



Prevent The Pain Therapy Made Me Believe

BY NIKKI WANTZ FOR LA2DAY.COM



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I have always been skeptical of western teachings that promised to heal with crystals, machines and being pulled in all kinds of directions. I'm one that goes to a doctor when she is sick and a shrink when her head feels a bit out of sorts. It's just the way I am. Well, the way I used to be.

I went to Prevent The Pain Therapy (PTPT) after meeting the owner Vivian Eisenstadt at an organic cooking class. She was vivacious, interesting and she told me about her healing work. She described it as "A naturalistic approach to scientific methods". I was confused and cynical. She invited me to her studio and I decided to give it a shot. What's the harm? It could only do well for me, right? I was so right. Walking into Vivian's studio, I was greeted by a very handsome assistant and two adorable Min Pins. Her studio is a house and had a very amazing feeling of comfort and serenity.

The first part of my treatment was experiencing the TurboSonic Whole Body Vibration Machine. Developed by Russian astronauts and fine tuned by Korean Qigong masters so that muscles and bones wouldn't deteriorate in zero gravity conditions, the machine is known for improvement of body strength, balance, bone density and flexibility while also tightening the skin and it makes weight loss faster. She told me that in the ten minutes that I stand on this machine, it's the equivalent of 45 minutes of cardio as far as cellular oxygen uptake by the cells. As I got on the machine, I look up at a sign that reads, "Please use the bathroom before using this machine, trust us" I kind of got nervous. I didn't use the bathroom. However, I went with it. The vibration at first made me feel uncomfortable. It was shaking up some parts of my body that had not been used in years. After about five minutes, I felt like I was on a drug I took in my raver days. After the ten minutes were up, I got off the machine and kind of wondered what just happened there. Before I could think about it, I was off to the next treatment.

I was instructed to stand on this small square (later I learned it was a grounding plate), and Vivian stood in front of me. There was a large crystal on a machine and she touched the crystal and then touched me. The feelings reminded me of when I was a kid and would skid across the floor in my socks and touch my mother, giving her a shock. Vivian instructed me that this was DC energy therapy where the waves of electricity were traveling from the machine through her body then into mine targeting tight areas and relaxing the muscles "taking your body out of fight or flight and into healing mode." My body kept tightening up then I just relaxed and went with it. It was invigorating and I then realized how tight my body actually was. It was clearing up the tension in my neck, back and arms and I could feel the stress melting away. It was like nothing I ever felt.

The final process was getting an alignment. It's where someone mobilizes your body with a quick precision. I remember watching the movie, Truth or Dare and Madonna gets an adjustment. When they crack her neck, it's almost scary and I always wanted one. Vivian is a true character and I mean that in the lightest sense of the word. She lays me down on the table. We talk about our lives and as she's talking about her business and I'm talking about my recent breakup, she's breaking the pain in my body. She aligns my neck, my back, and even stretches out my inner thighs while reassuring me with, "Here, I'm going to improve your sex life"

After all of this was done, I'm made new again. I decide to purchase some liquid vitamins. Vivian tells me that most of the population is living with toxic bodies internally and most of the food that we consume doesn't have the proper nutrients to keep you healthy. If you are feeling out of whack, you can go to a therapist and talk and talk but if your body is not properly aligned you will never get better. Let me tell you, those vitamins have me feeling better and more put together then ever. I rid myself of things in my life that were causing me stress (a job I wasn't happy in), and I feel more energized and ready to take on the world!! After being privileged to experience this amazing process I am a firm believer. I feel better then I have in years and lost nine pounds with no diet because my body is finally getting nutrients that it was starved for.

I will keep going to see Vivian and getting treatments. It was the best thing that could have happened to me and my body, mind and spirit all thank her.

Vivian is a Board Certified Orthopedic Specialist and Board Certified Physical Therapist. She is educated in Pilates , Health Sciences and Physical Education.

Check out her site (she said it's still under construction so not everything she offers is on there yet) at www.preventthepain.com

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