



## **HOLISTIC PULSING with Karin Christensen**

Holistic Pulsing is a mind-body-centered approach, an "off-shoot" of the Structural Integration group of therapies which uses the power of gentle rhythmic touch and movement. The pulsing practitioner applies easy rocking, stretching and opening movements to the pulsee, creating a wave-like motion throughout the whole body. This modality helps to create the right conditions for your body to utilise its innate self healing ability and come back into balance. It encourages structural integration, and a vibrational healing which continues for days after a session and both physical and mental impingements can appear to dissolve. The treatment is no-invasive and you remain fully clothes throughout the session.

The re-balancing effects of HP improves internal "fluidity" across all types of bodily fluids - consider this in context to the fact that your body is 75% fluid and during a session it gets a serious "tune up"! This is no surprise when you understand that at a physical level, HP works in part via the fluid media in the body - blood, plasma, intra and extra cellular fluids, the jelly-like stuff in your brain and eyeballs and in your bursa and intervertebral discs, cartilages, sacs of synovial fluid, mucous membranes and the contents of your viscera, bladder and other organs!

If you have chronic pain or issues you just can't seem to shift I would ask you to consider a session and experience the results for yourself.

**CONDITIONS HOLISTIC PULSING HAS BEEN REPORTED TO RELIEVE:**

**PHYSICAL:**

Poor circulation.

Loss of range of movement in joints due to conditions such as arthritis, post-operative stiffness (especially joint replacement).

Insomnia.

Poor immune responses, ME.

Digestion problems (Irritable Bowel, constipation), menstrual issues, cramps, endometriosis.

Breathing/respiratory problems.

Headaches (not migraine).

Repetitive Strain type injuries such as OOS, RSI and Carpal Tunnel.

“Restless legs” syndrome, other non-specific neural issues like neuralgia.

Unspecified low back pain, sciatica.

Postural problems (pelvic rotation, leg-length difference, muscular imbalances, hypertrophy through sport, atrophy due to casts etc.)

Temporo-mandibular joint syndrome, bruxism (grinding teeth).

Pregnancy discomfort.

**EMOTIONAL/MENTAL:**

Stress, Phobias, Hyperactivity.

Anxiety, panic attacks, post or pre-operative fear. Some forms of depression.

Post-Traumatic Stress Disorder.

Body image issues, eating disorders.

Indecisiveness, dissociation.

Low self-esteem issues, poor self-expression, self-awareness.

**To receive the full benefit of Holistic Pulsing for a given condition it is advisable to commit to a course of 6 treatments.** A single session, however, will be a lovely de-stressor in its own right and potentially much more. Single session cost \$70.00 for an hour. Discounts are available on courses of treatments, please contact me for more details.

**Please call or text me on 021 264 3927 if you would like to try it out.**

**CONTRA-INDICATED CONDITIONS:**

**Please note that I cannot safely treat anyone with the following conditions:**

DVT - Deep Vein Thrombosis

Severe osteoporosis

CVA (stroke) within the last 6 months

Whiplash type injuries Infectious diseases

Cancer patients being treated with chemo/radiotherapy

Severe mental health issues