

Ortho-Bionomy™

Lucy Franklin, Registered Practitioner

Call **651-653-1660** for an appointment today!

Appointments:	Mondays	1:30-5:30 PM
	Tuesdays	1:30-3:30 PM

Testimonials for Lucy Franklin and Ortho-Bionomy:

I'm by nature a fairly skeptical person... But thanks to the skillful work by Lucy Franklin, **my skepticism was proven groundless. Ortho-Bionomy really works!** And the treatment isn't painful like other traditional therapies.

Here are two specific examples of Ortho-Bionomy's effectiveness: One morning, I awoke to back pain so severe that I couldn't take a deep breath. Lucy treated me that same day, and by the time her hour-long session with me was done, my pain was almost completely gone! And it didn't come back. Another time, I nearly fell down a flight of stairs. In my effort to avoid falling, I strained both of my knees. The next day, I could barely walk without excruciating pain. Again, Lucy treated me, and **my pain was gone—for good!**

Thanks, Lucy, for your very skillful and painless healing assistance. I'd recommend you to anyone suffering from acute or chronic pain.

- Julie Cisler

Some years ago I had decided to never ever let another body worker touch me. There were times when it was too rough, intrusive, and for the most part their energy would off set my equilibrium.

[Lucy Franklin gave me] an incredible session and **for the first time someone was listening to my body** and not smashing my flesh and not yanking my bones.

[She] worked with my body asking it what it wanted and needed; there were no assumptions, just carefully guided questions that worked with me from inside out. **She was careful, compassionate, patient, and respectfully intuitive allowing me to choose and speak.** The best part is that I was guided even deeper into myself. Thanks to you, Lucy Ann Franklin, you are a very gifted healer.

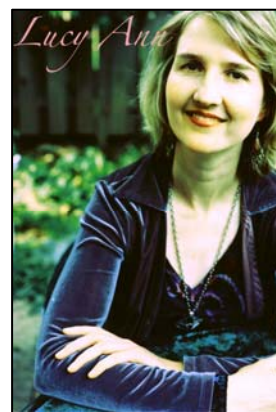
- Hanakia Zedek

Ortho-Bionomy™ helps with:

Headaches Back pain Strains/sprains Sports injuries Acute injuries
Restricted movement Knee problems Acute and chronic pain
Neuromuscular dysfunction Jaw pain Whiplash injuries

Lucy Franklin
Registered Practitioner of Ortho-Bionomy™
& Psycho-Peristalsis Reflex Technique

Lucy Ann Franklin has been empowering people since 1984. In the last 14 years, she has broadened her skills from psychology and grassroots organizing to Ortho-Bionomy™. Through Ortho-Bionomy™, she learned how to help people release muscle tension, spasms, and pain--painlessly and naturally--by working with the body.



To make an appointment with Lucy today, call
651-653-1660

About Ortho-Bionomy™

With age, we often disconnect from our body's natural responsiveness. After years of slumping, and constant muscle contraction in our arms and shoulders, our spines lose their natural curves that provide shock absorption, and our muscles forget how to relax.

Active participation during Ortho-Bionomy™ sessions will restore confidence in understanding your body's messages. This can transfer to being more confident in life, and help you change habits by re-engaging the natural communication mechanisms between your mind and body.

Ortho-Bionomy™ gently mirrors patterns held in your body, energetically, emotionally and physically, allowing your body to self correct. The unwinding may continue as your body integrates the new information. A session can focus on releasing specific areas of chronic tension or on general relaxation for the whole body enhancing your experience of chi. As you relax more and more you will rediscover your body's natural state of balance and ease.

How Ortho-Bionomy™ works

Body parts are gently eased into comfortable positions, chosen because they activate reflexes that control muscle tension and posture. Once activated, these reflexes allow the body to spontaneously release muscle spasm. Release is achieved internally via the nervous system rather than externally applied "correction", so the body learns quickly and easily to maintain its new stress-free pattern.

Lucy says, "I can help you find ease. Imagine a cat stretched out in the sun. This is your natural state, supple and pain-free. Ortho-Bionomy™ helps you back into this state, as each session peels off layers of built up tensions and muscular imbalances."

Benefits:

- Relieve your pain
- Reconnect with a deep sense of well-being
- Rediscover health
- Relax and Balance your life
- Learn Whole-body wellness
- Enjoy long lasting effects

Each Ortho-Bionomy™ session may include one or more of the following:

Neuro-Muscular re-education

Help muscles re-orient, effective treatment for whiplash injuries

Assisted joint mobilization

Rhythmic motions that mirror & release restricted movement

Isometrics/Isotonics

Energy work

Cranial work

Therapeutic exercise for Postural re-education

A complete set of home exercises to self restore shock absorbing spinal curves, promote self-healing and physical well-being

Psycho-Peristalsis release

A bio-feedback technique using amplified peristaltic sounds to monitor emotional release

Body-mind integration

Experience lasting health

Healing continues well beyond the state of simple pain relief! 90% of structural problems still exist at the point where pain disappears. We work together to re-work your body to the resilient state you experienced as a child.

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<http://www.healingwaters-mn.com>

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