

# Complete Health Fitness

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Peter Fuller opened [Complete Health Fitness](#) in February 2008 and at this time is the only therapist in California to be a certified Bowen Therapist and certified Neuromuscular Therapist. He has clients drive 2 to 3 hours from as far north as Redding or as far south as Corte Madera, just to receive therapy at Complete Health Fitness. Peter has also been invited to teach with UC Davis, National Bowen Therapy Training Inc., and MTI.

Before opening his practice, Peter was working as a trial litigator, where he provided senior legal, pre-trial and trial support for high exposure and demanding marquee clients. His grandfather was diagnosed with Non-Hodgkin's Lymphoma and passed shortly after and this event became a huge lifestyle wake-up call. He started running 11 miles cold turkey and ended up hurting his Vastus Lateralis and IT Bands really bad.

After three months of appointment with his primary care physician, physical therapy, chiropractor, he was sent to the Orthopedic surgeon. They wanted him to consent for exploratory surgery. He declined and went to get another opinion.

One of his secretaries asked if he had tried Bowen therapy. After just three sessions, he was healed. The pain was alleviated and he was able to return to normal life. Peter had also



discovered the new passion that would become his new career.

Some of the modalities incorporated at Complete Health Fitness are: [Bowen technique](#), Neuromuscular therapy, Prenatal/Pregnancy Massage, Infant/Baby Bowen, Myofascial release, Trigger Point therapy, Acupressure, Jin Shin Jyutsu, Lymphatic Drainage therapy, Medical massage, Sports Massage, Deep Tissue, ART therapy, Aromatherapy, Reflexology, Cranio-Sacral Therapy, Thai Table therapy, Muscle re-education, Chair massage, Homeopathy and Naturopathic medicine.

Call (916) 704-7873 to schedule an appointment with Peter today. When you schedule your appointment, be sure to mention this article and you will be eligible to receive a SPECIAL promotional discount.

- Tags: [bowen therapy](#), [chiropractic](#), [complete health fitness](#), [corte madera](#), [health](#), [Hebard](#), [Hebard Insurance](#), [MTI](#), [National Bowen Therapy Training Inc](#), [Peter Fuller](#), [redding](#), [Rocklin](#), [Roseville](#), [sacramento](#), [UC Davis](#), [wellness](#)