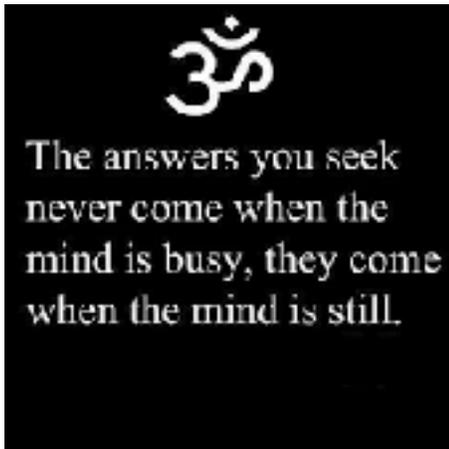


INNER CIRCLE Insights

Information for the Mind and Body

Science is in the middle of a deep-seated predicament that needs a “revolution”! Many people are now realizing the limitations of the medical and science communities.

Imagine that you were injured a couple of years ago. You received every conceivable form of “traditional” therapy, including hot packs, ultrasound, electrical stim, massage and medication. Despite your efforts, these methods often resulted in little or no relief of your suffering and a host of uncomfortable side effects. After all of this treatment, you continued to ask the question, “What’s wrong with me?” In response to that question you were given either multiple diagnostic labels or no answer at all. As you continued in your search for this answer, you heard responses such as “its all in your head” or “try this medication.” Then, if you were lucky, maybe one brave doctor came along and admitted that he just did not know. The last answer usually happens at some point and is the best answer of all. This answer is actually telling you that there was no way to reduce all of the symptoms that you were experiencing down to one narrow diagnosis. Unfortunately we don’t hear the statement of “I don’t know” as a good thing. We begin to feel helpless and out control. What could it be? Well, there is hope and I am here to help you understand. The body, mind and soul are linked as one entity. Our entire existence is based on this entity. In order to achieve complete healing, we must tap into our instincts and allow ourselves to experience our deepest feelings so that we might fully understand where the root of our pain lies.



Unfortunately, most of us, including healthcare professionals, get stuck in the quest for that one narrow diagnosis. We focus on the left side (the analytical part) of our brains in search of the most logical way of healing the pain that we experience. The mindset forces us to neglect the instincts, intuition, feelings and creativity found in the right side of our brains leaving us without the essential elements for ending our constant discomfort. The sad part is that many people have dedicated so much time trying to find the one logical answer, and nobody has taught them to start with the most simple place and search within themselves. We, as professionals and patients, need to open our minds to the power of the mind-body connection. This can help us to achieve a much more comfortable and peaceful way of living. If you have an interest in experiencing this form of treatment, I challenge you to change your way of thinking and open your mind to the truest form of healing known.

Professionally yours,

Timothy M Alloway, MSPT

For an appointment please call (215) 860-3623

*“The Natural Force Within Each of Us
is the Greatest Healer of Disease” – Hippocrates*