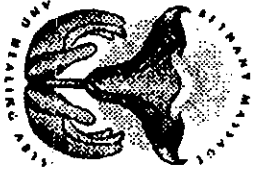


to improve life, you'll be better equipped to succeed when you get regressed. Sessions are most important. When you are operating at your peak, you can handle anything life throws your way much more effectively. Massage can help you stay at the top of your game, so put regular sessions at the top of your list!

For more information or questions, call 302-537-0510.



CRANIOSACRAL THERAPY AND POST TRAUMATIC STRESS DISORDER

By Anne Marie Connor, D.C.H.

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Heidi Baruch was suffering but she didn't realize it. "Loneliness, depression, isolation, lousy relationships, they were all part of everyday life," she explains. She had lived like that since 1970 when she finished two tours in Vietnam as a combat-hospital nurse. "I was so scared, I didn't even know it was possible to live without pain." Her solution: lose herself in long hours of hospital work. She says, "If I kept going, I didn't have time to acknowledge the war inside my head".

In 1991, at a Veterans Administration hospital, she met a fellow veteran who described the same nightmares, the same torment, the same horrifying flashbacks.

He told Heidi they were suffering from Post Traumatic Stress Disorder, or PTSD, and that the answer

Anne M. Connor, R.M.T., D.C.H., Manager
23 years Experience - Home Visits Available
LICENSED & NATIONALLY CERTIFIED

for him was CranioSacral Therapy, a hands on approach that left him feeling better than he had in years. He invited Heidi to join him as a participant in the first two-week PTSD intensive therapy program at the Upledger Institute HealthPlex. But now she faced another fear. CranioSacral Therapy had worked for him, but would it work for her?

So Heidi made the commitment. She affirmed her desire for good health on every level - and headed off to the Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Florida.

That's where Heidi discovered just how much denial she had been in. "I had hidden my depression in my work; PTSD had been making all my choices." Releasing the hold PTSD had on her brought a smile back to her face. A curious, forgotten feeling of happiness.

Now when emotions arise she deals with them. "CranioSacral Therapy gave me a whole different perspective," she says. "I'm back in control. I make my own decisions and run my own life."

CranioSacral Therapy is not only useful in releasing emotional memory from the tissue of the body, as is indicated in the above example, it is also extremely effective in helping to solve headaches and a host of musculoskeletal problems.

To see what CranioSacral Therapy can do for you, call Anne Marie Connor at 302 537-0510 for an appointment.

Anne Marie Connor, Manager of Bethany Massage & Healing Arts, studied extensively with John Upledger, of the Upledger Institute in Palm Beach Gardens, Florida. She has been practicing CranioSacral Therapy for 20 years.