

2020,
Structural Integration=Advanced Bodywork for Challenging Times
By Jean Louise Green

What do we need during challenging times? We need a physical body that functions with ease and wellbeing! Increased clarity, confidence, strength, purpose and connection with subtle life force energies are also essential. Structural Integration may provide some answers for what you are looking for.

Structural Integration addresses the body on physical and energetic levels by working with the fascia, or connective tissues, of the body.

Through a ten-session series of manual therapy, a practitioner uses their fingers, knuckles, forearms and elbows to align the major segments of the body around a central vertical axis. A major goal of each session is to help the pelvis find its natural horizontal position.

Structural Integration helps to create length, space, movement and balance through the connective tissues. It organizes and aligns the major segments of the body. Energetically, Structural Integration helps the body be supported by the gravitational field and its flow of subtle life force energy, known as Qi. **To bring balance and ease to the connective tissue is to support the entire human being.**

Clients report the decrease of inflammation and pain, as well as greater freedom of movement. Many also report enhanced balance, stability, and metabolic function, along with greater connection with their inner knowing. That's a lot to be grateful for!

I have seen many changes in people and their bodies in the 29 years of my practice. An athletic medical professional is now free of muscle cramping after learning about the use of Magnesium Glycinate and natural salts, abundant in trace minerals, e.g., 'Real Salt', pink Himalayan, grey Celtic salt, and a concentrated salt solution known as a 'solay.' Using these products will soften and hydrate tight or knotted connective tissues. Regular bowel movements are a side benefit.

Such simple changes that promote health and wellbeing can be found in my book, *Structural Integration and Energy Medicine: A Handbook of Advanced Bodywork*. A seven-year project, the book was published in 2019

by Inner Traditions. The Foreword was written by Dr. James L. Oschman, a biophysicist and respected leader in the field of Energy Medicine.

Through reading my book and experiencing the removal of a twist in her body on my treatment table, a chiropractor of 35 years has come to better understand rotation patterns. As a result, she is thrilled with the fine-tuning of her adjustments with her own patients. Enthusiastically, she stated, “Every chiropractor should read your book!”

Another section from my book entitled, “Tending to the Emotional Body” has helped people understand and change mental patterns that have perpetuated chronic pain cycles in their bodies.

A woman of 68 years shared these words about our Structural Integration experience together. “I have been diagnosed with osteopenia and my family noticed me jutting my chin out when I walk. I didn’t want my postural issues to worsen so I sought out a holistic approach that would help me with the aging process and keep me away from pharmaceuticals and out of the hospital. This led me to the ten-session series of S.I. with Jean Louise Green.”

“After looking at my bent forward posture, Jean Louise said that one of the goals of our work together would be to get my head back on my shoulders. We accomplished that around the 6th session. It was obvious. I was able to stand straight up and maintain that posture. My body actually craved being in this freeing position.”

“I am on my 9th session now and have not only noticed my straightened posture, but also I am now able to put my jeans on standing on one foot without losing my balance or leaning against the wall. I had not been able to do that for the past few years. **Maintaining balance is so important with aging.**”

In looking back at my work in Chico since I arrived in 1999, **I am pleased to say that I am now working with third generation family members** and seeing the results of good effective S.I. work with young people. Since 2019, I have also been enjoying doing the Advanced Five Series of Structural Integration where I work with clients on and off the treatment

table in different positions and movements to assist their body's structure and function.

I am also grateful to have inspired other people to become certified practitioners of this work. **Structural Integration is thriving now in Chico! We have five S.I. practitioners.** I am delighted to have had a hand in their discovery of the power of Structural Integration and choosing to become practitioners and to do this work with others.

In searching for a practitioner, it is helpful to know there are different S.I. schools with different, yet similar focuses. A graduate of the Guild for Structural Integration such as myself, describes their work as a Rolf Practitioner, or the Rolf Method of Structural Integration. A practitioner of the Dr. Ida Rolf Institute of Structural Integration® uses the trade service mark Rolfer® or Rolfing®.

My website is complete with Lotus Guide articles I have written, podcast interviews, videos, great blogs, and client testimonials of my work and book. There are also links to contact me, purchase my book, or join my newsletter. I relish the opportunity to hear from you, share my work and do podcast interviews.

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Have a safe and blessed 2021!