

# What is Ortho-Bionomy?



This introduction with Michelle Neuner, will explain Ortho-Bionomy, its origins and how it can be used to help relieve acute and chronic pain, tension and general discomfort. This is a gentle method that is highly effective and promotes ease for the client as well as the practitioner.

## How does Ortho-Bionomy work "*with*" my body?

**This unique system** uses comfortable positioning, gentle contact and relaxing movements to work with your nervous system to stimulate your body's innate self-regulating and self-balancing responses. The body changes itself. In this way, an Ortho-Bionomy Practitioner can unlock tension in muscles and ligaments and restore natural alignment of the joints and the entire structure of your body. As founder Dr. Arthur Pauls stated, "when your body structure works, your circulation works better, you think better, you feel better."

## Ortho-Bionomy alleviates pain, what else can it do?

**Ortho-Bionomy relieves pain**, increases flexibility, fluidity and range of motion, speeds recovery from injury and the effects of stress, heightens bodymind awareness, restores structural balance, improves the function of organs (the endocrine system) and promotes well-being. When the body is structurally balanced, as founder Arthur Lincoln Pauls stated, "your body works better, you think better, you feel better." Ortho-Bionomy goes beyond bodywork and reminds us how to be more at ease in our lives and in our bodies, physically and energetically.

## What "**conditions**" has it helped alleviate?

Ortho-Bionomy Practitioners have even helped clients prevent surgery associated with joints, disc problems and spinal fusions. Practitioners frequently alleviate pain and other symptoms associated with the following conditions.

Back pain	Pelvic Pain	High stress
Neck pain	Injuries, strains, sprains	Myofascial and Trigger point pain
Tension headaches	Sinus congestion	Frozen shoulder
Migraines	Structural imbalances	Neuralgia, Neuritis
Fibromyalgia	Insomnia	Neurasthenia (exhaustion)
Sciatica	Arthritis	Thoracic Outlet Syndrome
Tendonitis	Tennis elbow, Golf elbow	Scoliosis
Whiplash	TMJ	Lymphatic congestion

Michelle Nuener, Back in Balance

*A SimplaFYI Community Practitioner*

<http://www.backinbalanceinc.com>

