

WALLACE INTEGRATED HEALTH CENTRE

NEWSLETTER – WINTER 2009

New Developments

- With the publishing of this newsletter, we at the Wallace Integrated Health Centre celebrate our two year anniversary. Thank you to everyone who has made this year such a success. We look forward to another great year in 2009!
- We are pleased to announce that Lise Verville, CST (Certified CranioSacral Therapist), will be joining the team at the WIHC in March of 2009. Lise is currently practicing in Sturgeon Falls and North Bay and we look forward to having her join us. Please read below to learn more about CranioSacral Therapy or call 474-2727 for more information.
- Naturopathic Doctor, Kelly Wallace, was featured on the MCTV news in October, promoting our “Naturopathic Flu Clinic.” This homeopathic remedy can be used as an alternative, or in addition to the traditional flu shot. It helps to boost the immune system, to protect against colds and flus. It is very safe and effective in children, adults and seniors and we still have some left!
- Registered Massage Therapist, Sara Inch, is now offering ear candling at the WIHC. This gentle therapy is great for those with chronic ear and sinus congestion and is very relaxing.

Articles

An Introduction to CranioSacral Therapy – by Lise Verville

CranioSacral Therapy is a gentle, light touch therapy, performed on a person fully clothed. It is based on the rhythm of a semi-closed hydraulic system. This system produces and circulates cerebrospinal fluid, which bathes the brain and spinal cord. By tuning in to the craniosacral rhythm, the therapist is able to alleviate restrictions within the body and restore balance.

We also work with fascia, a connective tissue that envelops all muscles, bones and organs. Fascia is an extensive network that weaves through the entire body. Whether the therapy's focus is on bone, muscle, joint or nerve, the fascia will be involved. CranioSacral Therapy techniques enhance fascia mobility and balance, and have been shown to increase the corrective response within tissues.

Common conditions treated include: back & neck pain, scoliosis, chronic fatigue syndrome & fibromyalgia, depression, headaches/migraines, learning disabilities, menstrual function, stress and temporomandibular joint syndrome (TMJ).

CranioSacral Therapy improves the functioning of the central nervous system. It strengthens resistance to disease. It enhances overall health. No matter how good you feel, CranioSacral therapy is one of the best health enhancement activities you can do.