

# Chicago Chiropractor and Humanitarian Heals Maasai in Africa with New Percussive Massage Tool.

*Dr. Warren Bruhl brings healing massage therapies to Kenyans with new massage device, the BuffEnuff® Power Massager.*

CHICAGO, ILLINOIS, USA, February 9, 2018 /EINPresswire.com/ -- Dr. Warren Bruhl, Executive Director of Northbrook-based non-profit [Dreamweaver International](#), is on a mission to help people around the world alleviate and heal pain with the recently developed [BuffEnuff® Power Massager](#), a new cordless percussive massage device he co-developed with Licensed Massage Therapist Jason Auer-Sears and CrossFit Professional Jimmy Greninger this past year.

Bruhl, a Northbrook resident, has been traveling to Kenya, East Africa, and other under resourced areas since 2011, hoping to end some of the pain and suffering many people endure.

Bruhl comments, “Most of the people in the world have hard lives, working long hours performing strenuous activities. Some carry water for miles or other materials they sell at markets. Many are farming with no motor driven equipment or animals to plow. They feel exhausted and often have extreme pain with no options for relief or treatment.”

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Statistically, lower back pain is among the most disabling problems people suffer with globally. It is estimated that over 100 million people have low back pain and adding the plethora of other potential musculoskeletal problems possible, it's clear there is a need to offer effective solutions. However, in many countries, there are limited healthcare options and the few that may be on the ground usually offer only pain medicine with no rehabilitation or therapy. This particularly troubling to Dr. Bruhl, as his background in chiropractic offers insights as to why it is important to offer natural healing methods as first options as medications can have strong side effects, especially for people who are compromised physically.

Thus Bruhl began looking for a way he could teach people how to take care of themselves and also give them tools that would reduce reliance on potentially harmful medical treatments, leading him on the path to developing a new massage device anyone could use to help alleviate pain.

Bruhl's desire to help people led him to develop a percussion massager called the BuffEnuff® Power Massager. Percussion massagers use the oscillating motion of a device that is similar to a car polisher but adapted with specialized technique to use on the human body. Because the massager has a high rate of motion, is handheld, easy to use, and cordless, it makes it a perfect tool to help people in areas where power supplies may be limited.

Bruhl adds, "In the places we serve with our healthcare teams, there is limited electricity but it doesn't extend to every home or village. By providing a cordless massager that's easy to charge up batteries for use and then recharge as needed, people can have access to the massager more often and just about anywhere."



On this recent trip, Dr. Bruhl was able to bring a mother daughter team from Northbrook, Karen Fusco and her daughter, Nicole. The Fusco's have a passion for service work abroad. As a certified massage therapist, Nicole was particularly excited to offer her care along with the BuffEnuff® massager to alleviate pain. During the two week visit to Kenya, the Fusco's, Dr. Bruhl, and another mother-daughter team from Australia went to the Mathare slums in Nairobi, villages around the school Bruhl is a director for, in the Rift Valley, and also worked at the Kimana School of Leadership Bruhl directs.

The team provided education services at the Kimana School, teaching students how to use iPads that were previously donated last year. As well, ongoing chiropractic and massage care was given to students, teachers, and members of the community, along with monitoring and continued work on Dreamweaver's ground efforts with current sustainability projects. Dr. Bruhl plans to return to Kenya in June and next January, welcoming local volunteers, and notes there is a special need for high school and college athletes, especially those with knowledge of baseball and softball.

Further, Dr. Bruhl encourages educators and business people to join the effort, furthering the progress Dreamweaver is already achieving with their upcoming mission trips. For more information about Dreamweaver visit [www.dreamweaver911.org](http://www.dreamweaver911.org). For information about BuffEnuff® Power Massager and [Percussion Fitness'](http://www.percussionfitness.com) global health efforts, visit [www.percussionfitness.com](http://www.percussionfitness.com).

How does BuffEnuff® Power Massager help? While BuffEnuff® is ideal for both self-care, partner

massager, and clinical use around the world, here's how it can help you BE more fit, flexible and ready to live life to the fullest:

- \_ Great for pre-workout warm-up & post-workout recovery
- \_ Prevent injury & boost athletic performance
- \_ Treat trigger points & sore muscles
- \_ Increases blood flow circulation
- \_ Treat scar tissue, myofascial dystonia & pain
- \_ Increase range of motion & great for rehabilitation
- \_ Reduces tension, stress, & anxiety
- \_ Treat Chronic Pain, Migraines, & Tension Headaches.
- \_ Provides all types of massages including Deep Tissue, Trigger Point, Friction, Recovery, Sports, Pre/Post Exercise, Relaxation, and more! And it feels AWESOME!

BuffEnuff® Power Massager Standard Package retails for \$189.00 online and includes 1 Battery, 1 Charger, 2 Crowns + complimentary carry bag. A portion of all sales benefit global healing efforts through Percussion Fitness' ongoing support of Dreamweaver International.

#### About Percussion Fitness, LLC

Percussion Fitness® is a unique company with dedicated leaders who understand consumer needs, fitness enthusiasts, and health professional's healing goals for their clients. Led by a dynamic professional team, including a top Chiropractor, Massage Therapist and CrossFit Trainer with over 25 years of knowledge and experience behind them, Percussion Fitness® is the first company to introduce a cordless power massager with a flat surface for expanding healing that enables users to give themselves a great therapeutic massage anywhere, anytime. The company believes in giving back and is dedicated to offering people around the world effective tools to self-heal and improve quality of life through their on-going support of non-profit Dreamweaver International.

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