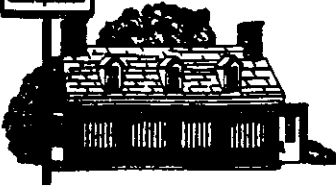


Valarik  
Chiropractic



## Valarik Chiropractic Wellness Center

Dr. Craig Valarik

Dr. Elsa Valarik

Jim Edmundson

I want to share with you the results of the use of my SMI program in the fifteen years I have been using it. Since 1974 when I purchased my program, I feel I have become the "Total Person" you talk about. My personal motivation was triggered back then and it has not stopped yet. I am still progressively realizing the predetermined personal worthwhile goals in my plan of action. Let me share with you some of my accomplishments so far.

Careerwise, I have dedicated my life to helping people maintain health. I went back to college and earned my degree as a doctor of chiropractic. My wife Elsa, also an SMI user, and I have a very successful practice in Levittown where we serve hundreds of people every week. We are involved in many aspects of our profession including promoting chiropractic. I am currently vice-president of the Academy of Research in the Chiropractic Sciences, a non-profit organization that promotes chiropractic research. I produce and host a television show on cablevision called "Chiropractic Today".

Elsa and I have fourteen years of happy marriage and a great family life with our son Jason. We live in a beautiful home and have all the material things we need. Financially, we are on the road to financial independence.

Physically, we are all in great shape because we are motivated to do things for our wellness. I get my spine checked and adjusted weekly, exercise an hour each day, eat well, get rest when needed and constantly maintain my positive mental attitude. At this point in my life, I firmly believe that the real key to being successful is maintaining a positive mental attitude at all times. There are many approaches to achieving this and I've checked them all out. After fifteen years, I'm still convinced the SMI method of spaced repetition is the only long lasting method.

I recommend SMI programs to anyone who sincerely has a desire to accomplish more in their life and be more productive. Thank you, Paul J. Meyer for teaching me how to develop my full potential.

Sincerely,

*Dr. Craig P. Valarik*  
Dr. Craig P. Valarik

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