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Sunday, October 18, 2009

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**Ayurvedic Bodywork Center adds The Rossiter System of pain relief to treatment offerings**

**Triangle -**

*Gin Brunssen of the Ayurvedic Bodywork Center helps clients take charge of their health, release pain, reduce sick days and Workers' Compensation claims.*

Raleigh, NC -- October 16, 2009 -- While the use of massage is growing, the reasons people are turning to massage therapy are also expanding. More and more people recognize it as an important element in their overall health and wellness.

The Ayurvedic Bodywork Center offers a wide variety of massage techniques that enable their clients to nurture their own health, restore balance, and create greater joy and fulfillment in their lives.

"I chose to add the Rossiter System's stretches as the technique is a powerful way to prevent and relieve pain, regain and build range of motion, and enhance performance." stated Gin Brunssen, owner of The Ayurvedic Bodywork Center.

Brunssen went on to explain, "The technique focuses on stretching the body's connective tissue and it appeals to me because it avoids surgery, heals the problem instead of treating the symptom and it involves the person in their own health care."

Praise for the effectiveness of the technique has been proclaimed by individuals and businesses by reducing workers' compensation costs by 62%; clearing up a years long shoulder ache in just one session; and more. See <http://therossitersystem.com/testimonials.php>

The Rossiter System fully compliments Ayurvedic massage practices which increase circulation, stimulate detoxification, and calm the nervous system and mind.

For those unfamiliar with the term, Ayurveda is a

Melissa Healy, Consortium Media Services Over 10 years ago ...

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system of natural healing more than 5000 years old. This natural holistic approach has been rediscovered by a Western culture looking for less invasive alternatives for maintaining optimal health.

For information about Gin Brunssen and the Ayurvedic Bodywork Center visit [www.ayubwc.com/](http://www.ayubwc.com/) and join her on LinkedIn and Facebook.

**About Gin Brunssen, BS, LMBT**

Gin has been practicing massage therapy for seven years. Her mission in bodywork is simple: help people to attain vibrant health and well being. A graduate of University of North Carolina at Greensboro she has the distinction of working and training at the Chopra Center for Wellbeing in Carlsbad, CA, founded by Deepak Chopra. She has mastered Neuromuscular Therapy, Integrative Neuromuscular Myofascial Therapy, pregnancy massage, and infant massage instruction.

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