



Take the Next Step!

DBI works closely with property owners to improve the seismic safety of their buildings, protecting the lives of tenants and families. Through the **Mandatory Soft Story Program**, property owners of multi-unit Type 5 wood frame buildings are required to seismically strengthen their property within the next five years.

Ensure your property is seismically retrofitted by turning in your permit application today!

Compliance Tier	Submittal of Permit Application with Plans	Completion of Work and CFC Issuance
1	09/15/2015	09/15/2017
2	09/15/2016	09/15/2018
3	09/15/2017	09/15/2019
4	09/15/2018	09/15/2020

You may be able to add accessory dwelling units to your property when undergoing a seismic retrofit. Financing opportunities are available. Visit sfdbi.org/softstory for more information.

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School's Founder Creates Tools for Staying Healthy

By Judith Kahn

Meir Schneider was born with congenital cataracts. After five years of unsuccessful surgeries in Israel, the lenses of his eyes were shattered and filled with 99 percent scar tissue, effectively preventing almost all light from getting through. Doctors pronounced his condition helpless and certified him legally blind.

Today, Schneider has 70 percent of his vision and is a legal driver. He now visits cities all over North America as a pioneering therapist, authors books and is founder of the School for Self-Healing in the Sunset District.

His journey to gain his eyesight was tumultuous and unconventional. At 17 years of age, Schneider started a long commitment filled with many twists and turns and many hours of practice.

Because of his success in overcoming his blindness, he strongly believes anyone can regain sight or improve any chronic illness if they are committed to take the time to do so. It was through the Bates Method, the creation of his own exercises and a tremendous amount of self-determination, that he regained his vision.

The principles Schneider discovered while working to develop functional vision became the foundation for his breakthrough system of therapeutic, self-healing exercises, which can be applied to various chronic disorders. He now works with people whose physical problems range from chronic headaches to polio, muscular dystrophy, spinal disorders and vision problems. He applies the methods he learned on his healing journey as a child and young adult to help others to regain their vision and improve other chronic health problems.

His latest book, "Vision for Life, Revised," outlines the general principles of good vision habits and includes exercises to prevent or to improve specific vision problems, such as myopias, farsightedness, retinal detachment and macular degeneration, as well as general exercises to help maintain good vision and improve chronic illnesses. He feels maintaining good eyesight today has become even more of a challenge with the increased use of computers, sedentary habits and poor lighting conditions. As well, whatever people do with their eyes affects the whole body as chronic eyestrain can lead to fatigue, headaches and back problems.

"If we stare only at a computer screen all day ... we lose the passion for looking and seeing the diversity of life around us," Schneider said.

The original copy of the book sold more than 12,000 copies and was translated into eight languages.

The Meir Schneider Self-Healing Method is a non-medical, holistic health rehabilitation and prevention system. It is comprehensive and integrated, combining movement education, therapeutic massage, self-massage, passive movement and gentle movement exercises.

Schneider says in order to heal, learning how to use muscles and joints in a more balanced way is essential. This is done by isolating muscle groups, enhancing circulation, using more muscles and not relying on chronically overused ones. He also strengthens and stimulates brain-body neural connections, which can address and prevent common degenerative and debilitating conditions that arise out of lifestyle.

Schneider claims many success stories over the years, including the recovery of Melissa Moody, who was run over by a vehicle in Texas and nearly killed. Her massive injuries included a crushed face, brain damage, broken ribs, punctured lung and double vision. After more than 26 reconstructive surgeries, she decided to see if Schneider could help.

According to Schneider, after two weeks of therapy Moody regained her vision with non-invasive procedures, had less pain and could move more freely.

Moody returned home with hope and a

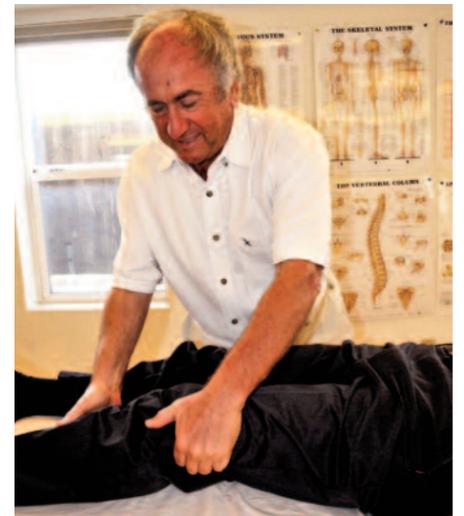


Photo: Philip Liborio Gangi

Meir Schneider works to heal a number of infirmities through exercise and a positive attitude.

home exercise program. After a couple more visits she took a basic training course to better understand how to continue to work on herself. Today, for the first time in 10 years, she is employed as a self-healing practitioner and educator.

"I am a walking miracle – a case of trauma transcended and transformed," Moody said.

Schneider's mission is to help practitioners know what strength is about and how to develop it. He constantly says whenever circumstances block possibilities for improvement, there are other possibilities that can help one move forward.

His childhood was challenging, but it was the success with his difficulties that helped him gain the strength to believe that he could help others achieve or improve their challenging health problems through his methods.

Schneider says there are two ways to describe how one can improve. He remarked that most people have "little faith in their own healing ability." But, his faith in their ability to heal themselves is great because of his own faith in "my own ability and my success."

The body has a greater functional potential than most people ever experience in life," he said.

In addition, over the years Schneider has demonstrated how to realize potential through exercise. Learning movement is central to his practice when working with people with infirmities.

Growing up for Schneider was challenging on all fronts. His father and mother were deaf so communication was always difficult. He was told by doctors repeatedly that they did not believe he would ever be able to regain his sight. As a child he was raised reading Braille, which allowed him to be in a different world where he would read for hours on end.

Schneider was born in the Stalinist Soviet Union, in Levov, which is now a part of Ukraine. His grandfather was sent to Siberia for eight years for taking and printing photographs of churches. His family decided to flee from the Soviet Union and moved to Israel in 1959. In 1975, his family moved to California. He opened his first clinic on California Street in 1976 and then moved to Taraval Street, where the School for Self-Healing was from 1977 to 2001. The school is now located at 2218 48th Ave.

Schneider knows he has found his calling to bring self-healing consciousness to others because of his ability to heal himself. He feels strongly that people can meet their potential through exercise.

He was awarded a doctorate degree in the healing arts for his work with muscular dystrophy. He has been recognized locally and internationally for his work, being named one of the "Top Ten Most Inspirational Israelis" worldwide in 2007, and he was awarded a Certificate of Honor by the City of San Francisco in 2010.

To learn more about the School of Self-Healing, visit its website at www.self-healing.org or call (415) 665-9574.



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