

An Alternative Approach for Women's Health Issues Using Integrative Manual Therapy and Nutrition

By: Ayelet Connell-Giammatteo, P.T., I.M.T.,C.

Our culture today is very different than it was when I was a child, or even when my mother and grandmother were children. The issues we deal with today are complex... maybe not more complex, but differently complex. Today, the average age of a girl starting her menses has declined. Additionally, infertility is on the rise—The 1998 US National Survey of Family Growth reported a significant increase in infertility between 1982 and 1995. There are many speculations as to why, such as environmental exposure to chemicals, the rise in childhood obesity, and the sexualization of our society. All of these factors are potential determinants of change in our current American culture. So much is different today.

Integrative Manual Therapy

Making lifestyle and environmental changes are important. Today, there are many natural solutions available for helping to reduce and eliminate women's health issues, including problems such as infertility, PMS, pain with intercourse, urinary frequency and incontinence, and more.

One solution is an approach called Integrative Manual Therapy (IMT). IMT is a hands-on approach to treatment of pain, disability, and disease. Developed by Dr. Sharon (Weiselfish) Giammatteo over the past 30 years, IMT is a new approach to health care developed to address the needs of complex patients. IMT practitioners identify and address the underlying causes of dysfunction using a comprehensive and holistic approach. IMT treatment techniques are based on the premise that the body has the potential to self-correct or heal itself under the right circumstances. Tissue repair at the cellular level is a normal process that occurs within the body. Pain and dysfunction, on the other hand, are an indication that there is too much cell or tissue dysfunction for the body to restore health on its own. Under these circumstances, in order to improve the body's self-correction mechanisms, intervention is required.

IMT treatment techniques are manual (hands-on), and generally involve gentle manipulative techniques to promote tissue repair, normalize structure and restore function. Unique to IMT is the integration of manual therapy techniques for all systems in the body (i.e. bone, nerve, fascia, muscle, organ, lymph and circulatory systems). Ultimately, IMT is the integration of techniques to assess and address all systems in the body.

Integrative Manual Therapy for Women's Health

When utilizing IMT for Women's health issues, typically multiple systems are involved. Let's consider urinary frequency as an example, which could be caused by a number of problems—the pelvis and sacrum being out of alignment and putting pressure on the bladder and urethra; inflammation of the kidneys and ureters (tubes traveling from kidneys to bladder); a high toxic load in the kidneys and bladder (example: history of urinary tract infections). These are just some possibilities. When evaluating a person with urinary frequency, step one is to determine what body tissues in the region are in a state of dysfunction. Considering some of the examples listed previously, IMT assessment and diagnostic techniques are used to identify what tissues are in a state of tension and inflammation. Once the specific tissues are identified, tissue specific IMT techniques are applied to help reduce tissue tension in the region, decrease inflammation, improve circulation to and from the renal organs and pelvic cavity, and improve overall function of the kidneys, ureters, and bladder.

Nutritional Wellness for Women's Health

When IMT is combined with nutritional wellness, including dietary intervention and nutritional supplements, recovery from these women's health dysfunctions can be accelerated even further. A great way to begin making beneficial dietary changes is to institute an anti-inflammatory diet. This particular diet is not meant to promote weight loss although often this is a secondary benefit. An anti-inflammatory diet can help to reduce and eliminate inflammation in the body which is often the underlying cause of most body symptoms. One of the best anti-inflammatory diets is a Gluten Elimination Diet. For more information the benefits of a gluten elimination diet and instructions, visit <http://www.centerimt.com/Gluten-Sensitivity.asp>. In addition to eliminating gluten from your diet, there are many nutritional supplements that can help to reduce women's health related symptoms as well as improve overall health of the women's health organs.

How to Include Integrative Manual Therapy into a Treatment Program


CenterIMT, Center for Integrative Manual Therapy and Diagnostics, is a network of national clinics specializing in IMT and nutritional wellness. CenterIMT Headquarters is located in Bloomfield, CT. When designing a comprehensive treatment plan focusing on recovery from women's health issues, IMT combined with nutritional wellness is a valuable component of the program. It can compliment and even accelerate the benefits of other treatment approaches by addressing structural dysfunction in the body.

Ayelet Connell-Giammatteo is the Director of Pediatrics for CenterIMT, Center of Integrative Manual Therapy and Diagnostics, headquartered in Bloomfield, CT. She is also the Dean of the Connecticut School of Integrative Manual Therapy (IMT). Ayelet has taught courses in IMT nationally and internationally for over 15 years. She is in the final stages of her PhD focusing on Autism.


Ayelet is a Physical Therapist and Certified Integrative Manual Therapist. She has been practicing in the field of IMT for over 15 years. Ayelet is a graduate of the Institute of Functional Medicine's "Applying Functional Medicine into Clinical Practice" program in nutritional wellness. Ayelet is also a local of this community and has been living in the Greater Hartford area for many years. In addition to managing the clinical and educational arms of IMT, she also integrates a healthy lifestyle at home with her husband, son, and two dogs.

CenterIMT
Integrative Manual Therapy and Diagnostics

RPT
Registered Physical Therapy



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Integrative Manual Therapy...

Surpassing Expectations



- Nutritional Consultations: Wellness prevention, chronic conditions, detox/weight loss and allergies. Thomas Giammatteo, D.C., P.T., I.M.T., C. (Medical Director), world renowned expert in nutrition.
- NAET and Integrative Manual Therapy (IMT) for Allergies.
- Cranial Therapy and beyond w/ Integrative Manual Therapy.
- IMT for Autism, Learning Disabilities, Neurologic Dysfunction, Chronic and Acute conditions.

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