Eclectic Naturopathic Medical Center helps with pain

By KARLA SANTOS
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NEWINGTON — Eclectic Naturopathic Medical Center will be hosting a Bowenwork workshop on Oct. 14 for anyone interested in learning a safe way to promote wellness.

The class will be an introduction to Bowenwork and it is planned from noon to 4 p.m.

The session will be presented by Dr. Kathleen Riley, a Naturopathic physician and the owner of Eclectic Naturopathic Medical Center.

The goal is to teach individuals to apply elements of Bowenwork in different parts of the body to address injuries, relieve muscle tension, joint pain, and stiffness.

The technique also helps ease breathing difficulties, heartburn and acid reflux.

It relieves neck, back and knee pain and it reduces stress, said Riley.

Bowenwork is a gentle connective tissue release technique that balances the body and stimulates energy flows, Riley said.

In addition, Riley said that she was in pain from car accidents, and when she was first introduced to Bowenwork, she was pain-free for three months.

"I was first exposed to it in 1990 and it totally changed my life," Riley said.

"It's important because it's a very simple and gentle technique that helps the body to shift," Riley said.

Riley added that the technique is appropriate for all including infants, elderly, elite athletes, and people with chronic conditions.

"Bowenwork is a different way of encouraging the body to balance itself," Riley said. "Because it works on the nervous system and the lymphatics, it's very relaxing for individuals."

Riley has been in practice since 1985. Eclectic Naturopathic Medical Center has another Naturopathic physician, Dr. Susan Yarett.

Riley and Yarett treat patients at the center by making sure that factors such as a good nutrition, exercise, stress coping strategies, and the needed amount of sleep are met to help better the physical and mental condition of patients.

"Our whole goal then is to help guide your body back into balance," Riley said.

The center treats a wide variety of issues from allergies, digestive and arthritic issues, to headaches, blood pressure and cholesterol issues.

In addition to Bowenwork, the center offers nutritional supplements, homeopathic medicine, lifestyle counseling and more.

The center is located at 48 Christian Lane, Suite 203, and is open Mondays, Tuesdays, Thursdays and Fridays from 9 a.m. to 4 p.m.

To learn more about Eclectic Naturopathic Medical Center visit www.kathleenrileynd.com or call 860-665-1254.

Karla Santos can be reached at 860-801-5079 or ksantos@centralctcommunications.com.

Karla Santos | Staff

From left, Kathleen Riley, Naturopathic physician and owner, Maria Indomenico, medical assistant, Ellie Charamut, medical assistant, Marilyn Delgado, medical assistant.

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