



Craniosacral Therapy

- Chris Herskowitz, PT

Craniosacral Therapy (CST) was developed by osteopathic physician, John E. Upledger, DO, OMM, in the 1970's. CST is a gentle, hands-on method of evaluating and enhancing the function of a physiological body system called the craniosacral system. This system consists of the membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord.

CST releases tension deep in the body to relieve pain and dysfunction, as well as improve whole-body health and performance. It enhances the body's healing process, allowing the entire body to relax and self-correct.

An expansion of CST is Somato Emotional Release (SER), which works to release emotional energy that may remain from an old trauma or accident. Imaging and dialoging techniques may be used to guide clients through those releases.

CST is effective for a wide range of medical problems including, but not limited to, migraines, chronic back and neck problems, TMJ, stress and tension related syndromes, post traumatic stress disorder, and connective tissue disorders such as Fibromyalgia.

Chris Herskowitz, PT, is trained in CST I and II, and SER I and II. Chris uses a variety of techniques for treatment but integrates CST into each session. CST has changed her approach to treatment and has opened a new world of using a Mind-Body Connection approach.

Featured Company

Burlington Electric Department



The Burlington Electric Department started utilizing IHMS services in 2007. They have actively participated in the Preventive Body Maintenance Program (PBM), office ergonomic evaluations as well as injury prevention trainings with both the McNeil and Pine Street work force. The BED employees have shown excellent initiative in improving their own health and injury prevention awareness.

Winter/ Spring 2008

President's Address:

Winter is in full swing! I hope everyone is getting a chance to enjoy winter fun. Smugglers Notch is one of our customers and we encourage everyone to spend some time at their resort.

IHMS will start its 6th year in business this April! We would like to thank all those companies who started with us and have contributed to our growth. Our plans are to continue providing superior injury prevention and health promotion services. We welcome your suggestions for improving our services.

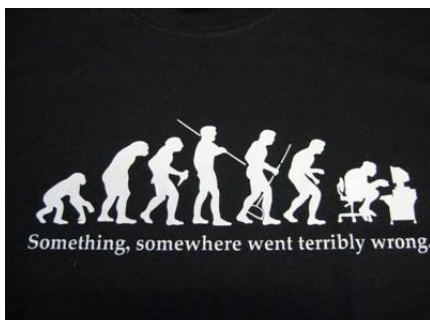
So what's new at IHMS? We would like to welcome Neil Jepson, MS PC, and his company "Vermont Health Psychology and Biofeedback, PC". Neil's office is located within our clinic at 441 Water Tower Circle. In addition to his private services, he is working with Charles Alexander, OTR/L, in developing a work hardening program. The program is called, FIT, Functional Improvement Training Program.

Erica and I are still teaching for Roy Matheson Associates around the country. This year we will be traveling to Vancouver, Florida, Chicago, Tennessee and we will be in Las Vegas at the end of this month. I will be teaching a class in Job Analysis and Post Offer Pre-employment screening.

Finally, in celebration of our first 5 years in business, IHMS will be closed the entire week of the 4th of July. We are taking our staff and their families on a retreat in Maine.

Here is wishing you all peace and prosperous business in 2008.

-Louise Lynch, President



“Our experience with IHMS has been nothing short of fantastic. I am constantly hearing positive feedback from our employees on how much better their aches and pains feel after meeting with Charles and what a pleasant individual he is to work with. We have utilized many of IHMS’ services such as Body Mechanic Presentations, Ergonomic Evaluations, and of course the PBM program. I look forward to continuing our partnership with Charles and IHMS with hopes of continued success and employee wellness.”

- Drew Delorme, Safety and Training Coordinator
Burlington Electric Department

Nutrition Corner

Vitamin B-12 – Rebecca Flewelling, Nutrition Consultant

Vitamin B12 is a member of the vitamin B complex. Vitamin B12's primary functions are in the formation of red blood cells, the maintenance of a healthy nervous system, and growth and development in children. B12 is necessary for the rapid synthesis of DNA during cell division. This is especially important in tissues where cells are dividing rapidly, particularly the bone marrow tissues responsible for red blood cell formation. If B12 deficiency occurs, one result is anemia. Symptoms include excessive tiredness, breathlessness, listlessness, and poor resistance to infection. Other symptoms can include a smooth, sore tongue and menstrual disorders. Prolonged B12 deficiency can lead to nerve degeneration and irreversible neurological damage. B12 is found in meat, eggs, and dairy products. Most Americans are getting a sufficient amount of B12 from the meat and dairy products they consume. Vegetarians can get it though any dairy products (cheese, milk, etc). Those on a vegan diet would benefit from a B12 supplement.

Vermont Health Psychology and Biofeedback, PC

Neil Jepson, MS, owner of Vermont Health Psychology and Biofeedback, PC, is a Licensed Psychologist-Master. His education includes a BS in Psychology from Northern Arizona University in 1997, and a MS in Health Psychology from California School of Professional Psychology in 1999.



Neil’s clinical specialty areas include chronic pain, return to work issues, functional restoration, stress and related illnesses,

anxiety, coping with illness, and depression. He has extensive training and experience using biofeedback as a component of therapy to address physical and psychophysiological components of anxiety, pain, and illness.

Neil’s professional experience includes serving as a staff therapist and director of psychological testing at Scripps Clinic in San Diego, California. Recently, in addition to providing psychotherapy and assessment services, he has been the Clinical Lead for Interdisciplinary Programs at the Work Enhancement and Rehabilitation Center of Fletcher Allen Health Care in Williston, Vermont. The interdisciplinary programs combine physical, occupational, and cognitive-behavioral therapies to assist individuals with chronic pain to achieve their highest level of functioning possible and minimize the impact their pain has on their lives.

Biofeedback is defined as the use of any device to improve a person’s ability to detect, identify, and modify physiological processes in their body. The typical processes that are measured include muscle activity, peripheral circulation (indicated by finger temperature), sweat gland activity, respiration, and heart rate. Biofeedback has been repeatedly shown to be a powerful tool in the treatment of a wide range of pain and stress-related problems, disorders related to autonomic nervous system functioning, and anxiety disorders. Biofeedback has also been used to improve focus and performance in athletes and others. Biofeedback combined with cognitive-behavioral strategies can be a valuable tool to help people address the physiological components of their current difficulties.

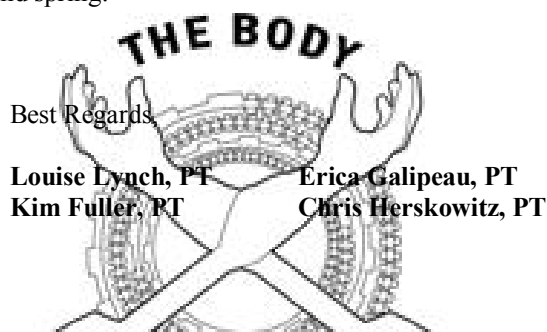
The Training Center

Rebecca Flewelling will be offering a new class that focuses on adding years to your life by making smarter food choices. This class takes a look at anti-aging research and the nutritionally beneficial foods and their role in disease prevention. The first class will be offered Friday, March 21, 2008, from 12:00-1:00pm.

Check ihmspt.com/training.htm for the latest Training Center information and all upcoming classes being offered.

In Conclusion

If you enjoyed this newsletter why not share it with someone you know? To be added to our newsletter mailing list or to receive an electronic version please call Bridget at 802-655-7575 or e-mail her at Bridget@ihmspt.com. The next newsletter will be out in July; until then have a wonderful winter and spring!



Best Regards,

Louise Lynch, PT
Kim Fuller, PT

Erica Galipeau, PT
Chris Herskowitz, PT

Charles Alexander, OT **Amy Benson, PT**
Penny Bolton **Martha Burroughs**
Mike Lynch **Bridget Mientka**