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Dartmouth Hosts Unique New Connective Tissue Therapy Center

A Body in Balance Therapy Center, at 33 Ochterloney Street, debuts a new approach to connective tissue therapy in Atlantic Canada. The center is a consortium of therapists, scientists and educators who hope their novel approach will revolutionize the treatment and understanding many uncomfortable and debilitating conditions.

"It all comes down to fascia," said Janice Webber, the centre's founder and driving force, "If the fascia is not free to move then your problems are going to return again and again". Fascia is a three-dimensional web of tissue which surrounds (and often interpenetrates) everything in the body; from nerves and blood vessels to muscles and organs including the brain and spinal chord. Restrictions in the fascia can last a lifetime if not treated, and can obstruct all a great variety of physiological and metabolic functions. Using cutting edge techniques such as craniosacral therapy, visceral manipulation, and holistic physiotherapy, therapists can help the body regain its natural state of optimal function.

Even the centre's emphasis on craniosacral therapy is unusual. It is the only practice in Atlantic Canada that requires its entire staff to have training in this gentle and effective technique. Two staff members, Webber and the centre's newest therapist, Susan Hirshberg are upper level practitioners who specialize in combining craniosacral techniques with other modalities to create lasting change in the way the body heals itself. Hirshberg is also an animal behaviourist who works with wild and domestic animals and creates custom programs for children and the elderly. Webber brings over 20 years of experience to the clinic and adds a thriving Tai Chi practice, exercise classes, and acupuncture to the centre's offerings.

What really sets A Body in Balance apart; though, is it's non profit arm, The Atlantic Craniosacral Therapy Society. The centers work to combine therapy with research and education. Centre staff mentors other therapists through study groups and a program of one-on-one consultations. They also teach a program of compassionate touch to children. The staff is committed to serving as a community resource and will happily answer questions and provide speakers to local business events.

From the research end, The Atlantic Craniosacral Therapy Society has several projects taking off. Included are a case study registry, efficacy studies, and projects that explore how the techniques used at the centre can help with colic, failure to thrive, post-partum recovery and learning disabilities, among others.

Please call 469-3214 for further information about this release.