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FOR IMMEDIATE RELEASE

Jaco Van Zyl earns his 2007 PGA Tour card, credits Dr. Rumel M. Llantada for strength, conditioning & nutritional program

San Diego, CA (January 12th, 2007) – Jaco Van Zyl, client of **San Diego Center for Health** and **Dr. Llantada**, has earned his 2007 PGA Tour card at the PGA Tour Qualifying Tournament in La Quinta, CA and posted a top-10 finish in PGA Tour First Stage Qualifying. The highlight of the qualifying round was when Van Zyl leaped from being tied for 75th to trying for 29th, carding an 8-under par for a 424 total. Jaco Van Zyl was named South African Amateur Champion in 2000 and turned pro in 2001. He is a 4-year veteran of the Sunshine Tour in South Africa and finished in the Top 10 on the Order of Merit in both 2005 and 2006.

Mr. Van Zyl was introduced to **Dr. Rumel M. Llantada** and **San Diego Center for Health** over a year ago by his sports manager Dave Marion, CEO and President of International Athlete Management, Inc. Dr. Llantada is well known in the sports community for his holistic “Performance Enhancer” approach. Both Dr. Llantada and Mr. Marion will be accompanying Van Zyl this weekend at the **Buick Invitational Golf Tournament at Torrey Pines**.

Dr. Llantada evaluated Mr. Van Zyl for strengths and weaknesses, then designed a customized program starting on the molecular level from supplements. Dr. Llantada also evaluated Van Zyl’s structural and postural alignment and using his extensive knowledge of biophysics, lever systems of the body, prescribed a specific program geared at increasing clubhead speed by incorporating balance training, flexibility and core strength to Van Zyl’s treatment program.

“Dr. Llantada’s one-on-one attention to my body, along with his philosophy of healthcare, has enabled me to go further in my golfing career than ever before. I now live a healthy and well balanced lifestyle because of his guidance”, states Mr. Van Zyl. With his advanced education and post-graduate training of postural stability, Dr. Llantada formulated his program of muscle firing optimization where he teaches his patients to fire muscles in the correct sequence to make the movement more efficient and hence more powerful.



Dr. Llantada has developed a systematic method for accomplishing dramatically improved postural change, neuromuscular function, flexibility, strength, reduced joint and connective tissue stress, and balanced internal physiology. Dr. Llantada has been involved in numerous seminars and extensive, post-graduate coursework in sports medicine, advance diagnostics and imaging, exercise rehabilitation and taping.

About San Diego Center for Health

Founded in 2003 by Dr. Rumel M. Llantada D.C., *San Diego Center for Health* is a full service health and wellness center. Professional services include joint manipulation therapy, exercise rehabilitation, deep tissue massage, radiology and diagnostic imaging, nerve conduction velocity testing, custom-fitted orthotics, flexibility training, strength and conditioning, sports nutrition, acupuncture and Chinese herbs. The Spa at San Diego Center for Health offers a range of aesthetic and therapeutic treatments include customized facials, peels, waxing, Swedish massage, motherhood massage, reflexology, lava stone therapy and Endermologie®.

San Diego Center for Health mission is patient/client education, emphasized by the knowledge about one's current state of health and wellness, the road back and how to sustain it. Dr. Llantada and his team of professionals have the education and experience to help you achieve optimum mind, body and spirit. SDCH's team of professionals, along with colleagues and associates, include chiropractors, medical doctors, exercise physiologists, massage therapists, strength and conditioning specialists, estheticians and acupuncturists.

For more information, please visit our website at www.sdcenterforhealth.com. San Diego Center for Health is centrally located in Mission Valley at 2667 Camino del Rio S. #112 B San Diego, CA 92108.