

HEALTH

Let's do some MELTing

A new self-treatment technique called the MELT Method is now available in Halton Hills.

Most people, both active and inactive, have connective tissue (fascia) dehydration that shows up as discomfort and strain.

This dehydration leads to further compensation, accumulated stress and chronic conditions.

MELT provides a set of simple moves that addresses this connective tissue to help relieve chronic pain, restore wellbeing, and remove excess body tension.

Manual therapist and connective tissue specialist, Sue Hitzmann is the creator of MELT and author of the NY Times bestseller, MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic.

Using specialized MELT treatment balls and a soft roller, all designed by Hitzmann, participants learn simple specified MELT techniques to create more ease, rebalance the nervous system and reduce pain associated with repetitive activities.

Most recently clinical research at the New Jersey Institute of Technology shows that MELT significantly reduces non-specific, chronic low back pain, increases flexibility, and decreases connective tissue thickness.

"A little proactive self-care goes a long way to keeping you active and pain free for a life time," says MELT creator Hitzmann.

Ten minutes of MELT three times a week can help enhance performance, and alleviate the wear and tear of active living.

Georgetown residents Mary Baxter, owner of Born to Move Studio and Jeannette Mann are both trained by Sue Hitzman and offer classes, workshops and private MELT lessons.



Mary Baxter guides a student in some MELT moves on the soft foam roller.

Photo by Greg Coman

"Although MELT is designed as a home self-care system, many people prefer the structure of a weekly class and workshops," says MELT instructor Mary Baxter.

MELT Method has recently been featured on Dr Oz, The Rachael Ray Show, The Marilyn Denis Show and ABC News.

To learn more about MELT, go to melt-method.com or contact Mary Baxter at mary@borntomove.ca or 905-877-3452.



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