

YEAR	EVENT / HEALING MODALITY	Practitioner	Time	COMMENT / EFFECT / RESULT
		<b>Richard "TEX" Ritter</b>		
1947	Richard (Tex) Ritter Born March 27, Newport News, Virginia			Oldest child of Air Force Col. Lattie Ritter and Rose Ritter.
1965	Graduated Mount Vernon High School, Alexandria, VA			was the school 'jock'; played basketball, baseball and swam on the swim team.
1965-6	Air Force Academy Prep School			
	Trip to Italy to visit parents who lived there			
1966 - 1970	Enrolled in Air Force Academy, Colorado Springs, CO			liked the discipline, prestige, challenge. Coached Wing Championships in basketball, water polo.
Jun 3, 1970	Graduated Air Force Academy			
July 1970-1	Jet Pilot Training, Moody Air Force Base, Valdosta, GA			ground school 1/2/ daly and flew supersonic jets 1/2 the day
1971	Advanced Flying Training, Altus, OK			C141 StarLifter Transports
1971-76	Flew transport planes out of Travis Air Force Base, Fairfield, CA			saw the world: Italy, Vietnam, Japan, Thailand, India, Iran, New Zealand, Australia, South Pole, Spain, Israel,
1973	Married Paula Underwood, Ft Worth, TX			
1977	NASA Ames Research Center, Moffet Field, Mountain View, CA			Flew 8 different types of aircraft, up to 3 aircraft/day on research missions
Nov 11 1981	Helicopter Crash, Fremont CA	Washington Hospital, Ralph K. Daves Hospital	2 months in each hospital	comatose for 6 weeks; massive bodily injury: 12 broken ribs, collapsed lung, 4 lumbar fractures, no peripheral vision, legally blind 20/300 vision. left side paralyzed, right foot crushed , incomprehensible speech
1982 until he found chiropractic	Traditional PT, OT, Speech Therapy	Los Gatos Rehabilitation Center, Services for Brain Impaired - Stepping Stones Group	2 - 3x / week for 3 1/2 years	"was taught how to deal with problems but specifically not to heal"
Spring 1983 to 1994	Returned to work with NASA Ames Research Center, Safety Officer for Flight Operations			was given the goal to fly again. He needed to improve
1984	Divorced from Paula Underwood			
Fall 1984	The Forum -			"learned that the world was full of possibilities and that he could heal"
1985	The Forum Advanced Course			met chiropractor from Palmer College, Ellen Hoffman, DC
1986-88	Chiropractic	Palmer Chiropractic College	2-3x/wk	C-1 was misaligned 80 degrees, C-5 : 17 degrees, neural tube depressed, poor spinal fluid flow
1987-2000	Sacral Cranial Therapy	Pamela Di Salvo, DC	1x/wk for 13 years	
1987	Bates Vision Training	Tom Quackenbush		visual acuity and peripheral vision improved dramatically
early 90s	Community Colleges			Took anatomy, organic and inorganic chemistry to tax his brain. Passed all courses
1989-94	Sensory Learning Therapy- Light Therapy	Mary Bolles, Healer	60 1 1/2 hr sessions	Full-spectrum light using chakra colors: attitude, self-confidence improved and anger dissipated; blind spot reduced, peripheral vision increased to normal, vision continuing to improve
1989-91	Auditory Integration Trainer - Guy Berard System	Mary Bolles, Healer	3x/wk for 2 weeks then 1x/wk for 10 wks	Mary used The Cox Table, a motion machine that tumbles and rolls and combined it with Light Therapy to stimulate the brain stem naturally. She also used the Guy Berard System to stimulate auditory cortex. Anger and frustration diminished. Self esteem increased. Felt lost until this therapy
1988	Rolfing	Karl Naeher	1x/wk for 1 yr	dramatic improvement in ability to breathe; frozen neck released; walking improved with less pain
1990	Somax Micro Fiber Reduction Therapy	Bob Prichard	20 hrs	broke fascial scarring in ribs, hips, lower back, neck, shoulder
1991-2	Structural Integration Therapy	Alex Urbanzik		pain reduction, "deeper and deeper layers of scarring being removed"
Jul 1, 1994	Retired from NASA Ames			After 29 years of federal service, Tex retired to focus on his healing journey.
1994-8	Hellerwork, Bodywork	Bezad Moftiker	1 -2x / wk 3 - 4 years	muscles moving more and more, Introduced Tex to 'Wave Dancing' where he met Estie Golan
1996-2006	Hellerwork	Estie Golan	1-2x/wk for 2 yrs then on&off for 8yrs	continued release and reduction in pain; Introduced Tex to Migun TechnoMassage in Los Gatos.
2000 to present	Chiropractic	Dr. Larry Gans	2/wk	Uses The Cox Table; adjustments
2003	Raw World Retreat, Costa Rica	Living Light, Sherry Soria	10 days	raw food retreat - Felt so much better eating raw foods after first trip, Tex went a second time.
2000-10	Sacral Cranial Therapy Plus++	Dr. Catherine Zimmerman, DC	1 - 2/ wk for 10 years	re-patterning, muscle testing - parts of body that hadn't moved started moving; "She always had a new technique."
2004	Reflexology	Gordana	2-3x/wk for 1 year	started to feel pain in feet - Better than no feel!
2005	Deprenyl	Dr. Dave Rusen	5mg every other day	to increase norepinephrine, to enhance detoxification pathways
Ju 5 2005	Massage Therapy	Wilson Jordan	1 -2x / wk for 10 months	revived "kidney pulse" (TOM), greatly increased lymphatic flow in body and left foot; "I had a foot again."
2005 to 2007	Hyperbaric Chamber	Corte Madera, San Jose	90 90minutes visits	detoxification, could think more clearly, more energy
2006-Mar 2010	Heated Salt Water Movement Therapy	Veterans Hospital	2-3/ wk until car accident	improved range of motion; better able to exercise when body floats
2007	TurboSonic - purchased	Stacy London, Massage Therapist, Half Moon Bay	5x/wk for 1 month; then 7x/wk for 2 yrs; now 3x/wk	
July 2007-present	Cranial Acupuncture	Dr. Zhu	2x/wk	head trauma expert; improvement in speech, movement
2008-10	Migun TechnoMassage - purchased a Queen size mat to sleep on		170 times in 2 yrs	detoxification of the body; got rid of lower back pain; used the Migun bed on site 170 times
2009 to present	Quantron Resonance System			increases nitrous oxide; sleeps better, "aches and pains go away"; energizes for 6 hours
Dec 1, 2009	Accident - Fall on stairs - Rotator Cuff Torn Off Rt Shoulder - Surgery in Jan 2010	Veterans Administration		After surgery was still completely unable to lift arm. Stayed at Livermore VA Hospital 6 weeks.
Mar 1, 2010	Car Accident			no obvious injury but side effect: without a car - Tex is forced to take public transport and to walk everywhere he needs to go. Greatly improved movement throughout body
5/1/2010 to present	Specialized Rehab	Jan Khanken	2x/wk	as the former trainer to the Israeli National Soccer Team, Jan brings his powerful gadgets that use radio waves, far-infrared waves, magnets, short-waves, lasers, ultrasound, frequencies and create miracles.
1/1/2010 to present	Physical Therapy	Khan	2x/wk for 30 min.	gait improvement, greatly improved in hip movement; right shoulder moves above head now