

# Janet Massey

## Spirit, Soul, and Body Support

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### Are your clients experiencing Chronic Symptoms such as:

Chronic Pain	Chronic Fatigue
Chronic inflammation	Chronic illness of any kind
Mental illness	Autoimmune disease
Chronic blood pressure issues	Chronic heart rate issues
Digestive symptoms	Allergies and environmental illness / Mold allergies

I am a Physical Therapist who would like to help you with your clients who need extra support. I was a past patient myself of significant chronic illness. I am fully healed, functional, and living an active life, and I love to help people achieve the same. I know that chronic pain, in particular, and other chronic illnesses, often floods MD offices, and clients need support. I wish to offer that.

If you have patients that need extra support, and are willing to try something to take care of their own body, send them to me, and my Align Membership. They can sign up at [www.janetmassey.com](http://www.janetmassey.com) Specifically: <https://www.janetmassey.com/plans-pricing> . All symptom and function levels welcome.

In the Align Membership I teach people to be present, and start taking action in their own health. I teach that their life doesn't need to be ruled by symptoms.

The Align Membership includes live via zoom and recorded / streaming classes of the following plus much more, Including Q & A time!

- Somatics Exercise class: I teach them to:
  - ❖ Learn to be present and focused, in the here and now
  - ❖ Use sensory input, gentle movement and muscle contractions rooted in healthy biomechanics
    - to stimulate vagus nerve, and get into parasympathetic
    - to heal the Autonomic Nervous System
    - to release built up stress, and change nervous system states to heal
    - to reduce chronic inflammation
    - to help release muscle tension
    - to learn to move biomechanically correctly
    - to redirect thoughts and calm the body
    - to support the immune system
- Self-Lymph Massage Class - Follow along self-lymphatic massage of the whole body, and focused areas and exercises
  - ❖ I am a Certified Manual Lymphatic Drainage Therapist
  - ❖ People get to learn to care for their own body and support the entire immune system
  - ❖ It is so helpful at decreasing pain
  - ❖ It even supports weight loss
  - ❖ Reduce chronic inflammation – at the root of chronic illness
  - ❖ Reduce chronic stress – also at the root of chronic illness
  - ❖ Support the Autonomic Nervous System