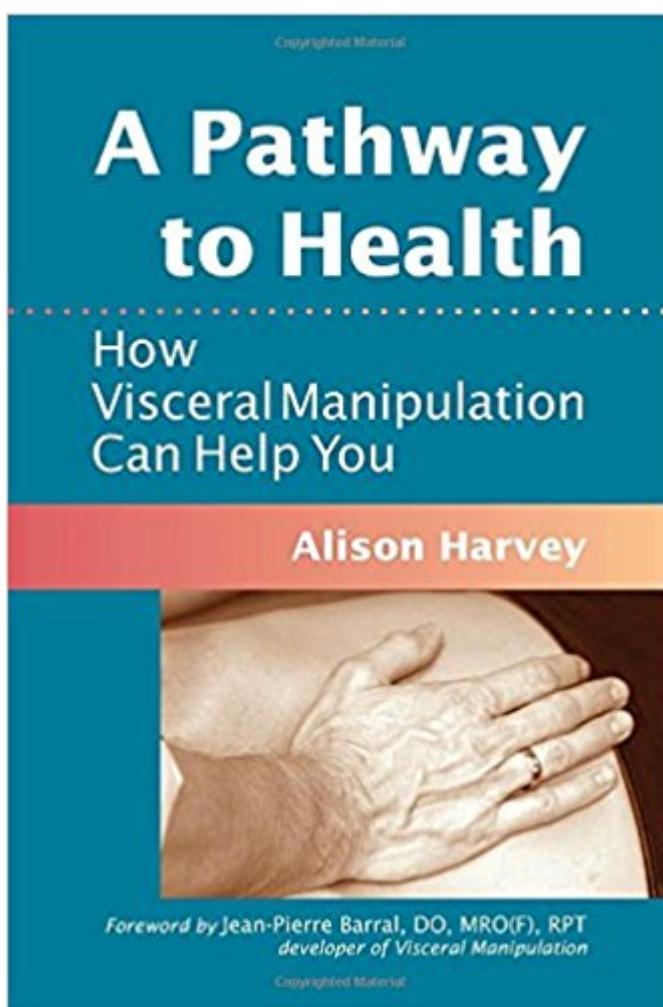


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# A Pathway To Health: How Visceral Manipulation Can Help You



## Synopsis

Based on the premise that movement is essential for life and any restriction will affect our health, visceral manipulation starts with the core, the viscera (organs), and extends throughout the entire body to address pain, structural imbalances, tensions, and restrictions. The practitioner uses specifically placed manual pressure that promotes normal movement, tone, and internal movement of the organs, their supporting structures, fascia, nerves, and blood vessels. The ultimate goal is improved health by allowing the body to perform and move optimally. Illustrated with nearly 100 instructional photos and anatomy drawings, *A Pathway to Health* begins with general information about visceral manipulation, describing the method, goals, philosophy, and history of the practice. The book also explains the evaluation process and what a patient can expect to experience during and following a treatment session. Author Alison Harvey covers each major structure of the body including the organs, fascia, muscles, bones, and nerves, and discusses the causes of dysfunction. The second half of the book focuses on each system of the body, presenting physiological information and treatments as well as case studies. Harvey also explores emotional issues and their effects on the body and gives an authoritative summary of current research in the field.

## Book Information

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## Customer Reviews

“Here is a book that explains in simple terms what Visceral Manipulation is all about, and why it is such a valuable modality for people seeking help. I wish I had had this book available for the general public when I started practicing Visceral Manipulation ten years ago.”  
R. August Axelsson, director of the Barral Institute Scandinavia, Copenhagen, Denmark

book is refreshingly written and informative, explaining in layman's terms what the normal function of the body organs could be. It empowers the reader to understand how his or her body functions and how Visceral Manipulation can help improve the state of one's health. It is a great contribution to the education of the public, as well as to the individual on his or her own pathway to health. •Christoph Sommer, certified Rolfer and teacher for the Munich Group, Munich, Germany "A Pathway to Health is an excellent resource for understanding how Visceral Manipulation improves one's sense of well-being" •physically and emotionally •by enhancing proper movement of the organs and other related structures in the body. •Annabel Mackenzie, registered Shiatsu therapist and Visceral Manipulation teacher for the Barral Institute, Vancouver, Canada

Alison Harvey is a trained practitioner in modalities that include chiropractic, applied kinesiology, craniosacral therapy, and visceral manipulation. She runs a multidisciplinary natural health center in the U.K. The winner of the Holm Award for her holistic approach to patient care, she lives in Ayr, Scotland. Foreword contributor Jean-Pierre Barral developed the visceral manipulation technique.

Whether you are interested in receiving Visceral Manipulation or in taking VM training, this book will give you the information you need. I wanted to know more of what VM could do after my first VM class (Feb 2011). To prepare for my next class, I'd need to buy several more expensive books but took a chance on this book. It was well worth the price both for me and my clients. Ms. Harvey presents complex material in a very readable way that even the layperson will understand. IMHO, VM should be taught in all med schools, not just for Osteopaths. As a therapist, I wanted case studies that would help me explain VM to my clients and to other professionals, including my own doctor. I wanted to know what I'd be learning in future classes, and would it be worth going through the entire program. I found what I wanted and more. The illustrations and photos are useful. The book is well organized and factual. The price is fair given the amount of work and information that is presented. If you are on the fence, just buy it. You'll be glad you did!

Easy to read and understand. Good addition to some explanation on basic introduction for such body work.

Visceral Manipulation (VM) has helped me on certain physical organ issues in a quick and permanent way. Being Over Analysis, I naturally want to know what just happened and how can I do

such magic. This book covers VM from a generalized perspective. It gives tantalizing hints and a bits of information. I've briefly seen some of the VM training materials and had hoped this book might cover some of that in detail. The books of Dr. Barral are dense. The video of his techniques gives only a hint. The secret, insofar as I understand it, is in the palpation skills and sensing abilities of the practitioner. Both are experiential and may not be amenable to any training other than in person. The book is 3 stars because it accessible - that is, it can be understood. It is only 3 stars because I'd hoped it would be an abbreviated simplification of Dr. Barral's written work teaching a few of the basic techniques with coaching pointers, and it is not.

Excellent bodywork routine!

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