

Riccardo Brizzi - Vice President at SAP

After the 2010 European Touch Rugby Championships I was hardly able to walk. I had chronic knee pain in both knees. The pain was constant and even simple activities like walking around was painful. The Initial goal was to get back some quality of life with a long term goal to play touch again, something my doctor said I would not do.

The challenge was not knowing what to do and if there was something I could do I needed the support of someone who knew what I was going through and could help me through it

I have for most of my 49 years been an incredibly active sportsman. Reaching a strange peak at the age of 46 when I represented Italy at Touch. Now I found myself not being able to simply walk without being in agony.

At that point I was desperate & willing to try anything so I tried to be open minded.

I found Bill to be a very supportive and understanding coach. He is perceptive and I always felt he genuinely wanted to help me reach my goals.

My day to day quality of life has returned. I can walk around, travel, cycle without knee pain. I'm making strides to playing touch again. At this year's Touch Rugby trials I made the Italian team to play in the World Cup. Although nowhere near my peak and still suffering after I play. It is amazing I was even able to attend the trials given where I was 9 months ago

Bill's program is holistic. I learned about water, nutrition, the bad effect wheat was having on my body. I'm generally a healthier more knowledgeable person now.

Being on the internet helped me access Bill and his program. This has both pros and cons...The pros being I was able to get help in Italy from South Carolina. The cons being that I feel Bill could be so much more effective in person. Top thing though is that he really cares.

I would recommend Bill's approach to anyone suffering from chronic knee pain. I believe his holistic approach, his personal involvement, and commitment really help in getting through the tough times.

I think it would be great if Bill could create some kind of a clinic that people could come to! I would like to thank Bill for all his help and contribution to getting me to where I am today...