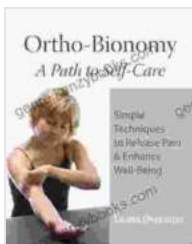


# Ortho Bionomy: The Path to Self-Care

Ortho Bionomy is a gentle, non-invasive therapy that can help you relieve pain, improve your posture, and increase your overall well-being.

Developed by Dr. Arthur Lincoln Pauls in the 1970s, Ortho Bionomy is based on the principle that the body has the ability to heal itself. By using gentle touch and movement, Ortho Bionomy practitioners help to release tension and restore balance to the body.



## Ortho-Bionomy: A Path to Self-Care by Luann Overmyer

★★★★☆ 4.8 out of 5

Language	: English
File size	: 17287 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 345 pages



Ortho Bionomy can be used to treat a variety of conditions, including:

- Back pain
- Neck pain
- Shoulder pain
- Hip pain
- Knee pain

- Headaches
- Carpal tunnel syndrome
- TMJ disFree Downloads
- Scoliosis
- Fibromyalgia
- Chronic fatigue syndrome

Ortho Bionomy is a safe and effective therapy that can be used by people of all ages. It is particularly beneficial for people who are experiencing pain or discomfort, or who are looking to improve their overall health and well-being.

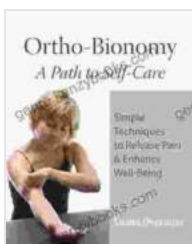
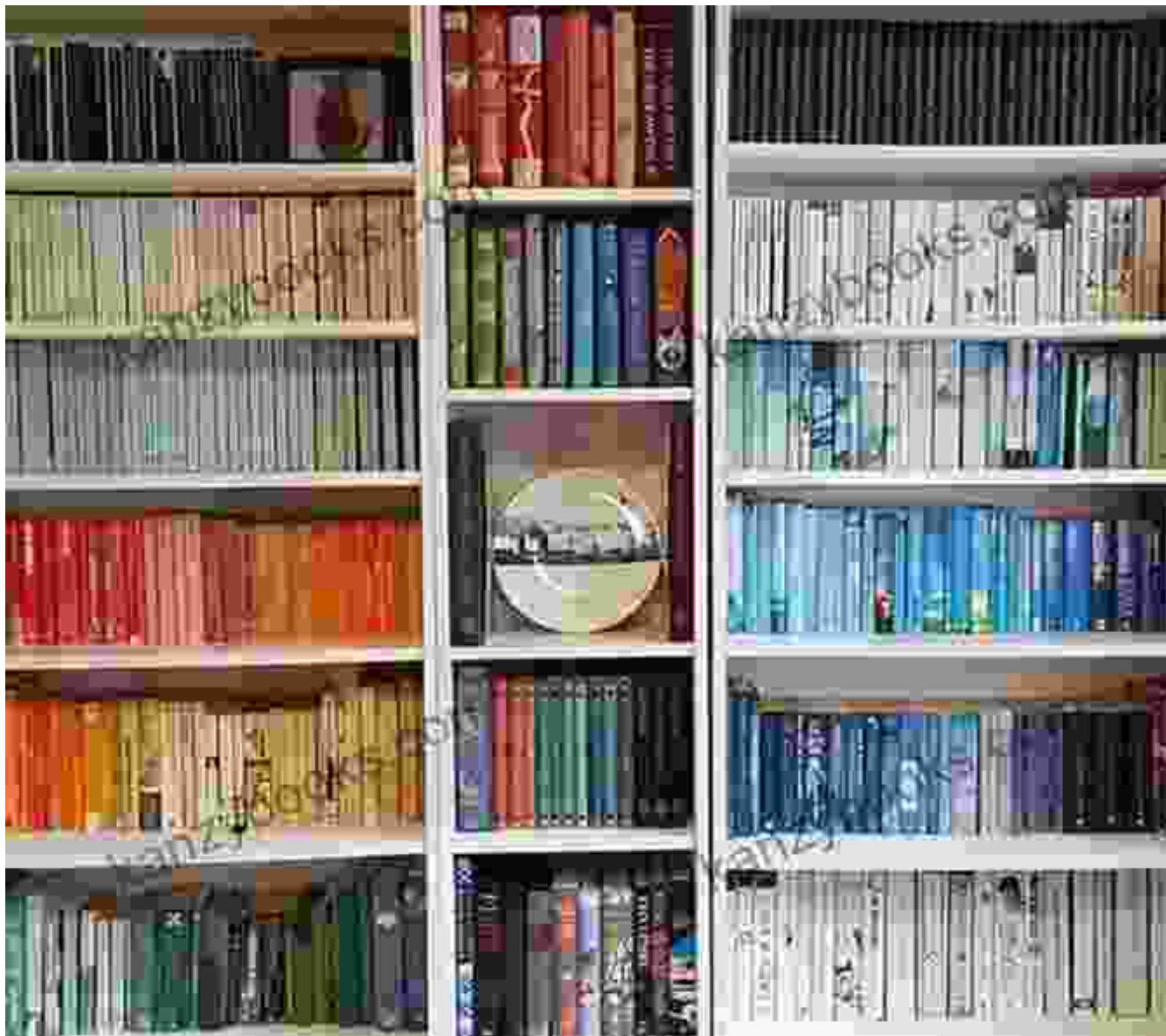
This book provides everything you need to know to get started with Ortho Bionomy, from the basics of the technique to specific exercises and self-care tips. You will learn how to:

- Identify and release tension in your body
- Improve your posture
- Relieve pain
- Increase your energy levels
- Improve your overall health and well-being

If you are looking for a gentle, non-invasive way to improve your health and well-being, Ortho Bionomy is the perfect choice. This book will teach you everything you need to know to get started with this amazing therapy.

**Free Download Your Copy Today!**

Ortho Bionomy: The Path to Self-Care is available now on Our Book Library.com.



**Ortho-Bionomy: A Path to Self-Care** by Luann Overmyer

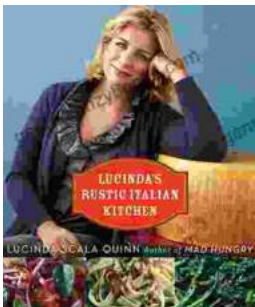
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