



IAHE Enews January 2011

LTD Effectively Addresses Many Conditions

The Lymph Drainage Therapy modalities are noninvasive and effective in treating a full spectrum of physical and emotional conditions including:

- **Orthopedics / Traumatology / Sports / Rheumatology** i.e. rheumatoid arthritis, burns, trauma
- **Cardiovascular / Lymphology** i.e. edema, lymphedema
- **Pre/post Surgery** i.e. pain, edema, infection, fibrosis conditions
- **Pneumology / Nephrology / Hepato-Gastroenterology** i.e. chronic infection / inflammation, IBS, colitis
- **Neurology** i.e. headache, neuralgia, facial paresis
- **Gynecology** i.e. PMS, mastopathy, painful or swollen breast
- **Pediatric** i.e. infections, inflammations
- **Geriatric** i.e. degenerative conditions
- **Otorhinolaryngology / ORL (ear-nose-throat) / Ophthalmology** i.e. tinnitus, gingivopathy, laryngitis
- **Dermatology / Esthetic** i.e. chronic eczema, acne,



The International Alliance of Healthcare Educators (IAHE) is pleased to announce a renewal of our association with The Chikly Health Institute (CHI). We are delighted to be offering the Lymph Drainage Therapy and Brain curriculums developed by Bruno Chikly, MD, DO, and Heart Centered Therapy developed by Alaya Chikly, which IAHE will support through workshop staging, marketing and operational activities including registrations and product orders and fulfillment.

For the first time, CHI will be offering an [LDT CorePak](#), a four workshop and certification savings package that includes LDT1, LDT2, LDT3, LDA1 and LDT Techniques Certification. Now you can get LDT trained and certified for as little as \$100 per month...and save over 30% in the process. For more information or to speak with an Educational Guidance Counselor, please call 800-311-9204.

The first course in the curriculum, LDT1, enables practitioners to detect and palpate the specific rhythm, direction, depth and quality of the lymph flow anywhere in the body. Skilled practitioners with developed listening skills can practice Manual Lymphatic Mapping (MLM) of the lymphatic vessels.

In LDT2, participants learn valuable refinements and advanced drainage techniques for all surface areas of the body, along with numerous pathological conditions, including the foundational principles of lymphedema care. By the end of this course, participants will have practiced how to drain the superficial lymphatic circulation over the entire body as well as the cistern

dermatitis, wrinkles, adiposis

- **General Well Being/Metabolic** i.e. chronic pain, detoxification, general fatigue, stress

Chyli, the breast tissue, and perform Lympho-fascia release (LFR) on some viscera.

For details on LDT3 and above, [click here](#).

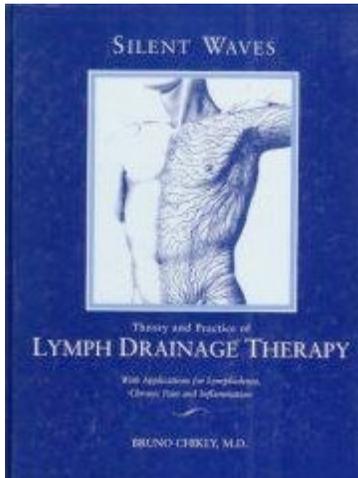
Product Specials

All Chikly Health Institute Products are 25% Off!

While limited supplies last

Don't miss *Dr. Chikly's* book,

Silent Waves



Upcoming Lymph Drainage Therapy I Workshops:

[February 24-27 Houston, TX](#)

[March 31-April 3 Wichita, KS](#)

[May 19-22 Colorado Springs, CO](#)

[July 14-17 Madison, WI](#)

[July 28-31 Philadelphia, PA](#)

[August 4-7 Sarasota, FL](#)

[August 11-14 Austin, TX](#)

[September 10-13 Atlanta, GA](#)

[October 27-30 San Diego, CA](#)

[November 17-20 Chicago, IL](#)

[December 8-11 Washington, DC](#)



What is Zero Balancing?

By Judith Sullivan, Zero Balancing Faculty

Zero Balancing



Judith Sullivan
NCTMB, CST-D

Zero Balancing Instructor Judith Sullivan is a former CranioSacral

Zero Balancing (ZB) is a powerful body-mind therapy that uses skilled touch to address the relationship between energy and structures of the body. A Zero Balancing session focuses primarily on key joints of the skeleton that conduct and balance forces of gravity, posture and movement. By addressing the deepest and densest tissues of the body along with soft tissue and energy fields, Zero Balancing helps to clear blocks in the body's energy flow, amplify vitality and contribute to better postural alignment. Zero Balancing was developed in the mid-1970s by Fritz Smith, MD, a trained osteopath and acupuncturist and pioneer in the field of integrative medicine. His experiences with both anatomy and energy as a force in the body led him to develop Zero Balancing.

A typical Zero Balancing session follows a protocol that usually lasts

Therapy I and II instructor for The Upledger Institute. She incorporates CST with the Zero Balancing (ZB) protocol in most of her treatments although she notes that ZB is a powerful modality by itself. Zero Balancing touch is a bit different from CST in that there is more structural connection to the bone, working with the interface between structure and energy. She finds the combination of treatments can accomplish more in a shorter time and that, in addition to CST, ZB also easily be combined with visceral work, acupuncture and other modalities.

View the workshop dates and locations for these IAHE curriculums:

CranioSacral Therapy

John E. Upledger, DO, OMM

Visceral Manipulation

Jean Pierre Barral, DO, MRO(F), PT

Neural Manipulation

Jean Pierre Barral, DO, MRO(F), PT
Alain Croibier, DO, MRO(F)

New Manual Articular Approach

Jean Pierre Barral, DO, MRO(F), PT
Alain Croibier, DO, MRO(F)

Fascial and Membrane Technique

Peter Schwind, PhD, Rolfer

Lymph Drainage Therapy

Bruno Chikly, MD, DO

Manual Therapy

Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

Mechanical Link

Paul Chauffour, DO

Healing From the Core

30 to 45 minutes. The practitioner uses finger pressure and gentle traction on areas of tension in the bones, joints and soft tissue to create fulcrums, or points of balance, around which the body can relax and reorganize. The client is dressed and lying supine upon the table during the session.

How can you use Zero Balancing to help your clients?

Zero Balancing can help relieve body aches and pain, release restrictions in movement, and provide lasting relief from emotional distress to improve overall quality of life. Zero Balancing can also be helpful with specific goals such as relief from back pain, improving concentration or sleep, releasing unwanted stress, eliminating old behavior patterns, or boosting well-being.

Why study Zero Balancing?

In addition to being a powerful stand-alone protocol, ZB teaches touch, techniques and principles that will enhance other modalities in your healing work. Zero Balancing is easy to incorporate into other modalities, including massage, craniosacral therapy, acupuncture, and chiropractic care, allowing you to work on multiple levels in one session. Zero Balancing "warms up the body" and can greatly enhance the effectiveness of other modalities.

Quickly engage your clients on a deeper level

ZB teaches simple and elegant ways to address deep patterns in the musculoskeletal system. You'll learn to balance body energy and structure simultaneously, achieving powerful and lasting effects.

Work with greater clarity and ease

Earn "interface touch", a hallmark of Zero Balancing, that brings clear awareness of both your own and your client's physical and energetic boundaries. Working at Interface protects you and your client, so you can practice any healing art more easily without becoming drained.

"For physical and emotional pain Zero Balancing is the most powerful tool I have to help people feel better."

- LW, Physical Therapist

Where can you find more information on ZB?

Visit www.zerobalancing.com. You will find a multitude of resources where you can learn more about ZB, search for courses and

Suzanne Scurlock-Durana, CMT,
CST-D

Equine CranioSacral

Gail Wetzler, RPT, CVMI, BI-D, EDO

Feldenkrais

Ann Harman, DO

NeuroMuscular Therapy

Judith (Walker) DeLany, LMT

Process Acupressure

Aminah Raheem, PhD

Qigong T'Chings

Cloe S. Couturier, LMT/CO, CST -D

Zero Balancing

Fritz Smith, MD

practitioners in your area, read articles, review the ZB curriculum, continuing education approvals, shop the online store and more. To register for a ZB class, or to save 25% on your purchase of **Inner Bridges** or the ZB video, [click here](#).



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If you prefer not to receive informational e-mails from us, simply return this e-mail with "remove" in the subject line.
(Sent to: [[EMAIL]])