

RADIANT BODYWORKS

Body-Mind Wholeness for Health & Well Being

TRANSFORMING STRESS: *One of the most significant challenges of the modern world is the increasing levels of stress. The American Institute of Stress notes the 75 to 90 percent of visits to primary care physicians are for stress related issues. For people in the United States, seven of the top ten best selling drugs are for stress-related ailments (NDC Health 2003). New research shows there are methods available to change the momentum of stress as well as TRANSFORM stress into healthy and creative energy.*

---Deborah Rozman, Ph.D.

LYMPHATIC THERAPY is an advanced form of massage that aims to stimulate the lymphatic system to remove congestion and stagnation from within the body, and so help it return to a healthy condition. LT therapy utilizes gentle massage strokes that remove blockages and promotes proper lymph flow. This is important because it is the primary function of the lymph system to defend the body against disease by cleansing, detoxifying and nourishing the body's tissues. Thus, when the lymph system is blocked, toxins and plasma may accumulate causing interference with cell nourishment and depressing the immune system.

NEUROVASCULAR INTEGRATION is a light touch form of bodywork that engages the autonomic nervous system, allowing the brain to register new "safe" input from the body. It assists the body in residing more consistently in the parasympathetic system: rest and repair, peaceful and safe mode. NI is a way to palpate the tissues of the body and encourage the flow of critical fluids through restricted areas, and reconnect the autonomic nervous system in a more balanced way. A balanced, enlivened nervous system enhances the self-corrective mechanisms of the body and allows body, mind, and spirit to move with more ease.

CRANIOSACRAL THERAPY is a light-touch therapy that assists in supporting the central nervous system that aids the body to self-correct and heal naturally. The central nervous system influences every other major body system and function. It uses gentle manual pressure applied to the skull, spine, and membranes to restore rhythmic flow to the craniosacral system, which includes the brain, spinal cord, cerebrospinal fluid, and surrounding membranes. CST is a non-invasive, low impact therapy to allow the body to relax and self-correct.

REFLEXOLOGY is based on the principle that all parts and organs of the body correspond to points on the feet and hands. Working on these pressure points, by applying gentle pressure, will bring about a deep state of relaxation. Blockages will be released in the body to enhance self-healing ability restoring a natural balance.

FOR INFANTS & CHILDREN

PEDIATRIC MASSAGE is for infants and children as a way to assist their growth and development, helps them relax, sleep and promotes parent-child bonding. Parents and caregivers can learn simple techniques to utilize this loving tradition.

PEDIATRIC CRANIOSACRAL is a light touch therapy shown to be effective in supporting the central nervous system to allow a child's body to self-correct and heal naturally.

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