



ABOUT ME

I'm Chris Cosby. I have always had a deep desire to help people and decided to fulfill this desire in September of 2009 when I enrolled into the Connecticut Center for Massage Therapy in CT. I received my massage license in May of 2011 and mainly offered therapeutic massage during the first few years as a massage therapist. In addition, I enrolled in more specific courses for head & neck as well as pregnancy.

I learned about the Bowen Technique from my naturopathic doctor in CT in April of 2014. I began regular sessions shortly afterwards and love the tremendous benefits (low back pain relief). Since I was unable to massage due to health issues, I decided to learn the Bowen Technique to expand upon my massage certification. I keep my massage license(#16579) current in order to provide various soft tissue therapies for my clients. I am currently in the process of learning the Emmett Technique to further help my clients with muscle release.

Certified Health Coach

DR SEARS WELLNESS INSTITUTE

I seek to educate, motivate, and encourage Individuals who are struggling to eat well and make positive changes to their diet in order to help themselves go about their days feeling more energized and better about themselves over all. I decided to study with the Dr Sears Wellness Institute because of their core values: Quality Science, Strong Ethics & Integrity

Services offered:

Individual Sessions: Virtual/In Person
 Personalized Shopping Trip
 Pantry Makeover: Virtual/In Person
 12 Week Program

For families/individuals who might need a simple way to help themselves eat more fruits, veggies, berries, & omegas, I will gladly share my family's solution that we have used for over a decade now

HOLISTIC BODY THERAPIES, LLC

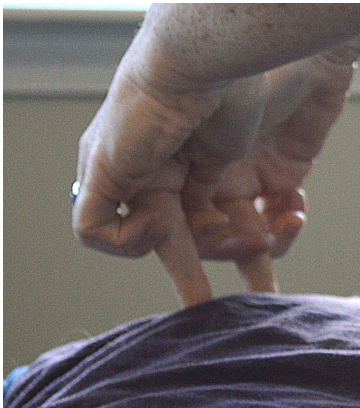
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INVEST IN YOUR HEALTH WITH HOLISTIC BODY THERAPIES



Where whole food nutrition and soft tissue techniques bring balance to the body



EMMETT TECHNIQUE

This technique originates from Australia and created by Ross Emmett.

It is a recognized technique used to ease pain and discomfort, increase movement, and improve quality of life, lymph drainage, and the elimination of toxins.

The body understands how to respond to the light touch and reacts in a similar way to the working of a touch-screen. The lighter the touch, the better it works. Your brain is the hard-drive and your body is the keyboard or touch screen. The light touch sends signals to the brain and nervous system.

HOW MIGHT THEY HELP?

Head

Sinuses
Whiplash
Allergies
TMJ
Neck Pain
Headaches

Shoulder

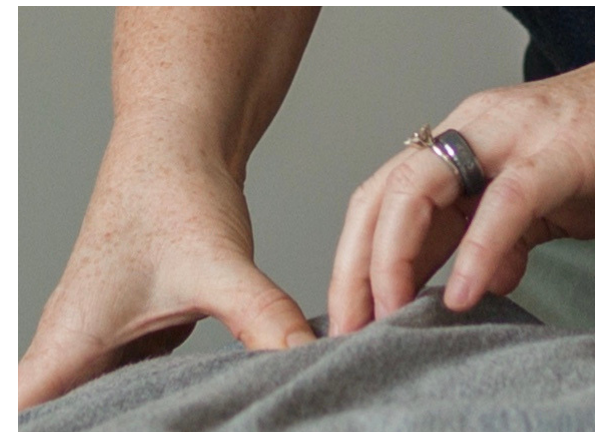
Golfers/Tennis Elbow
Frozen Shoulder
Upper Back Pain

Pelvic

Sciatica
Low Back Pain
Hip Pain
Digestive Issues
Knee Pain
Ankle Pain

And
MORE!

These techniques are terrific for all ages!



BOWEN TECHNIQUE

This technique also originates from Australia and was created by Tom Bowen.

It uses light to moderate pressure to perform a series of moves usually over acupuncture points. These moves send signals to the brain as well via the soft tissue(fascia) to initiate the nervous system into a rest and digest state.

It addresses the body as a whole by helping to improve circulation, lymphatic drainage, and the elimination of toxins.

It is gentle on the body as well and is effective and appropriate for anyone to receive.