



Dorn Spinal Therapy

Dorn Spinal Therapy is a German originated gentle treatment suitable for almost any sort of back pain, neck pain, headache and/or spine related illnesses. It is a holistic approach consisting of a gentle manual re-alignment of joints and the spine aided by *co-operation of and active involvement of the client through natural motion.*

As all of the major nerves that innervate the body come out of the spine at different vertebra, each vertebra is directly related to specific areas of the body. A simple misalignment of a single vertebra can therefore have a profound effect on general health and wellbeing.

The following are just some of the common ailments that may be relieved or corrected by this therapy:

Back pain, neck pain, sciatica, poor sleep, hip problems, headaches, digestive problems, high blood pressure, jaw problems, knee problems, pins and needles/numbness in arms or hands, visual problems, stomach pain, infertility, PMS, ear ache, tinnitus, vertigo, shoulder problems, asthma, joint pain, scoliosis.

The second part of the treatment is a special massage to stretch the spine, nurture it with St. John's Wort Oil and release the tightness and pain in the muscular area to loosen the body even more.

Dorn Spinal Therapy is still in its infancy in Australia but it has been in Germany and Europe for the last 30 years. There it is known as the "Gentle Spinal & Joint Therapy of Dorn", named after Dieter Dorn who started the treatment after having had an exceptional experience with it himself for the treatment of lumbago.

Now many natural therapists, doctors, orthopaedists, physios, chiropractors and massage therapists apply this simple but effective treatment to their clients with great success.

If you are tired of being in constant chronic pain, feeling generally run down or fatigued, this treatment may be answer. Call **0419213131** today and book your initial consultation.

Your Body, Your Life - Live it Comfortably!