

## What is Ortho-Bionomy?

Ortho = Correct

Bio = Life

Nomy = Study

Ortho-Bionomy® is gentle and noninvasive bodywork based on osteopathic, homeopathic and martial arts principles and concepts. Ortho-Bionomy uses comfortable positioning and movements that stimulate the body's natural, self-correcting reflexes to initiate realignment, rebalancing, comfort and promote homeostasis. When all systems function in harmony, the body is able to release pain and uncomfortable holding patterns. It helps break the cycle of pain without creating more pain. Ortho-Bionomy embraces the body, mind and spirit connection, allowing the integration of physical, emotional and mental well being.

Ortho-Bionomy is a standalone practice and is also used in conjunction with many other healthcare professions.

## An Ortho-Bionomy Session

Sessions are typically an hour long and the client remains fully clothed. The sessions are collaborative, meaning that the client is participating through listening to their own levels of comfort and communicating this as necessary. Gentle positioning and movement are used to facilitate and support the body's own unique way of releasing the discomfort, pain or tension in a way that is safe and comfortable.

## The benefits of Ortho-Bionomy:

- Reduces stress, tension and pain; restores vitality, energy and a feeling of well-being.
- Facilitates the body's ability to return to its natural state so all the systems can work more freely; this can support and speed healing.
- Improves balance, posture and range of motion as the body becomes more mobile and flexible.
- Works well as a complement to all other healing systems. Changes can often be immediate and profound.

## Who is Ortho-Bionomy for?

Ortho-Bionomy is safe and gentle enough for newborn infants, pre/post operative care, mild discomfort or acute body pain. It is very effective in dealing with chronic issues, traumatic events, sports injuries and many other common ailments.

**Ortho-Bionomy was developed** in the early 1970's by a Canadian, Arthur Lincoln Pauls, DO., and is now taught, practiced and recognized world-wide for its gentle, comfortable approach and lasting effects.

*"Injury or disease results from what I call 'misunderstanding', Ortho-Bionomy brings understanding to the person so that he or she may respond appropriately, rather than by habit or fear"*

*Dr. Arthur L Pauls*

FOR MORE INFORMATION ABOUT  
ORTHO-BIONOMY OR TO SCHEDULE A  
SESSION CONTACT:



Ortho-Bionomy®

“Change the Pattern ~  
Feel the Difference”

Ortho-Bionomy®

*Ortho-Bionomy is not a substitute for appropriate  
medical care, exercise or nutrition.*

*The Ortho-Bionomy Association of Canada was  
established in 2003 and promotes the principles and  
philosophy of Ortho-Bionomy. The Association also  
regulates the education of practitioners in Canada  
through its comprehensive training programs.  
Practitioners are highly skilled, competent  
professionals who adhere to a strong code of ethics  
and high standards of practice.*

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