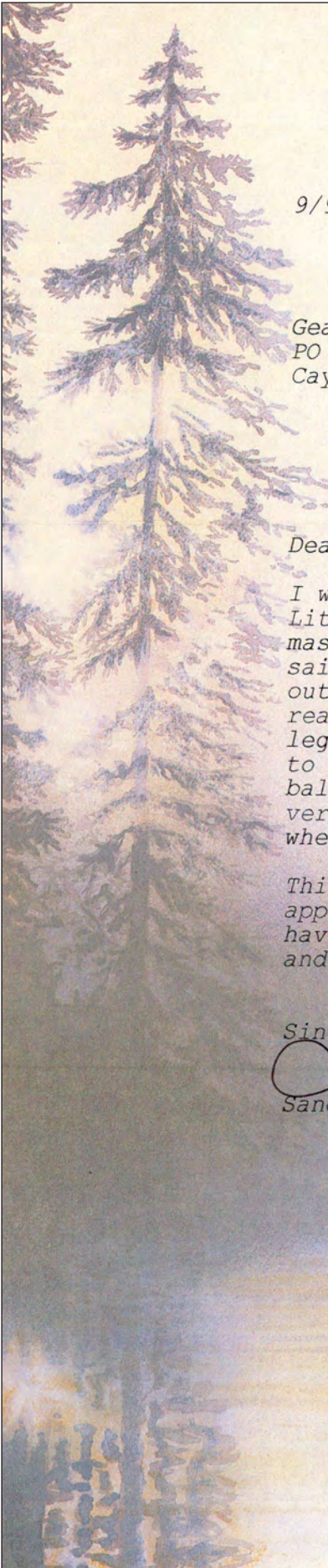
Geary's Equine Massage,

Dear Geary,

We cannot thank you enough for the kind and professional treatment you gave our miniature horse Sparky. When you first came out to examine Sparky he could hardly walk and wasn't eating well or drinking water, also he was very toxic. It only took three appointments of your professional touch and know how to heal our little horse. He now trots around like a Philly and literally eats like a horse, drinks lots of water and is very happy. The vet who examined Sparky really didn't know what was wrong with him. Thank you Geary for the great job you did for us and Sparky and we will highly recommend you to our friends who have ailing horses.

Sincerely,

Joe Mondello
Mondello Miniature Ranch



9/9/96

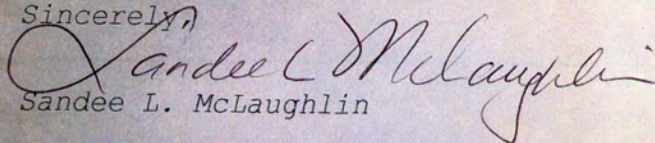
Geary Whiting
PO Box 382
Cayucos, Calif. 93430

Dear Geary,

I wanted to let you know how thankful I am to have Little Bit back in top notch working order. After your massage, he was a little sore for the first day, as you said he might be, but by the second day he was moving out. Especially noticeable was the fact that he was reaching equally as far forward with his right rear leg. When I rode him, I was able to comfortably post to his trot on both diagonals with both sides feeling balanced. Before your therapy, the left diagonal was very rough, I was unable to sit deeply on that side and when rising, was tossed to the left.

This little fellow is my prized possession. I appreciate your good work and so does Little Bit!!! I have shared his recovery with other fellow horse owners and hope they will be contacting you.

Sincerely,


Sandee L. McLaughlin

