

SESSION #234  
NON-TRADITIONAL  
WELLNESS  
STRATEGIES

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INTRODUCTION

- WHO I AM & WHAT I DO
- HOLISTIC PHYSICAL THERAPIST
- “TREATMENT” W/O DIAGNOSIS
- PRO-ACTIVE TO PATHOLOGY
- MY “ATTRACTIONS” ARE ...

# MY PT TECHNIQUES

- PHYSICAL THERAPIST ROLE:
  - MOBILIZATIONS
  - MANUAL THERAPY
  - ELECTROTHERAPY (ULTRASOUND, LASER, ATHROSTIM)
  - MUSCULAR STRENGTHENING & REHAB
  - COORDINATION
  - RE-EDUCATION OF NEUROMUSCULAR PATHWAYS:  
COORDINATION

# TRADITIONAL VIEWS

- MUSCULOSKELETAL SYSTEM
  - NERVOUS SYSTEM
  - RESPIRATORY SYSTEM
  - CIRCULATORY SYSTEM
  - LYMPHATIC SYSTEM
  - CRANIOSACRAL AYSTEM
  - VISCERAL SYSTEM
  - HORMONAL SYSTEM
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- ENERGY SYSTEM (MERIDIANS, CHAKRAS, AURAS)
  - EMOTIONAL AND SPIRITUAL SYSTEM

# MY HOLISTIC TECHNIQUES

- MASSAGE THERAPY (SWEDISH, REJUVANCE, REFLEXOLOGY, AROMATHERAPY, TRIGGER POINT, LYMPHATIC DRAINAGE)
- CRANIO-SACRAL THERAPY (SOMATO EMOTIONAL RELEASE BY J. UPLEDGER)
- VISCERAL THERAPY (BARRAL)
- EMOTIONAL FREEDOM TECHNIQUE (E.F.T.)
- BIOENERGY WORK:
  - CHAKRA BALANCING
  - MERIDIAN BALANCING
  - AURA BALANCING (ASTRAL, EMOTIONAL)

# MASSAGE THERAPY

- PURPOSE
- SURVEY
- ORIGINS
- CONNECTION TO CHAKRAS & MERIDIANS
- BENEFITS:
  - PROMOTES MUSCULAR RELAXATION
  - RELEASES TOXINS
  - RELIEVES PAIN
  - IMPROVES CIRCULATION
  - CLEARS PSYCHE
  - BOOSTS & SUPPORTS IMMUNE SYSTEM

# AROMATHERAPY

- PURPOSE
- SURVEY
- ORIGINS
- BENEFITS:
  - PROMOTE RELAXATION
  - STIMULATE MEMORY
  - INFLAMMATION REDUCTION
  - INDUCE SLEEP
- RESEARCH: SMELL AFFECTS LIMBIC BRAIN (MEMORIES & EMOTIONS)

# AROMATHERAPY

- ESSENTIAL OILS:
- DERIVED FROM STEAM, EXTRACTION, EXPRESSED
- PROTOCOL:
  - BLEND INTO CARRIER OIL BEFORE SKIN, OR INTO BATH OIL OR SHOWER GEL
  - SKIN FOR ADULTS: 5 DROPS OF OIL PER 1 TABLESPOON OF BASE MASSAGE OIL (E.G. ALMOND)
  - VAPORISATION: UP TO 5 DROPS INTO A BIT OF WATER FOR STEAM

# REFLEXOLOGY

- PURPOSE
- SURVEY
- ORIGINS: THOUSANDS OF YEARS BY CHINESE AND EGYPTIANS
- FORM OF MEDICINE ADDRESSING FEET AND HANDS THAT IS SIDE-SPECIFIC
- MITIGATES EFFECTS OF DAILY STRESS
- BENEFITS:
  - IMPROVES LYMPHATIC DRAINAGE (DEF), VENUS CIRCULATION
  - STIMULATES NERVE PATHWAYS
  - INCREASES MUSCULAR RELAXATION

# REFLEXOLOGY

- 1890'S SIR HENDRY HEAD EXPLORED RELATIONSHIP BETWEEN SKIN/TOUCH AND ORGANS
- DR. ALFONS CORNELIUS PROVED PRESSURE TO CERTAIN PLACES PRODUCED MUSCULAR CONTRACTIONS, CHANGES IN BP, AND COGNITIVE CHANGES
- DRS. IVAN PAVLOV AND VLADIMIR BEVHTEREV FURTHERED STUDY
- 1920'S WILLIAM FITZGERALD'S "ZONE THERAPY" + EUNICE INGHAM "REFLEXOLOGY"

# REFLEXOLOGY

- TREATMENT FOR:
  - MIGRAINES
  - SINUS PROBLEMS
  - HORMONAL IMBALANCES
  - BREATHING DISORDERS
  - DIGESTIVE, CIRCULATORY, AND MUSCULAR DISORDERS
  - OTHER CHRONIC DISORDERS

# CRANIO-SACRAL THERAPY

- PURPOSE
- SURVEY
- ORIGINS: 1900, DR. WILLIAM SUTHERLAND'S CRANIO-OSTEOPATHY
- 1970, DR. JOHN UPLEDGER ASSISTING A NECK SURGERY NOTICED
- 1975-1983 DR. UPLEDGER REFINED TECHNIQUE AT MICHIGAN STATE UNIVERSITY
- 1/2 GRAM OF PRESSURE
- CRANIOSACRAL RHYTHM IS 6-12 CYCLES MINUTE
- TOMAS ADAMS & DR. WALLACE RESEARCHED & CONFIRMED THE HYPOTHESIS OF CRANIAL BONES & MOVEMENT

# CRANIO-SACRAL THERAPY

- UPLEDGER AND BIOPHYSICIST ZVI KARNI DISCOVERED “ENERGY CYSTS”
- “SOMATOEMOTIONAL RELEASE”
- CST INCREASES BODY’S NATURAL HEALING PROCESS AS WELL AS REGULAR TREATMENT CAN BE PREVENTATIVE

# VISCERAL MANIPULATION

- PURPOSE
- SURVEY
- ORIGINS: JEAN-PIERRE BARRAL AND PIERRE MERCIER
- PATHOLOGY IS A RESTRICTION
- TREATMENT INVOLVES STIMULATION OF VISCERA TO RESTORE MOBILITY AND MOTILITY
- VISCERAL MOBILITY: MOVEMENT OF VISCERA IN REPOSE TO VOLUNTARY MOVEMENTS OR TO DIAPHRAGMATIC MOVEMENT
- VISCERAL MOTILITY: INHERENT MOTION OF VISCERA THEMSELVES

# VISCERAL MANIPULATION

- RESTRICTIONS, FIXATIONS, OR ADHESIONS IMPAIR ORGANS
- MOTILITY IS INDEPENDENT, SLOW, AND OF LOW AMPLITUDE TO BE ALMOST IMPERCEPTIBLE
- MOTILITY CYCLE: 2 PHASES
  - ORGANS MOVE TOWARDS MEDIAN AXIS OF BODY (EXPIR)
  - ORGANS MOVE AWAY FROM MEDIAN AXIS (INSPIR)

# VISCERAL MANIPULATION

- CONTRAINDICATIONS:
  - 1. ACUTE INFECTIONS (EXCEPT BLADDER)
  - 2. FOREIGN BODIES (IUDS FOR UTERUS)
  - 3 WEEKS BETWEEN SESSIONS

# E.F.T. WORK

- PURPOSE: IDENTIFY PROBLEM AND SEE HOW OUR BIOGRAPHY BECOMES OUR BIOLOGY. HOMEWORK FOR CLIENTS
- SURVEY
- STORAGE OF EMOTION IN TISSUES
- BLOCKAGES
- ROGER CALLAHAN 1980s & NEGATIVE EMOTIONS
- TREATMENT FOR : ANGER, GRIEF, & FEAR (& OTHER EMOTIONS & PHOBIAS LIKE CRAVINGS, EATING DISORDERS, PANIC ATTACKS, DEPRESSION)

# REIKI

- MEANING
- PURPOSE
- SURVEY
- HISTORICAL: FROM CHINA AROUND 1122 B.C. TO BUDDHA TO JESUS TO DR. MI KAO USUI JAPAN 1920
- UNIVERSAL ENERGY (CF. TO BIOENERGY)
- BASED ON "CHI"
- RUSSIAN SCIENTISTS GULIAEV AND GODIK'S 7 TYPES OF ENERGY FIELDS
- WORK INVOLVES LOCATING THE PROBLEM AREA AND CORRECTING + REBALANCING WITH HANDS

# BIOENERGY

- PURPOSE
- SURVEY
- HOW I FOUND IT: MY MOM
- ORIGINATED IN CHINA AROUND 1122BC
- USES "CHI" OR ENERGY
- TECHNIQUE: FINDING PROBLEM AREA, USING GENTLE HAND MOVEMENTS TO REBALANCE THE AREA
- 1920s RUSSIAN ALEXANDER GURVICH AND 1974 GERMAN FRITZ ALBERT-POPP DISCOVERED BIOPHOTONS

# BIOENERGY

- WEAK ELECTROMAGNETIC WAVES IN OPTICAL RANGE OF SPECTRUM IN LIGHT INVISIBLE TO NAKED EYE BUT MEASURED BY EQUIPMENT & FELT BY TRAINED HAND
- LIGHTS EMISSIONS ARE EXPRESSIONS OF FUNCTIONAL STATE OF ORGANISM
- DIFFERENCES BETWEEN HEALTHY AND UNHEALTHY (E.G. CANCER)
- 4 CONSECUTIVE SESSIONS

## BIOENERGY

- 1990: ZIMMERMAN IN USA AND 1992: SETO IN JAPAN STUDIED PULSATING BIOMAGNETIC FIELD EMITTED FROM THERAPIST HANDS. DISCOVERED PULSES FREQUENCY AS BRAIN WAVES
- DR. BECKER EXPLAINS THAT DURING TREATMENTS, WAVES BEGIN AS WEAK EMISSIONS FROM THALAMUS OF PRACTITIONER'S BRAIN DOWN TO THE PERIPHERAL NERVES OF THE HANDS, AND THE SAME EFFECT GOES TO PATIENT

## CHAKRA BALANCING

- PURPOSE: FLOW VS. "STUCK," DIRECTION, SPEED, STRENGTH
- SURVEY
- DOMINO EFFECT: CHAKRAS AFFECT EACH OTHER & ORGANS & AREAS
- NOTES: TAKE-AWAY: INFLUENCE YOUR OWN/OTHERS' CHAKRAS BY GROUNDING, BREATHING, EATING, EXERCISE, INTENTION, TRAIN ENOUGH

# MERIDIAN WORK

- PURPOSE: FIND ATTRACTIONS TO PATHWAYS FOR FLOW & BLOCKAGE WHICH COULD LEAD TO ORGAN IMBALANCE
- SURVEY
- 12 MAJOR MERIDIAN PATHWAYS
- CONSIST OF FLOWING CHI
- COORDINATE INTERDEPENDENT WORK OF ORGANS
- TREATMENT: A. UNBLOCKING COMES FROM ACCUPUNCTURE & ACCUPRESSURE & PERCUSSION, BRUSHING, STROKING B. BALANCE THE FLOW (SOMETIMES EMPTY)

## CONTACT ME!

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