

Welcome to My Practice

The human anatomy is very intricate. There are many fine layers of connective tissue that are being loosened in the work I do. In a session, the body dictates the treatment and it tells me when it is complete. The layers of tissue do not unwind all at once. The older the trauma in the body, the longer treatment takes because the connective tissue becomes hardened like scar tissue. Sometimes I have to return to a particular area several times before complete loosening occurs. In general, six to eight treatments are scheduled, but more may be needed to complete treatment.

Motion is the key word in osteopathic manipulation. Re-establishing motion is the principle of treatment, including the cranial bone motion and connective tissue around it called the Dura Mater. *Everything* in the body moves. I work at freeing the motion of muscle, tendon, ligament, fascia, organs, fluids and bone.

Soreness can arise after a treatment for two reasons. One is that toxins are being released from congested and hardened tissue. Drink lots of water after a treatment and this will help alleviate some of the discomfort. Another reason is that, in the beginning of treatment as we are changing an overall pattern of immobility, the body will notice more acutely what is *not* moving; or, in other words, what is moving and what is not. This usually resolves after two to four sessions.

When treatment is complete, I advise a quarterly one-time treatment to take out postural and minor injuries from travel or gardening, household and office work. Always schedule an appointment after dental work requiring drilling and/or tooth extraction. These procedures shift cranial bones and compress the cervical spine.

Homeopathic treatment is a powerful adjunct to the osteopathic treatment when I see the need. Please ask for a pamphlet that explains homeopathy in brief or you can ask me.

Please visit my website at www.drbarbaranewlon.com. There is a lot of good general information about osteopathy and a video presentation showing me working that will interest you. The website emphasis is in pediatric osteopathy, which is my greatest love and interest. If you are a parent coming into my practice or an adult with lots of contact with children, you might want to consider bringing your children or recommending osteopathic treatment for children. Osteopathy offers so much preventatively for newborns on up in age.

Welcome to my practice. I look forward to seeing you “flower” and sigh with deeper breaths!

Please remember to pick up a **Do’s and Don’ts** sheet when you leave the office.