



NONTRADITIONAL HEALTH CARE PRACTICE LOOKS FOR ROOT CAUSE OF WHAT AILS YOU

SOMETHING WASN'T RIGHT. Katie Green, a former collegiate track athlete, found herself in and out of health care facilities growing up despite maintaining an active and healthy lifestyle. She suffered various injuries, from stress fractures to back pain. For some reason, no matter how many times she paid a visit to the doctor, she just never felt better.

She now knows why.

Today, Green is a board-certified holistic health practitioner and neuromuscular therapist who owns and operates a nontraditional health care practice. She's been in practice for six years as a board-certified professional while also continuing her education. Green Living Holistic Health & Therapy, located off Perkins Road on YMCA Plaza Drive, differs from a general health care facility as no medicine is involved. Instead, treatment plans are devised wholly through nutrition and movement. The reason she never truly felt better, she now knows, is because only her symptoms on the surface were acknowledged. The underlying causes were not.

Green Living Holistic Health & Therapy offers rehabilitation and restoration of function by means of program design, postural alignment, manual therapy, nutrition education and sports-specific aid. Green considers the physical, nutritional, and even psychological conditions of her patients when designing their treatment plans. Simply put, her practice treats the root causes by identifying the source of the injury or pain.

"People walk in the door, and they've tried everything. Nothing has worked," Green says. "They're desperate. They'll say, 'Holistic health? I don't know what that is, but please help me.'"

Green works with athletes and individuals of all ages. She's seen spinal issues; back, neck, knee and hip pain; rotator cuff tears; stress fractures; muscle strains; metabolic dysfunction; and even whiplash. She utilizes an extensive orthopedic/spinal evaluation process and assesses each patient's health history to create a detailed program tailored specifically to the patient's disparities.

Nutrition and exercise aside, perhaps how Green helps her patients the most is through the relationship she builds with them. The healing process affords her the opportunity to serve in several different roles. Not only as a nutritionist and therapist, but also as a motivator. Constant communication is one of the most important elements of her healing process.

Green holds herself accountable for checking in.

"Relationships are already tough in life," she says. "But if this is going to



work, the relationship has to be there. The art of communication is a mindful component of my practice, and I encourage thorough use of it. The mechanics of the human body fascinate me, and I think it's important for the patient to understand them as well. It's crucial to me that they know why this specific stretch or exercise is going

to better them physically and move them further away from their pain. It's important for them to not only execute the movement but understand why."

"Why" is the basis of her business and the reason her practice was founded. An athlete herself, Green knows the frustration that comes with chronic pain, of knowing something is wrong but not knowing exactly what, and of not knowing where to turn next. Green recommends people who suffer from any of the aforementioned symptoms and more visit greenlivinghht.com to learn more, or call (225) 938-0170 to schedule an initial, no-obligation consultation.

When you do, the only question you'll be asking yourself is "why?" Why didn't you call sooner? ▲

AT A GLANCE

PRIMARY PRODUCT/SERVICE.....	YEAR FOUNDED.....	2014
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Katie Green		