



per4mance GOLF

The World's Leading Physical Performance Enhancement

*The new proven,
powerful and
fast way to achieve
your sporting goals*



in association with KORE Therapy

K.O.R.E.



ENGLISH
GOLF UNION

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FHT
Federation
of Holistic
Therapists

Head Office: 2a Leach Lane, Lytham St. Annes, Lancashire. FY8 3AP



PAUL EALES
(European Tour Winner)

I have watched John test and treat many professional golfers and the muscle power increase still amazes me!

He finds imbalances and strains through his swing and movement tests that lead to lost shots and poor performance. He then treats them then proves his treatment has worked by summoning the reactivated power.

The power and distance increase is really amazing!

*Tightness, inflammation,
restriction and pain can ruin
the quality of your game.*

BALANCE + POWER + FOCUS = PER4ORMANCE

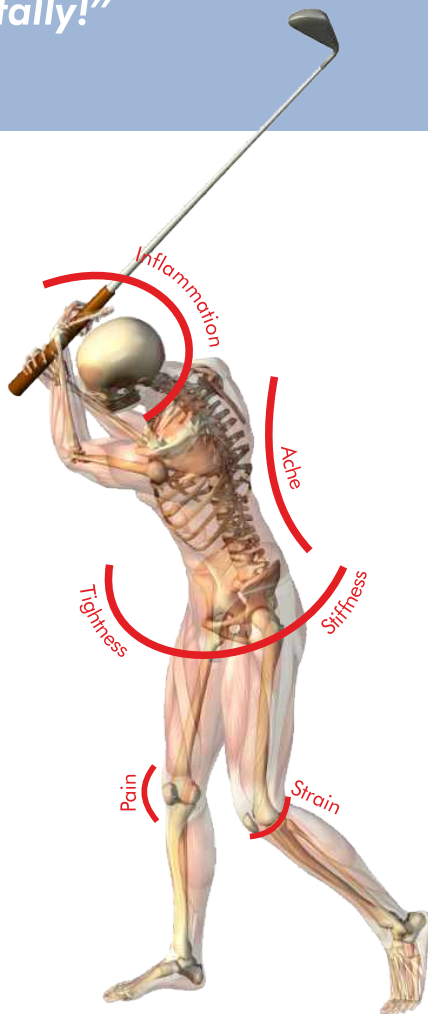
"If I'm not there physically, I definitely won't be there mentally!"

Bruno Senna F1

KORE Therapy will give you more physical power and mental focus.

Without correct physical balance, flexibility and power you will never achieve your best.

All golf lessons are designed to improve your golfing ability, but that ability is seriously restricted by your capability to move smoothly without restriction or pain.



LOUISA FLETCHER GOLF PROFESSIONAL

'I had decided to quit golf due to my long standing back issues that just got too bad to play. I felt like I had tried every therapy and therapist to no avail when John came highly recommended, amazingly I felt better and stronger after the 1st treatment, after the 3rd I was playing well again! Once my body was sorted he focused my mind and I won the next 2 competitions to get me on the ladies European tour. What an unbelievable turnaround from the point of giving up!'



To be successful, a winner, on top of your game, as good as you can be, you need

1. Joint flexibility that leads to smooth uncompromised rotation within your swing
2. Muscle balance that enables you to stay even and level through your swing
3. The power to strike through the ball to gain the correct distance and accuracy

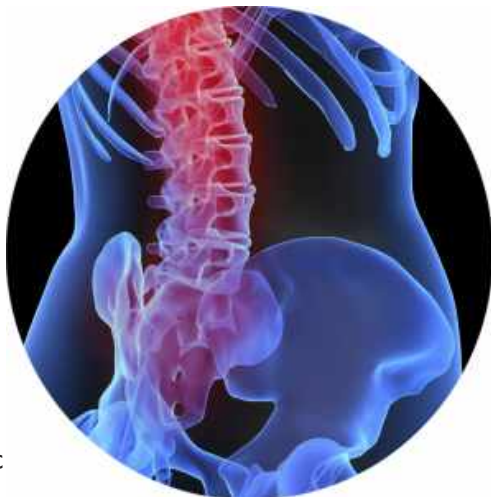
Per4mance specialists utilise unique dynamic muscle power testing to evaluate your body's mechanical movements, muscle balance, and restrictions, providing award winning treatments that can instantly show improved power and movement.

**DANIEL WEBSTER –
PGA (HEAD PROFESSIONAL OLD LINKS GOLF CLUB, ST ANNES)**

I have been so impressed by this system, that I now include it in our lesson packages. I want to get the best for my students and that means ensuring that they have flexibility and smoothness in their movement. KORE gives them that freedom so I can take them to the next level in their golf.

Flexibility is Power

KORE will release the injuries and find problems that you have picked up over the years that you didn't even know were holding you back.



The biggest reason for a lack of power or of fatigue is that the nerves that drive your muscles are restricted, called Neurologic Insufficiency (NI).

This means your nerves can't fire your muscles correctly due to an imbalance of the spine, pelvis, digestion or blood flow often leading to injury, pain or inflammation in your back and joints

SIMON WILLIAMSON – PGA (LYTHAM ST ANNES)

Fantastic! I highly recommend this to all my students and players. It fixed all of my aches and pains very quickly to the point of unbelievable rotation and flexibility which I thought I had lost too many years ago.

Per4mance Golf specialises in the treatment of Neurologic Insufficiency (NI). Our unique tests and treatment can often find and release these issues in one treatment, often surprising the client with their instant dramatic increase in strength.



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**To book your appointment contact
01253 728035**

TRISH JOHNSON – LET LEGEND

'Absolutely amazing! The best sports diagnosis and treatment I have ever come across. Elbow pain forever and 10 cortisone injections, fixed in 2 treatments!....and then the best psycho-focus improvement I have ever had'

Your Health **First**

The real success of Per4mance Golf and KORE Therapy is in the improvement of your whole health and wellbeing and not just your improved ability to play a round of golf without fatigue or pain.

We specialise in treating digestive, sleep, blood flow and emotional problems that affect many of us. Our treatment is taken from the very best of both Eastern and Western bodywork medicine to ensure you heal and recovery in a fast and natural manner.



The difference between KORE and general physiotherapy is that we test your whole body's ability to do your sport and be healthy, rotating, bending, digesting, thinking, etc. We then follow a holistic-diagnostic path back to find out 'why' a problem occurs. Treatment is then directed at 'why' you are suffering.



PAUL SIMPSON, MANAGER OF PRESTON NORTH END FC

It quickly became very obvious that KORE had skills I had not experienced before; it had a dramatic effect on lengthening my playing career along with reducing the stresses and strains of being a manager. We used John's performance enhancement, the team were amazed how he found individual weaknesses and corrected them, as they could feel instantly stronger, they believed they were stronger and took that onto the pitch.

BEN GILES - PGA PROFESSIONAL

I cannot begin to describe how successful treatment was to increase my range of movement and the general well-being. It was simply incredible. My power and distance has never been what it should be, but I tested this straight after my treatment and incredibly it had increased by 15-25%, phenomenal!



NEIL DALTON BSC HONS MCSP SRP DIST HEAD PHYSIOTHERAPIST

'John fills a vital roll in our injury assessment and recovery practices, ensuring we have an excellent standard of quality here at the club. Although John utilises extensive skills from China and the Orient he explains his assessment and treatment clearly in Western understanding. He views the injury from a holistic stand point, often

finding and proving outside influences that weakened the body leading to the injury.

We have used John's skills on many occasions especially for players who aren't recovering as expected or who suffer from repeated injuries which often seem unrelated.

I can highly recommend John to any professional physio and any professional club.'

*Let our specialists find
what is holding your game back*



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WHAT CAN KORE DO FOR YOU?

Through our unique diagnosis and treatment process we first evaluate the best procedure to follow in each person's case, as everyone is different. By using palpation of the abdomen, pulse, different areas of the spine and muscle testing we can quickly calculate each client's needs to ensure the most appropriate treatment.

Treatment can cover:

Deep Organ Massage (Anmo Fu) - gentle abdominal massage using oil to unwind stressed and tensioned tissue in the digestive tract, balancing bowel flow, correcting absorption of nutrients and the free flow of blood reducing blood pressure, stress, clearing toxins, IBS, Crohn's and colitis, bloating and kidney issues.

Spinal Correction - gentle adjustment of the spine's position (without cracking!) reducing stress and irritation on the nerves (pain and heat), correcting blood flow, lifting energy and psychological wellbeing.

Food Intolerance Testing - to ensure you are eating (not a 'healthy diet') the right foods for you that don't inflame and irritate your digestive tract, and drain you of vital energy.

Acupuncture - strengthens and balances internal organs, clears toxins, reduces bloating, pain and balances the spine.

Stress and Psychological Support - Clinical treatment, verbal advice and home work techniques on emotional strengthening practice, reducing stress, bringing your life back into balance.

Cranial Balancing - gentle adjustment of the misaligned bones in the head that often lead to eyes, ears, nose and throat issues (allergies, snoring, pain etc.) this can also lead to unresolved heart, lungs and digestive problems.

Tuina Massage - a clothed massage system that balances the spine and pelvis, releases inflammation and clears pain.

For any further details please don't hesitate to contact one of our qualified therapists.

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*Dr. John Brazier (TCM) MSc.
Vice President
Federation of Holistic Therapists*

KORE Therapy was founded by Dr. John Brazier (TCM) MSc. through his combination of successful clinical experience and unique training across the world for over 25 years. He also runs an award winning College and provides employee health and support through The Corporate Dr.