

Body Links

Extolling The Benefits of Therapeutic Massage

BY PAULINE MYGRANTS

Carol Gallentine personally enjoys the benefits of therapeutic massage. At the age of 45, she was working as a licensed staff insurance agent and was ready for a career change. While appreciating a massage she thought, "I need a change in my life and (practicing) this would be so nice!"

That decision led her to take a number of courses in innovative therapy modalities through the Health Enrichment Center in Lapeer, Michigan. Graduating in 1995 she specializes in CranioSacral Therapy, SomatoEmotional Release Therapy, and Reiki.

In April of 2000, Gallentine opened an office at 2029 Fourth St. in Jackson, and called it Body Links. She chose this name because she wanted people to think of



The staff at Body Links offers therapeutic massage, reflexology, prenatal massage, and a modality called Healing Touch

the link between the whole being, body, mind and spirit and the intertwining of the three. Staffed by Gallentine, her daughter Heidi Gallentine, and Dennis Deeg, the trio offers therapeutic massage, reflexology, prenatal massage, and a modality called Healing Touch practiced by Deeg.

CranioSacral Therapy

Dr. John Upledger, D.O, developed cranioSacral Therapy (CST). In 1970, Upledger was assisting in a neck surgery and observed the rhythmic movement of what he identified as the craniosacral

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system. Using research started by Dr. John Sutherland, the father of cranial osteopathy, he delved into Sutherland's notion that the bones of the skull were structured to allow movement. Upledger managed a research team at Michigan State University from 1975 to 1983 where much of the research on CST

was conducted. It is through The Upledger Institute that Gallentine has received her CST training and certification.

CST is a gentle form of light touch therapy described as nickel weight. In other words, the weight of a nickel is the same amount of pressure applied - a

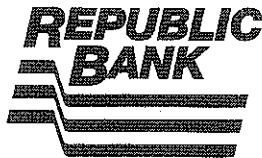
light touch. According to a brochure from The Upledger Institute, "CST is a non-invasive light touch therapy that uses the rhythm of the craniosacral systems to detect and balance restrictions that can cause pain and dysfunction throughout the body. The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord."



Gallentine states, "This is a very, very gentle technique. So you really have to hone your own sensing through the sensors in your hands and the sensors in

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traumatized. The
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automatically
release that
emotion through a
SomatoEmotional
Release. It is
automatic and
spontaneous."***

CAROL GALLENTINE



Carol and her daughter Heidi Gallentine work together at Body Links.

your body because you have to filter through a person's brain.

And, you know, you have to filter through hearing the swishing of the blood in the lymphatic system until you get down to the craniosacral rhythm. It's awesome!"

She goes on to add, "He (Upledger) came up with a modality that includes a ten-step protocol helping people re-balance the structure of the surface spinal fluid within the brain." This ten-step protocol is foundational for Gallentine. Benefits of CST reportedly are in stress related areas such as insomnia, fatigue, headaches, and anxieties.

SomatoEmotional Release

Gallentine uses a car accident scenario to explain the need for therapy known as, SomatoEmotional Release (SER), "When (one) is in a car accident they will twist and turn and hit a variety of parts of their body. There is not only physical trauma but Ninety percent of the time (the accident) has an emotional impact. Even years after the accident you may have anxiety attacks. It is your body trying to tell you that there is a thing going on but you can't quite put your finger on it."

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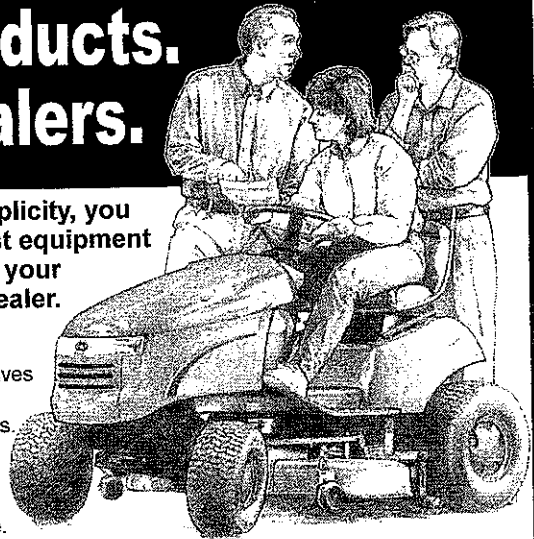
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left ignored, it is the belief that symptoms and dysfunctions will appear.

Gallentine states, "There is emotion in a muscle that has been traumatized. The muscle will automatically release that emotion through a SomatoEmotional Release. It is automatic and spontaneous." Literature provided by Gallentine on SER describes a therapist engaging in imaging and dialoguing techniques that can guide a patient through an otherwise challenging encounter with long held emotions. During the SER a therapist can feel the tissues of the body relax as the energy cyst is expelled.

"Mouth work is one of the areas I focus on." Gallentine remarks. She says that Upledger calls the throat and mouth region "the avenue of expression." In describing this important therapy modality she conveys, "I put on gloves and work in the mouth. Emotions get stuck in the throat and I work with all the muscles in the neck to help release those emotions."

Reiki

This method of healing is widely practiced and has its origins in the Orient. It is stated that Reiki (pronounced rake-ee) is a safe, gentle, non-invasive form of healing. Gallentine offers Reiki therapy in her offices and has been a Reiki Master for 10 years. "Reiki works with energy and hands off the body. I work in three sessions, the first physical - you're not feeling well and can't put a finger on it. Secondly emotional, a client may have a lot of anger and they don't know where the anger is coming from. Thirdly spiritual, integrity - how you live your life on a daily basis." It is stated that Reiki initiation attunes a practitioner to become a channel for the Reiki energy and is a powerful, life-changing experience for growth along a spiritual path.

A Husband's Support

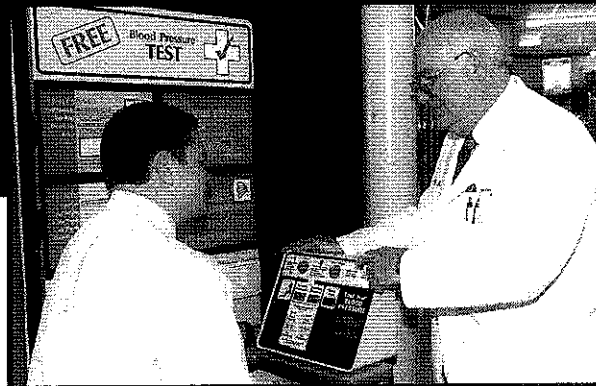
Gallentine's brave step out of the world of insurance and into the world of innovated healing therapies couldn't have been imagined without the support of

her husband. The Gallentine's will have been married for 33 years in November and she beams as she says, "My husband is wonderful. He is my best supporter." With a delightful giggle, Gallentine says of her husband, David, that his name means Beloved.



Pauline Mygrants is a business owner in Jackson. She and husband Terry enjoy the thrills and challenges of owning and operating Mygrants Tire Company on E. High St. They are the proud parents of three adult children.

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