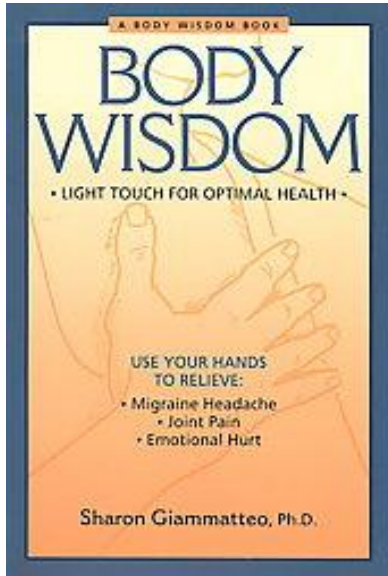


Integrative Manual Therapy (IMT) Self-Care and Exercise Books

Body Wisdom

Neurofascial Process (NFP)



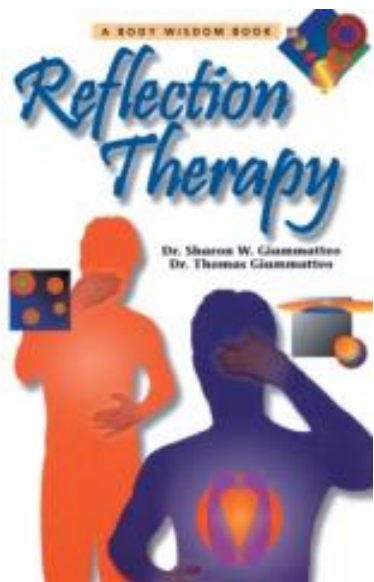
This book has three parts. The first part is Sharon's childhood story. The second part shows each of the process centers and information about the benefits of using each one. The third part is a protocol section with suggestions on self-care for chronic pain, organ dysfunction, joint injuries and more.

I love this book because it gives people the ability to help themselves, which brings hope and empowerment and a shift in consciousness, which makes all the difference in health, rehabilitation and recovery. – Kimberly Burnham, West Hartford, CT

Body Wisdom: Light Touch for Optimal Health
[ILLUSTRATED] (Paperback) by Sharon Giammatteo (Author)

Reflection Therapy

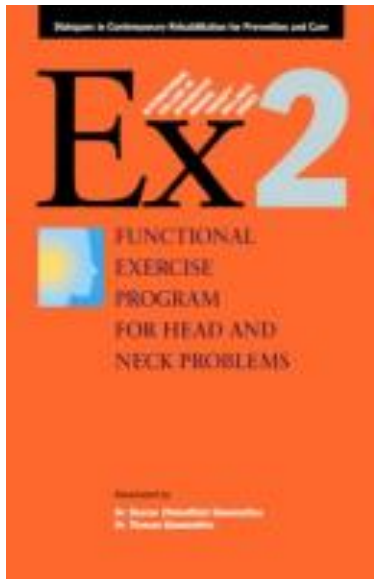
Increase Confidence, Decrease Anxiety



Reflection Therapy is a wonderful self-care book, which helps decrease stress and deload limbic energies. It is fun and I feel happier and less stressed after I do the exercise. I often look at the table of contents and choose an exercises to do that day. For me it doesn't seem to make a difference which exercise I choose, just so long as I do one of them. It is a quick and joyful way to decrease anxiety and increase confidence. – Kimberly Burnham, West Hartford, CT

Reflection Therapy (Body Wisdom Books) (Paperback)
by Sharon Giammatteo (Author), Thomas Giammatteo
(Author)

Exercise Program for Head and Neck Sensory Balance



This is a great book for people with headaches, migraines, balance issues, ringing in the ears, vision, hearing and other sensory challenges affected by head and neck dysfunctions.

I had 3-4 severe migraines a year for 10 years until I started doing Integrative Manual Therapy (IMT) and these exercise programs. I have only had one migraine in the last 8 years. – Kimberly Burnham, West Hartford, CT

Functional Exercise Program for Head and Neck Problems
(Functional Exercise Program Series) (Paperback)
by Sharon Giammatteo (Author), Thomas Giammatteo
(Author)

Women's and Men's Health Exercises

Pelvic Health, Stability, Function



Stability, health and function of the pelvic area is key to healthy movement, hip function, hormonal , digestive, and reproductive function. This book empowers people to bring that stability and health to their pelvis, hips and legs.

These exercises are great for getting rid of back pain and abdominal bloating and cramping, as well as incontinence. – Kimberly Burnham, West Hartford, CT

Functional Exercise Program for Women's and Men's Health Issues (Functional Exercise Program Series) [ILLUSTRATED] (Paperback) by Sharon Giammatteo (Author), Thomas Giammatteo (Author)

Elimination Diet

Decrease Stress & Anxiety - Eliminate Gluten, Eliminate Negative Thoughts

Elimination Diets are a growing part of the alternative medicine culture and are meant to eliminate toxins that affect the immune system, but there are also applications to other areas of addiction - churning thoughts, drama, and more.

This book is great for managing allergies and cravings for foods, such as gluten and sugar, as well as decrease stress and anxiety through the elimination of negative thought processes and other brain / insula related addictive behaviors. - Kimberly Burnham, West Hartford, CT

Elimination Diet - A New Health Care Tool (Paperback)
by Sharon and Thomas Giammatteo (Authors)

Anatomic Imagery

This is a wonderful booklet for guided imagery and questions to ask yourself as you focus in on health, blood flow and connection with a specific part of your body. – Kimberly Burnham, West Hartford, CT

Anatomic imagery for pain and dysfunction (Paperback) by Sharon Giammatteo (Author) & Thomas Giammatteo (Author) (2003)