

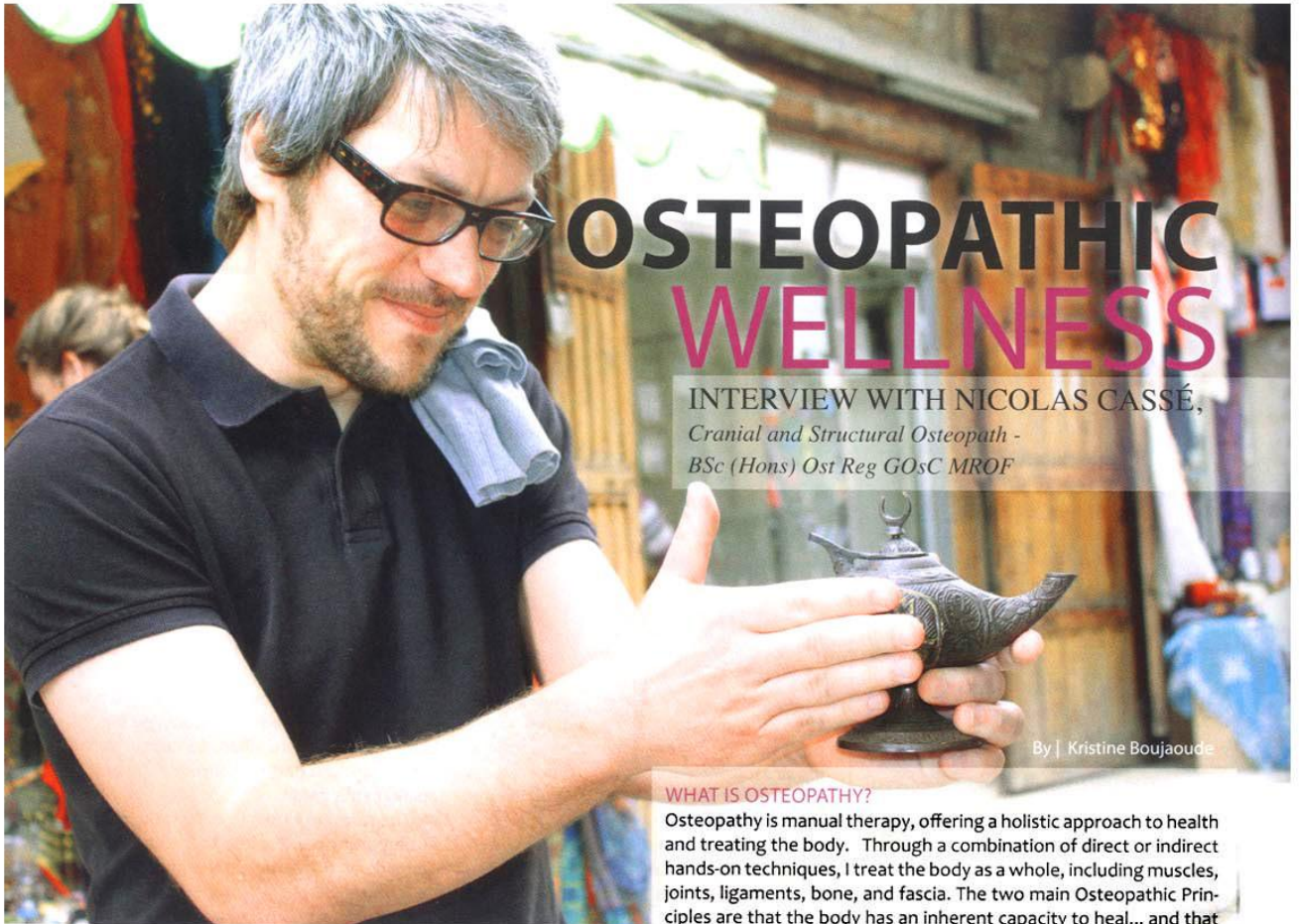
FIT'N STYLE

MAGAZINE

'WELLNESS WEEK' AT EDDÉSANDS WAS A TREMENDOUS SUCCESS LAST MONTH AS HEALTH ENTHUSIASTS ENJOYED THE ULTIMATE HOLISTIC JOURNEY. WITH WORLD-RENOWNED SPECIALISTS OFFERING THEIR EXPERTISE DURING THE PROGRAM, IT TURNED INTO AN EDUCATIONAL EXPEDITION FOR ALL. CRANIAL & STRUCTURAL OSTEOPATH, MR. NICOLAS CASSÉ FROM ANTIBES, FRANCE, WHO IS TRAINED TO RESTORE BALANCE IN ONE'S BODY, WAS ONE OF THE WELLNESS SPECIALISTS TO TAKE PART IN THE PROGRAM THIS YEAR FOR THE FIRST

HOW WOULD YOU DESCRIBE YOUR TIME AT EDDÉSANDS DURING 'WELLNESS WEEK'?

It was an amazing and humbling experience all round! The setting on the long sandy stretch of Byblos beach and the top notch venue that EddéSands is makes staying and working there very special indeed. The hotel and Spa staff are fantastic, always aiming to please and providing great professional service. The healthy and tasty food cooked by Brisa, the Peruvian chef, was excellent throughout. The participants can all now be called good friends. Last, but not least, Mme Alice Eddé was truly the host of all hosts and made us feel incredibly welcome making EddéSands Byblos a definite home away from home! I'm very grateful for having had this experience and I'm going to miss it!



OSTEOPATHIC WELLNESS

INTERVIEW WITH NICOLAS CASSÉ,
*Cranial and Structural Osteopath -
BSc (Hons) Ost Reg GOsC MROF*

By | Kristine Boujaoude

WHAT IS OSTEOPATHY?

Osteopathy is manual therapy, offering a holistic approach to health and treating the body. Through a combination of direct or indirect hands-on techniques, I treat the body as a whole, including muscles, joints, ligaments, bone, and fascia. The two main Osteopathic Principles are that the body has an inherent capacity to heal... and that body structure and body function strongly influence each other. Osteopathic treatment greatly improves function by restoring mobility and proper mechanics to all areas of the body, including the lymphatic, circulatory, and nervous systems. An Osteopath optimizes the structure so that the body can heal itself.

WHAT IS THE DIFFERENCE BETWEEN CRANIAL AND STRUCTURAL OSTEOPATHY?

While training as an Osteopath, we are taught a variety of treatment methods and techniques ranging from the more well known 'Structural high velocity thrust' (HVTs) with its 'clicks' or 'cracks,' to the very gentle, less invasive methods used by 'Cranial Osteopaths.' Cranial Osteopaths work at the gentler, more subtle end of the spectrum of different treatment approaches.

WHAT HAPPENS DURING A CONSULTATION?

I start by taking a full medical history to ensure complete safety and to formulate a diagnosis and treatment plan. My treatments are both gentle and effective; they can include more structural techniques like soft tissue and pressure-point work, stretching, joint articulation and manipulation, visceral techniques, and also Cranial Osteopathy - or more often than not - a combination of these. Treatment is carried out through light clothing. At the end of a session, I can give postural and lifestyle advice, plus guidelines on both stretching and strengthening exercises.

'WELLNESS WEEK' AT EDDÉSANDS WAS A TREMENDOUS SUCCESS LAST MONTH AS HEALTH ENTHUSIASTS ENJOYED THE ULTIMATE HOLISTIC JOURNEY. WITH WORLD-RENOWNED SPECIALISTS OFFERING THEIR EXPERTISE DURING THE PROGRAM, IT TURNED INTO AN EDUCATIONAL EXPEDITION FOR ALL. CRANIAL & STRUCTURAL OSTEOPATH, MR. NICOLAS CASSÉ FROM ANTIBES, FRANCE, WHO IS TRAINED TO RESTORE BALANCE IN ONE'S BODY, WAS ONE OF THE WELLNESS SPECIALISTS TO TAKE PART IN THE PROGRAM THIS YEAR FOR THE FIRST TIME. FIT'N STYLE WAS FORTUNATE ENOUGH TO TOUCH BASE WITH HIM AND DISCOVER THE WORLD OF OSTEOPATHY.

WHAT CONDITIONS CAN OSTEOPATHY TREAT?

Osteopaths are consulted for a wide range of healthcare issues in both adults and children:

- Back and neck pain
- Trapped nerves and sciatica
- Headache and migraine
- Sport injuries and rehabilitation
- Pelvic injury and instability
- Jaw problems
- Asthma
- Digestive problems
- Menstrual problems
- Generally unsettled babies
- Infants with reflux and colic
- Chronic ear infection in children
- Postural strain during pregnancy and post pregnancy

“ THE BODY IS A UNIT, AND THE PERSON REPRESENTS A COMBINATION OF BODY, MIND, AND SPIRIT. THIS IS WHY OSTEOPATHIC CARE IS CONSIDERED TO BE HOLISTIC AND KNOWN TO HAVE AN EFFECT ON THE WHOLE BODY, MIND, AND SPIRIT TRINITY. ”

HOW DO YOU AID PREGNANT WOMEN AND INFANTS IN PARTICULAR?

During pregnancy, the future mother's body undergoes a great amount of change to accommodate the growing fetus. The postural changes and increase in weight are a given, but other changes may be more subtle like the effects of the hormonal relaxing of ligaments and the positioning of the growing baby. A combination of the above can put additional pressure on the joints and muscles of the spine and pelvis. The most common complaints during pregnancy include lower back pain, sciatica, pelvic pain, neck, upper back & shoulder pain, shortness of breath, fatigue, swelling, high blood pressure, and sleep problems.

Osteopathy provides a gentle approach to the treatment of infants as well. Using Cranial Osteopathy makes it suitable for children of all ages, including and especially newborns. There are a number of causes of structural changes in children. Such factors include difficulties and stresses during the pregnancy or birth, childhood accidents and falls, infection, as well as genetic disorders. Problems that affect the proper mobility and function of the body's structure can lead to a variety of conditions such as gastric problems (colic, reflux, and wind), head moulding (plagiocephaly) and torticollis (wry neck), sleep problems, recurrent ear, throat & urinary infections, respiratory problems (asthma), postural

problems (scoliosis), and behavioural or learning difficulties.

HOW MANY TREATMENTS DO PATIENTS GENERALLY NEED?

It is generally recommended initially to have one or two follow-up sessions within a two week time frame to guarantee better and lasting results. Obviously, it depends on the nature of the problem; I find a good average is 3-4 treatments within a 4-6 week time frame for acute problems, 1-3 sessions in a year as a preventative measure, and fairly regularly spaced out treatments for more chronic cases.

HOW WOULD YOU DESCRIBE YOUR TIME AT EDDÉSANDS DURING 'WELLNESS WEEK'?

It was an amazing and humbling experience all round! The setting on the long sandy stretch of Byblos beach and the top notch venue that EddéSands is makes staying and working there very special indeed. The hotel and Spa staff are fantastic, always aiming to please and providing great professional service. The healthy and tasty food cooked by Brisa, the Peruvian chef, was excellent throughout. The participants can all now be called good friends. Last, but not least, Mme Alice Eddé was truly the host of all hosts and made us feel incredibly welcome making EddéSands Byblos a definite home away from home! I'm very grateful for having had this experience and I'm going to miss it!

