



Work Smart Live Smart **Stress And Raindrop Therapy**

By
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What is Raindrop Therapy? It is a powerful non-invasive tool for helping to correct defects of the spine. Numerous cases of scoliosis and kyphosis have been resolved eliminating the need for surgery.

It integrates Vita Flex and massage with essential oils to bring the body into structural alignment and electrical alignment. The technique is based on the theory that many types of scoliosis and spinal misalignments are caused by viruses or bacteria that lie dormant along the spine creating inflammation. These pathogens contort and disfigure the spinal column.

The anti-microbial essential oils used are designed to simultaneously reduce inflammation and kill viral agents. The oils are dispensed like raindrops from about 6 inches above the back and are massaged along the vertebrae. The process takes about 45 - 60 minutes to complete but the oils continue to work in the body for 5-7 days following treatment with continued realignment taking place.

Since the technique is effective in removing viruses and bacteria off the spinal column it has been found effective in eliminating all kinds of disease and chronic health problems from the body. The massage is not only very therapeutic but also very relaxing.

The Raindrop Technique is not a silver bullet or cure-all, but is only one tool to help restore a balance in the body, which results in good health. Proper diet and exercise along with Raindrop Technique is essential.

The question often asked is "how long will the effects of Raindrop last?" Each person is different and responds differently. A persons health, diet, exercise program and attitude impact the progress they will make towards improving their overall health.

The key is to retrain the body, at times develop a new memory in the tissues in order for the body to stay where it should. Sometimes it only takes a few weeks and in some cases a full year. The object is to achieve straightening of the spine in all positions whether sitting, lying down or standing. Young and old alike benefit from this unique and alternative tool towards improving their health and improving their quality of life.

It is very important to use only Therapeutic Grade A Essential oils as anything less, may cause adverse reactions.

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Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit www.WorkSmartLiveSmart.com for more on Beverly and her wellness work.

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