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Mindy zimmerman massage

Mindy Zimmerman BCTMB, CLT, CMT Board Certified Therapeutic Massage & Bodyworker, combines over 1,000 hours of training and its intuition to help people manage both mental stress and physical pain. Sometimes touch is all it takes to change our breath and reduce the stress we keep in our bodies. What Mindy does is help you reconnect to that place where tension is held, and neurological signals don't give you any more feedback to let go of. Using slow and different degrees of pressure, along with a slow stretching of muscles; Tight muscles release allowing more freedom of movement and better body mechanics. Experience With more than 25 years as a bodyworker, creative movement student and mediator, her work is especially effective for busy people with stress in their lives. Her unique style focuses on three levels: lymph, muscular and skeletal. By calming the nervous system, the golgi tendon organ is activated and signals the muscles to relax. Adrenaline levels also reduce allowing a sense of well-being for the body's natural immune system to kick in. Her work is effective for reducing stress and pain associated with migraine, headache, neck and shoulder discomfort, TMJ and jaw pain, back pain, hip problems, knee and rotator cuff injuries, arthritis, and foot pain. After experiencing the birth of twins from a friend in 2001, Mindy participated as a birth doula. During this time she developed her pregnancy and postpartum massage styles. Musicians also benefit greatly from her work through the intuitive fluid, dance as movement that is unique to her style. Mindy's experience in the hospital environment, as well as her reassuring, healing touch bring a new perspective for people challenged with cancer and other life-threatening diseases. Her work with Geriatrics brings comfort and enhanced circulation, as well as emotional feelings of well-being for her clients. Her work is consistently described as having a very healing touch. Massage modalities usually used in her work include Myofascial Release, Jaw Release, Deep Tissue, Lymphatic Drainage, Craniosacral, Esalen Style, and Medical Massage. Education Mindy went to Alive & Well, a school for conscious body work in San Anselmo, CA received a national certification from the Whole You in Rutherfordton, NC. She completed the CranioSacral I course at the Upledger Institute at the Esalen Institute in Big Sur, CA and attended the City College of San Francisco for an additional course in Anatomy and Physiology. Comprehensive Manual Lymphatic Drainage Training at the Chikly Health Institute and Academy of Lymphatic Studies Vodder Technique certified her as Certified Lymphedema Therapist (CLT) to work with lymphedema after cancer treatments. Foundations of her work can be found in other courses. Gestalt Awareness Practice as taught by Chris Price (www.tribalground.com) and Esalen teachers, as well as the San Francisco Institute. She uses this work in her massage practice as well as Continuum Movement (www.continuummovement.com) as trained by Susan Harper and Medical QiGong as introduced by Master Mingtong Gu (www.chicenter.com). Mindy has been a resident of Marin County for 25 years and has been a practicing therapeutic massage and body work during this time. Check out reviews on Yelp A massage with Mindy is like a vacation. Not only is it relaxing and soothing, she is also a very intuitive and skilled energy healer. The experience is transformative. Ellie Energy Healer San Rafael I've been seeing Mindy for just over a year; Under the care of her competent and intuitive hands, my body has responded with healing in chronic conditions of severe allergies and liver dysfunction. Her lymphatic massage greatly reduces generalized toxicity and frees me to enjoy previously curtailed activities. Wonderful additional benefits are simply in the presence of Mindy's kind and caring spirit, her life wisdom, and her positive mind set. Thank you, Mindy, for using your giftedness in creating a better me! Blessings, Barbara While we were working on my arm, I was in that dreamlike state and I thought to myself, wow, what you're doing there is amazing! I woke up laughing. Jody Musician San Francisco For the last 3 1/2 hours, I think I've felt the way I should feel... loose, comfortable, and nothing hurts! Yahoo - it's possible! Thank you, JG San Anselmo My search for the best massage in Marin County is over. Mindy is part massage therapist, part physical trainer, part life coach, and part angel. I've seen her for routine maintenance and urgent care, and always feel like she worked _with_ me to heal and avoid whatever issue brought me in. She is a very caring person and an intuitive and thoughtful body worker. Mindy sets the standard for her field. Amy San Rafael, CA Massage for me is a part of health and well-being. It is a modality often overlooked by doctors and patients who are both holistic and non-invasive. Over the years I have had the opportunity to experience massage from many professionals. I believe Mindy Zimmerman's focused deep massage technique is one of the best. Her innate sense of touch both soft and firm, along with her knowledge of anatomy and pressure points ensures good results. Jerri Medical Director of Endoscopy Asheville, N.C. It's like being the sculptor who sculpts me. I took a bad fall from a horse last summer, broke no bones, but injured everything.. so bad that walking was a struggle for weeks. Now, many months later, I am completely healed, but still with residual stiffness and pain. Not only did the massage feel and let go of all kinds of exciting places, but also, when I walked to work the next day, I loved to feel free... my hips freed from the tightness that has changed walk since I fell. Thank you! Robin Marketing & Technology Strategy for Medical Websites Philadelphia, PA Mindy is the most intuitive massage therapist of all I have ever met. Her massage is like the loving, supportive embrace of the perfect mother. She is able to move through the rocks and numbness of my shoulders and neck, taking me to a whole new place of openness and comfort. She's the best. Absolutely addictive! Karen National Marketing Analyst Philadelphia, PA Just a note of appreciation for the wonderful massage you offered me. Granted, it was just a massage, but you managed to relieve me of that sore knot through my shoulder blade in one session. I enjoyed the fact that you use visualization and different techniques to solve this disease for me. Please know that you have a happy regular in me when I'm in town. Andy Miami, Florida Continuing Education Learn More Open Searchbar Close Searchbar The purpose of your consultation is for both you and Dr. D'Amore to get as much information as possible. During this appointment, Dr. D'Amore will discuss your medical history, your aesthetic desires, any specific problems and formulate a plan to help you achieve your cosmetic goals safely and effectively. Dr. D'Amore will be accompanied by a patient coordinator whose role it is to help you through your entire experience and ensure that you are fully prepared for your procedure. We will also take before and after photos of previous patients to show you. We strongly believe in the value of communication, so feel free to ask questions at this time and we will be happy to answer them for you. In an attempt to make this appointment as thorough as possible, we ask you to allow at least an hour in your schedule. Even though there is no fee for a cosmetic surgery consultation with Dr D'Amore we recommend that a tax deductible donation of the amount of your choice be made to one of the charities we support: 1. Rotaplast. An international organization that brought reconstructive plastic surgery to children from less fortunate countries. Nearly 14,000 children have had the necessary surgery for cleft lip and palate around the world through the help of Rotaplast volunteers. 2. Marin Community Clinic. The clinic's mission is to improve the health and well-being of vulnerable children and low-income adults here in Marin County. Every year, 5,000 children receive high-quality primary care through the Marin Community Clinic. On behalf of the chosen charity, we thank you in advance for your generosity. CONCIER SERVICES Our office will also be able to help you with any additional arrangements you need to make, such as transportation, hotel accommodations, etc. Discuss your needs with your patient coordinator at the time of your consultation. CONFIDENTIALITY Our office strongly adheres to privacy our patients. No information or medical records are released to anyone without specific written consent from our patients OUR STAFF: Jennifer Brierley Receptionist, Skin Care Coordinator Edna Nargiz C.M.A. Certified Medical Assistant Michele Churan C.M.A. Certified Medical Assistant, Patient Coordinator Terra Slate R.N. Nurse, Clinical Director of Pacific Surgery Center Sharon Bame, R.N. Registered Nurse, Plastic Surgery Nurse Mindy Zimmerman Special specialized in lymphatic masses, a very useful technique used to reduce swelling after surgery Allyson Osborne Accounts Manager HOURS, LOCATION, AND MAP Monday through Friday from 9:00 a.m. to 5:00 p.m. 21 Tamal Vista Blvd. Suite #103 Corte Madera, California 94925 Phone: 415-927-7660 From San Francisco Take 101 North to the Paradise Drive Exit. Turn left to Tamalpais Blvd. Turn right on Madera Blvd. Go through the four-way stop sign and our building will be on the right. From Napa/Sonoma Take 101 South to the Madera Blvd Exit. Turn right at the four way stop on Tamal Vista Blvd. Taking your medicine can be a whole lot easier now that a Buck Institute for Research on Aging study has produced scientific evidence that a massage will indeed help heal sore and stressed muscles. The study, jointly produced by the Buck Institute in Novato and McMaster University in Canada, appears in the February 1 online edition of Science Translational Medicine. It shows that massage reduces inflammation, promotes the growth of new mitochondria in skeletal muscles and reduces muscle pain. Researchers had 11 young men exercise to exhaustion on a stationary bike and then had one of the men's legs randomly selected to be massaged. The technique combined light stroking with sturdy compression. Biopsies were taken from both legs prior to exercise, immediately after 10 minutes of massage treatment and after a period of 2.5 hours of recovery. Previously, it was difficult to figure out the psychological effects of massage, said Buck Institute faculty member Simon Melov, who was responsible for genetic analysis of the tissue samples. It is a pleasant feeling and relaxing. But now we know that there is a cellular basis for the observed beneficial effect. Our research showed that massage dampened the expression of inflammatory cytokines in the muscle cells and promoted biogenesis of mitochondria, the energy-producing units in the cells. Melov explained: If you over-exercise, that's what happens when you make sure your muscles adapt to a new workload, you make more mitochondria so your muscles can perform the increased workload. He said the pain reduction massage may include the same mechanism as that to which conventional anti-inflammatory drugs are targeted. The lead author of the paper, Dr. Mark Tarnopolsky of the Department of Paediatrics and at McMaster University, said: This study provides evidence that manipulative therapies, such as massage, can be justified in medical practice. The potential benefits of massage can be useful for a broad spectrum of individuals, including the elderly, people suffering from musculoskeletal injuries and patients with chronic inflammatory disease. Vajra Matusow, who founded the Diamond Light School of Massage and Healing Arts in San Anselmo in 1987, said: It is absolutely amazing that what massage therapists have known for decades is now being validated by the scientific community. I don't think any of us are surprised by it. Mindy Zimmerman, a massage therapist who works at Marin General Hospital's Center for Integrated Health and Wellness, said, I'm glad to see the medical research behind what we intuitively suspected. Zimmerman said health plans don't pay for the massage therapy she offers at the hospital; she hopes that research like this will change that. According to the study, about 18 million people undergo massage therapy annually in the United States, making it the fifth most commonly used form of complementary and alternative medicine. Contact Richard Halstead by email at rhalstead@marinij.com rhalstead@marinij.com