

HEALING ARTS SECTION

Acupressure Center Opens In Warwick

by Alana Rome

The world of holistic medicine has finally found a home in Warwick. Thanks to the partnership of **Dr. Judith Davis**, Ed. D., CP and **Joie Ogrodnick**, RN, CHPN, CP, many people can now experience obtaining a sense of well-being and relaxation in this beautiful village.

IGM Therapeutic Acupressure Center opened its Warwick location in June 2006. Since then, it has intrigued quite a few individuals who are open enough to try something that 'appears to be New Age.' On the contrary, acupressure is an ancient Chinese art, dating back over 6,000 years! "It was very, very relaxing," admits **Beverly Dexter**, who has experienced what the new Warwick IGM Acupressure Center has to offer.

However, do not confuse acupressure with acupuncture; acupuncture involves inserting needles into "acupuncture points" in the body, restoring the individual's well-being and health. Acupressure is similar in its positive results, but doesn't require the use of needles. Whether such practices can truly result in positive effects is not scientifically certain, due to lack of scientific research. Still, millions of people heed to the promises of holistic medicine.

The breakthrough of IGM Therapeutic

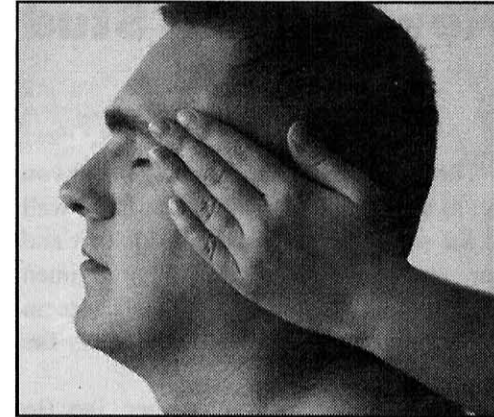
Acupressure is a little more recent. IGM, which stands for "Isabell Gatto Method" was developed by none other than **Isabell Gatto** herself. Combining her studies of Jin Shin Jyutsu, Shiatsu, Therapeutic Touch, Amma Therapy, and Music Therapy, she has created a type of acupressure that still produces all the desired results of traditional acupressure without being invasive to the body as with acupuncture. Needles are replaced with specific hand holds, which work to open energy pathways, balance energy within the body, and promote healing. "There's a series of 50 points on various parts on your body. We start on the right side, on the sternum, to the chest, the abdomen and so on," explains Ogrodnick. Gatto has been practicing this method for over 20 years and in the last six has been training future practitioners at William Patterson University in Wayne, NJ.

IGM Therapeutic Acupressure can alleviate a myriad of maladies, including anxiety, stress, high blood pressure, chronic pain, neurological conditions, digestive disorders, and joint and muscular diseases.

IGM's practitioners are all certified, creating a safe environment for patients. Each session runs from an hour and a half to two hours and is one-on-one with the client who remains fully clothed during the

session. "We do a formal intake, which is similar to a brief medical history. We have a poster that shows the parts we touch on the body. An intake is anywhere from 20 minutes to a half an hour to explain what you may feel and experience. During the session we ask to see if they're uncomfortable and ask how they are feeling," said Davis.

Warwick IGM Acupressure Center is located at 7 Wisner Road. A session costs \$75. Hours are by appointment. For more information, call 845-987-7736.



Acupressure is an ancient healing art using the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities.