



The Conscious Body Philosophy

Every person that calls us asks how we are different than the ten other doctors and therapists they have already seen and the four other places their friends have recommended and the fifteen other places they have found online.

The answer is how we view the body and how long we have been doing this.



I started my journey in holistic health 40 years ago, studying in Europe where I was living and then back in the U.S. with many of the pioneers of the time: Dr. George Goodheart, Dr. Dick Versendaal, Dr. Michael Dobbins, Dr. Milton Trager, John Barnes, Paul St. John, Dr. Janet Travell and more recently Dr. Kerry Bone.

All of these amazing people had one incredible thing in common they could see the patterns that the body created in its daily function and from that realize what was preventing the body from health and healing. This was the concept that the body has the capacity to heal from every assault. The body does nothing "wrong" so therefore symptoms are simply road signs to direct you towards the root of the problem.

This is the foundation of my practice and the philosophy of Conscious Body ... that the body creates illness and symptoms due to an imbalance, a deficiency, a dysregulation and by looking at the patterns and habits the body produces, you can figure out the why.

To resolve your illness you must ask why.



In order to begin, I have three ways in which we can determine the patterns and dysregulations that the body is experiencing: Thermography Regulation Scanning, my online client forms and Muscle Testing. These three things have become essential in helping me see the patterns that the body expresses and the ways in which the body tries to cope with these patterns. In this way my clinic is unique because we do not approach each patient as a typical case. Instead each patient is an individual case that creates its own individual body map. Not everything is due to diet, not everything is caused by Candida, not all people that test positive for Lyme have symptoms because of Lyme, not all inflammation is bad and menstrual problems are not inevitable.

To be a Conscious Body you have to learn the language of your body.

Our practice is unusual because we spend most of our time educating patients in exactly what their body is trying to say with its symptoms, what your inherent weaknesses are and what your body's tendencies have been. This is the only way to support your health into the future. There is no magic pill, there is no perfect diet, there is no one therapy.

You must create time every day for the things you need to stay healthy.

We create our lives around our job, our family, our obligations, other people's schedules. But more than this we consider our decisions in the light of our loved ones beliefs, our friends' advice, our co-workers' opinions, our emotional weaknesses. What we need to do is create strength, faith and commitment to the time needed every day to support the body's needs. This is not just something we do for a short time, like a diet. It has to be the way we live our life for the rest of our life and this will be different for every person. You cannot assume that your IBS is the same as your friend's IBS or the IBS of the people online telling you what worked for them. You need to honestly listen to your body, look at your past experiences and find the trail.

Natural Medicine is one of the only ways to control your future.

All of your plans, your ability to live well, independence and serenity are all dependent on your health. You cannot put off what you need to do to be healthy. Each day your body is creating new cells based on your health of the moment, so how many healthy cells are you creating today? There will come a day where you cross the invisible line and disease will truly begin. Prevention is the key.

An ounce of prevention is worth a pound of cure.

Let us help you to map out your symptoms and find the solution. Start today!



Iris's Message of the Month

"Don't silence the body's voice. Symptoms are the only way your body has to communicate with you. Simply suppressing those symptoms silences the inner voice and masks the true message."

Our Westborough Clinic is expanding!

We are enlarging our Westborough Clinic and will be able to provide more appointments for each of our wonderful therapies.

We will be creating new space for our FAR Infrared Sauna table so that you can book appointments for regular sauna sessions for optimal immune enhancement and detoxification.

We are adding a second Decongestive Lymphatic room to provide more opportunities for those who need weekly sessions for acute immune disorders.

We will now have space for our Japanese ionizing water machine to produce both alkaline and acidic waters that are antioxidant, anti-inflammatory, detoxifying and rehydrating.



Read the Latest Articles and Blogs from Dr. Clickner

- Read The Mystery of Illness
- Read The Season of Heart break
- Read Vomitus Logicialis
- Read The Rise in Allergies
- Read Pain is the Word
- Read Respecting Your Body Pic

Meet The New People of Conscious Body

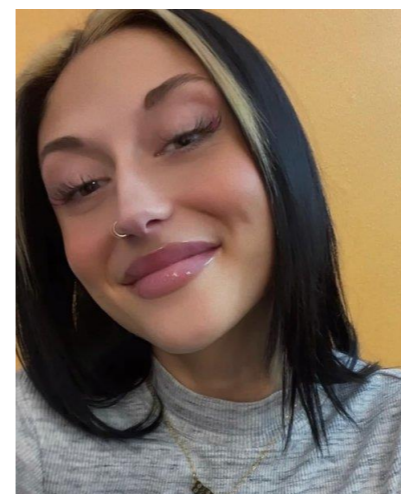


Lisa Hoffmann, Cold Laser Therapy and Thermography Scanning

Lisa has been a structural bodyworker for many years and now joins Conscious Body providing Cold Laser Therapy and Thermography scanning. She is passionate about helping people suffering with inflammation, pain and chronic structural challenges. Her knowledge and experience is only surpassed by her warmth and compassion.

Nicole Eldredge, Decongestive Lymphatic Therapy

Nicole maintains a thriving cosmetology practice focusing on the hair just blocks from our Westborough Clinic. She now joins us to combine her knowledge with the incredible benefits of Decongestive Lymph, teaching clients the links between the inside and the outside of the body.



[Visit Our Website](#)



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