

# The Person - A Life Beyond SSI

Of course, Allan will be the first to say that everything involves balance. Life wouldn't be complete without a well-rounded and healthy dose of music and literature in his world. Allan has played guitar for over 24 years and has performed his own songs in a live venue or two along the way. Don't let that fool you though - Allan has been the webmaster and developer of this website as well! Add to that a love of photography, reading, and F1 racing, and somewhere in there you'll find the balance that makes Allan a special addition to the health and wellness field.