

Visceral Manipulation can benefit:

- Chronic musculoskeletal pain
- Headaches and Migraines
- Sciatica
- Back, hip and knee pain
- Repetitive strain injuries, e.g. Carpal Tunnel Syndrome
- Whiplash and other physical trauma
- Shoulder peri-arthritis and capsulitis
- Restricted range of motion
- Vertigo
- Post-surgical pain and Scar tissue
- Post-cardiac surgery
- Swallowing difficulties
- Acid Reflux and Heartburn
- Women's health issues
- Endometriosis
- Fibroids and Cysts
- Bladder incontinence
- Crohn's Disease
- Liver disorders
- Digestive disorders
- Pediatrics issues
- Neuromotor problems
- Ward off infection
- Emotional disorders
- Anxiety and Depression
- Post Traumatic Stress Disorder

Jenny Flammia

Jenny Flammia has been studying massage and energy healing since 2004. Her style is of a lighter touch therapist, with long flowing connective strokes. Along with Visceral Manipulation, Craniosacral Therapy she also provides Guided Meditation, Reiki classes, Energy therapy with Reiki and Qi gong, and how to cultivate qi, thru Qi gong. As she has experienced the power with this work herself, she has a strong belief in the healing power of this work. She always encourages clients (if able) to also engage in Yoga and or some gentle exercise to drink and eat healthy and to take time for them selves each day to promote a healthy and nourished body and soul.

VM Clients should wear lose fitting clothing and woman should wear a sports bra, as you not covered during this treatment and do need to remove your top, you are also are moved from sitting to sideling and supine positions.

CST clients remain fully clothed during their sessions, it is recommended that you dress comfortable so that you make relax completely.

30 Minute\$55
60 Minute.....\$80

Visceral Massage Craniosacral Therapy



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What is Visceral Manipulation (VM)?

"Viscera" relates to the internal organs of the body, such as the liver, kidneys and intestines. Visceral Manipulation is a gentle manual therapy that aids your body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction. Visceral Manipulation, or VM, does not focus solely on the site of pain or dysfunction, but evaluates the entire body to find the source of the problem. The VM therapist feels for altered or decreased motion within the viscera, as well as restrictive patterns throughout the body and then applies VM techniques. VM therapy re-establishes the body's ability to adapt and restore itself to health.

What Does It Feel Like?

VM is a soft hands-on manual therapy. Underneath the pain or diagnosis is a compensatory pattern created in the body with the initial source of the dysfunction often being far from where the pain is felt. Because of this, the practitioner searches for this pattern and the source, and treats the related tissues. The treatment is a gentle compression, mobilization and elongation of the soft tissues. As the source of the problem is released, the symptoms will start to decrease as the body returns to greater health. This could take several days to occur after the Visceral Manipulation treatment.

How do Organs Contribute to Pain and Dysfunction?

Your body is made up of many interrelated components such as bones, muscles, nerves, a thin connective tissue called fascia, as well as the internal organs (viscera). Your organs are in perpetual motion. When you breathe, walk and stretch, your organs move. This movement of organs is transmitted through fascia to other structures of the body. When you are healthy, all the structures move with an interconnected fluidity. All of this movement is important as it influences activities throughout the body from the tiniest cellular pulsations to rhythmic contractions of the heart and blood flow. Optimum health relies on a harmonious relationship between the motions of the organs and other structures of the body.

What is Craniosacral

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

The craniosacral system protects and nourishes the brain and spinal cord - and affects nearly every aspect of central nervous system performance. It allows you to release fascial restrictions anywhere on the body that may be impinging the craniosacral system and every other system it interacts with.

What Does It Feel Like?

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

Craniosacral Benefits:

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction