

A Balanced Approach Therapy Centre

By Michele Tyndall
For L-P Specialty Products

Walk through the door of A Balanced Approach Therapy Centre at 2310 College Avenue, and you immediately realize you are entering a centre with a truly unique approach to healing. "We are the only holistic centre that I know of in the city. We offer everything that is holistic; we do a lot of networking amongst ourselves so that we treat the whole person — healing through balance through therapy," said owner Pricilles Pierce. Now celebrating its 10th anniversary, A Balanced Approach has been operating successfully in Regina since 2003 and, in 2011, the centre moved into a beautiful heritage house on College Avenue. With plenty of parking outside and creatively decorated rooms within, all visitors will find a trip to A Balanced Approach to be a warm and welcome experience. "I don't think there are other similar places in the city. You would have to come in and see what the atmosphere is like in this historic home. The energy and the tranquility set us apart from anyone else," she added.

The holistic treatments available at A Balanced Approach are unique as well, incorporating a variety of therapeutic approaches to healing. Treatments take into account all aspects of a person's requirements, including psychological, physical and social needs, in order to best treat the symptoms that each client presents.

The centre offers a wide array of treatments that include massage therapy, acupuncture, osteopathic manual therapy, nutrition and naturopathic medicine. The dedicated, professional staff is highly qualified in many specific therapies ranging from pregnancy massage and hot stone massage to Reiki and body wraps. They also specialize in unique treatments such as Craniosacral Therapy (CST), the use of therapeutic touch in specific areas to relieve the symptoms of stress and tension, and Frequency Specific Microcurrent (FSM), a therapy that uses specific frequencies and micro amperage current to treat pain and other health concerns by focusing on changes in body tissue. Naturopathic medicine is a non-invasive holistic method for prevention, diagnosis and treatment of the causes of any imbalance in the body. Naturopathic doctors Jonathan Bablad and Vanessa DiCicco combine a modern evidence-based approach with varied traditional and natural therapies including acupuncture, homeopathy, botanical medicine, clinical nutrition and lifestyle counselling when working with their individual patients.

Pamela Moore is the centre's registered acupuncturist and is skilled in the traditional Chinese practice that incorporates placing fine needles into the skin for varying amounts of time depending on the reason for the therapy. Moore practices acupuncture based on traditional Chinese Medicine and the Five Element Theory and offers a unique facial rejuvenation program that involves an initial assessment and follow up sessions which result in marked anti-aging.

Osteopathic manual therapist Kivil Woodward has recently joined Balanced Approach, and is offering his services at a reduced rate. In addition to his regular therapies, manual therapist Travis Cuddington will be offering Ashtanga and



Celebrating 10 Years

From Left to Right - Top Row

Pricilles Pierce (RMT/Owner),
Travis Cuddington (Manual Therapist),
Thera Jordan (RMT), Cynara Ford (RMT), Janice
Krietemeyer (BodyTalk Practitioner), David
Fernandez (Certified BodyTalk Practitioner).

From Left to Right - Bottom Row

Caitlin Pierce (Esthetician), Tracy Myers (RMT),
Amanda Eberle (Support Staff), Roberta Caza
(Support Staff)

Missing:

Pamela Moore (Acupuncturist),
Dr. Jonathan Bablad (Naturopathic Doctor),
Dr. Vanessa DiCicco (Naturopathic Doctor),
Krystal Cowie (RMT), Kivil Woodward
(Osteopath), Jeremy Eckert (RMT)

Vinyasa flow yoga classes on an individual and group level starting in November.

Using the osteopathic medical philosophy of unity of body and function, A Balanced Approach Therapy Centre's staff considers both the physical and mental needs of their patients by practicing a whole-person approach to health. Osteopathic manual therapists offer assessments to determine the genesis of the presenting issue and then work with the structures and tissues whose dysfunction are causing the presenting symptoms. For example, in the case of chronic musculoskeletal injuries therapists may look at structural alignment of bones and muscles, or chronically shortened fascia.

Unique to A Balanced Approach is the BodyTalk program, a revolutionary, holistic approach that provides simple therapy to allow the systems in the body to be re-synchronized so they can operate smoothly and respond effectively to imbalances or injuries. Safe and non-invasive, the BodyTalk system can be easily integrated into other healthcare regimes, and can be practiced daily.

At A Balanced Approach, clients are assisted in a complete wellness package with the intent that they will feel good both inside and out. To that end, clients will also find within the centre the Senses Studio, where Caitlin Pierce, a licensed esthetician and nail technician offers many different types of services including Bio Sculpture Gel Nails, manicures, pedicures, gel polish, nail art, waxing hair removal, eyelash tinting, eyebrow tinting, and body wrap treatments.

The centre is home to qualified, innovative individuals who

have created a warm and caring environment to respond to the unique needs of their clients. From relaxing/therapeutic massage to alternative treatments for specific health concerns, balanced health and peace of mind are always the goal. "Regina is ready to go all natural. People are seeking ways to better themselves, mentally and physically," said Pierce.

The services and treatments at A Balanced Approach Therapy Centre are designed to accommodate a variety of needs and lifestyles. The centre is welcoming and comfortable, the pricing competitive and the services are insurable. "The work place coverage enables employees to achieve a healthier state which, in turn, reduces stress and increases productivity at work," said Pierce.

Getting more information on all the services at A Balanced Approach or booking an appointment is easily done with a personal visit, a phone call to 306-757-3200 or a mouse click on their simple online booking form at <http://www.abalancedapproach.ca/> Regardless of how you come to be there, the staff at A Balanced Approach will be sure to give you their utmost attention, taking the time to listen to you and determine the best way to work with your individual needs.

"The focus here is that we put care back in to caring about the people of Regina and surrounding areas, and we here at A Balanced Approach are deeply grateful to all of our to all our magnificent clients for their continued support," said Pierce. "I'm so grateful to everyone, from the support staff to the therapists that have supported and worked at A Balanced Approach. Without them, we wouldn't be here celebrating ten years in the business."

To celebrate our 10th anniversary,
we are offering a promotion
during the week of Oct. 1st to 6th

\$ 10

Have a treatment at A Balanced Approach
and receive Ten Dollars in
"A Balanced Approach" money
to use on any service over \$50 during the week of Dec. 1 to 7
(some restrictions may apply).