

# •The Healing Way•

## Client Appreciation Days!

**Friday, October 4th from 4 pm-8 pm**

**Saturday, October 5th from 9 am-2 pm**

Please accept our thank you for your patronage!

To our NAET clients past and present we will be offering **FREE TREATMENTS** these days only for 2019 Flu Vaccine, 2019 Flu Virus, or Immune System.

**FREE** allergy scans for food or seasonal allergies for clients, friends and family!

### Plus:

- **1/2 price** Foot Ionizers & select Rife Treatments
- **Free** Chair Massages
- **Free** Mini Bioenergetic Sessions
- **Free** Biomechanical Chiropractic Assessment
- **Free** Mini Physical Therapy Assessments
- **Free** Access Bars and Exercise Demos
- **Lyme Disease/General Medical Information**
- **Hypnotherapy Information**

**10% OFF** of ALL supplements while supplies last!

Plus **FREE** Gift Drawings.

**No appointments necessary!**

**All are welcome**



September 2019  
Volume 10, Issue 3

### Breast Thermography

Breast Thermography is invaluable in alerting to changes that can indicate early stage breast disease. It is a 15-minute test that is totally painless, effective, and approved by the FDA. The technique uses no radiation. The cost is \$260 for breast and \$425 for full body scans. Dates for 2019 are as follows:

September 19th, October 23rd,  
& November 19th

Schedule well in advance as time slots do fill up!

### Saturday Appointments Available

Starting September 14th, we will be open select Saturdays from 9 am—1 pm during the school year.

Dates for the remainder of 2019 are as follows:

September 14th & 28th

October 19th

November 2nd & 16th

December 7th & 21st

Please note that not all services are available during these hours.

Call now to schedule, as these appointment times are limited.

## Welcome Stacey & Tracey!

---



Stacey Garcelon, M.Ed.

### Welcome Stacey Garcelon, M.Ed. Mental Health Counselor

Healing Arts welcomes Stacey to our team of practitioners! Stacey specializes in adult, child, teen, couples, family, group, LGBTQ community, and survivors of Intimate Partner violence counseling. She has a passion for serving veterans, active military, and their families. She is also trained in EMDR (Eye Movement Desensitization and Reprocessing). Stacey believes in providing a client-centered holistic healing environment in which people are empowered to discover and define their own solutions. Her passion and her life's work is to help people heal from emotional wounds, cultivate resiliency, and promote mental wellness.

Her fees are based on a sliding scale according to the person's income, which she does so all people can benefit from needed therapy. She is ecstatic to be a part of the holistic mission and vision of Healing Arts Center, and we welcome her with open arms!

### Welcome Tracey Lee Curtis, DC Chiropractor

*A message from Dr. Tracey...*

Several years ago, at a significant crossroads in both my career and personal life, I returned to college to pursue a chiropractic degree. I had worked previously in education, social services, and as a therapeutic yoga teacher. Fulfilling a lifelong dream of becoming a Doctor of Chiropractic was the next logical step. My family and I have sought care from natural health practitioners and chiropractic doctors for most of our health care for as long as I can remember.

This certainly influenced my decision to become a chiropractor. I began my own healing journey when I certified as a therapeutic yoga teacher in 2004 and began teaching at the local school district health center, eventually taking on management of a yoga studio, and developing a movement therapy process which I offer in a chiropractic setting. I have studied anatomy, physiology, spinal biomechanics, radiology, and various healing techniques over a period of many years.

This June I graduated from Palmer College of Chiropractic in Davenport, Iowa, and moved here where I have joined the Healing Arts Center. I now offer **craniosacral therapy** and **therapeutic movement**, and I am in the process of obtaining my Indiana chiropractic licensure. Once this is completed I will also begin seeing patients for chiropractic care. I am looking forward to working with everyone and to promoting health and wellness here in Valparaiso. I am so happy to be a part of the visionary Healing Arts team!



Tracey L. Curtis, DC

# Craniosacral Therapy and the Stress Response

By Tracey L. Curtis, DC

## What is Craniosacral Therapy?

Founded in the 1970s by an osteopathic physician, craniosacral therapy is a hands-on practice that gently helps relax the body so the individual can access deeper healing states. During an hour-long craniosacral session, the therapist applies gentle touch to the base of the individual's spine and skull, and sometimes other areas of the body. This stimulates the release of tension in the areas where the nerves that promote calm and healing are located, in turn relaxing other areas in the body where the stress response takes place.

Modern life causes us to dwell in a high-stress state much of the time, always prepared for the next unexpected event. Often, we are not even aware of the tension that has accumulated in our bodies and minds from the effort to manage stress, and we cannot easily relax an overexcited system. This therapy taps into a motion called the craniosacral rhythm created by a wave of fluid that moves continuously around the brain and spinal cord. The rhythm can be felt throughout your tissues. Release of restrictions in the flow of this fluid can ease stress in the nervous system, circulatory system and musculoskeletal system.

Craniosacral therapy allows the therapist to feel where the stress response is taking place in the patient's body and gently encourage a new state of ease. The therapist provides gentle stimulus at points where restrictions are located, which helps the individual relax and experience greater healing throughout the spine and body. This has been shown to help children release birth trauma, chronic ear problems, hyperactivity, and many chronic conditions. It can also improve recovery from illness and support healthy immune function, in addition to relieving complex problems like TMJD, fibromyalgia, arthritis, migraines, and more. As physical tension leaves the body, some experience emotional release as well. This unique therapy gently allows the body to do its work of healing with fewer disruptions and more positive results.



To learn more about Craniosacral therapy, or to schedule an appointment, call us today at 219-510-5623.

---

## Pain & Hypnosis

September is Pain Management month! Pain and discomfort are your body's signal that something is wrong in a particular area. Traditional medicine typically provides pharmaceutical resources to cover the symptoms or hide the pain, and frequently there are negative consequences to this approach. However, all issues producing pain can be either resolved or greatly reduced with hypnosis. Typical pain-producing health issues improved or resolved with hypnosis include Lyme disease, cancers, injured muscles or skeletal issues, phantom pains, migraines, burns, back pain, and virtually any type of chronic or acute pain. Results can vary widely from person to person, but in general hypnosis can be resolve or diminish pain significantly.

Contrary to common myths, the hypnotist cannot make you do anything against your will. You are fully aware of everything around you at all times and you can wake yourself at any time. Virtually anyone seeking help can be hypnotized. It is appropriate for all age groups. It can even help mend the pain of a broken heart. Hypnosis is slowly becoming more commonplace in VA clinics and larger hospitals.

If you are interested in finding out more information about hypnosis and how it may help you, please call Healing Arts to schedule your free consultation with therapist Jeff Alisch. Jeff is a board-certified hypnotherapist with over 700 hours of classroom study and years of practice. He is happy to answer all your questions!

# National Recovery Month

By Stacey Garcelon, M.Ed.

September is National Recovery month! The path to addiction treatment isn't a straight line, and the process for each person is as unique as the people we're helping. As you travel the path for recovery, there can be confusion, struggle, and even steps backward. Here at the Healing Arts Center, our new Mental Health Counselor, Stacey Garcelon, is trained in both Addiction Recovery and EMDR (Eye Movement Desensitization Reprocessing). What is EMDR? And how does it help in Recovery?

Read on...

Eye Movement Desensitization and Reprocessing (EMDR) was developed in the late 1980s and is an interactive psychotherapy approach used to treat trauma and PTSD, which are frequently co-occurring disorders in those struggling with addiction.

The emotional distress many people experience is typically a result of disturbing life experiences, which leads to self-medicating which when left untreated can result in addiction. EMDR provides a host of benefits for people in recovery, including:

Alleviating psychological/emotional symptoms of trauma and PTSD

Alleviating physical symptoms of trauma and PTSD

Decreasing or eliminating distress from the disturbing memory(ies)

Improving self-esteem and self-efficacy

Resolving present and anticipated future triggers

Stacey uses EMDR with a cognitive-behavioral and client-centered approach. In other words, you are the expert of your life, and you have the solutions that are best for you. Stacey's role is to help facilitate your brain's natural healing process (EMDR) and journey with you on a path of self-discovery and healing. In using EMDR therapy to resolve trauma and addiction, Stacey's approach to each person's unique situation is through a trauma-informed lens. This allows the root causes and contributing factors of the addiction to be more fully addressed. Adverse life experiences don't have to determine a your thoughts, behaviors, and beliefs. With the help of EMDR and other cognitive behavioral therapies, you can overcome these traumatic experiences and fully heal from the devastating effects of adverse life experiences and addiction. For more information on EMDR, check out: <http://www.emdr.com/what-is-emdr/>. Please call our office today for your free consult with Stacey!

## Healing Arts Center

2307 LaPorte Avenue  
Suite 10  
Valparaiso, IN 46383

Phone: 219-510-5623  
Fax: 219-286-3965  
[healingartsvalpo.com](http://healingartsvalpo.com)

Follow us on  
Facebook & Instagram!



Healing Arts Center  
Valparaiso



@healingartscentervalpo

## Hours of operation:

Monday-Thursday  
9 am-6 pm

Friday  
9 am-8 pm

Select Saturdays  
9 am-1 pm



## September Specials

**20% off 1st Massage**  
**Buy 5 Massages, get \$10**  
**off the 6th**

**20% off 1st Healthy**  
**Movement Session**  
**25% off Pain Rife Pro-**  
**gram (Reg. \$30)**

**Also...**  
**10% off all CBD**  
**Products & Magnesium**  
**Cream!**