

Neil Melanson, MT

5991 Spring Garden Road
Suite 460
Halifax Nova Scotia
B3H 1Y6
(902) 429-3443

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Dear Doctor, Therapist, or Counselor,

I am a Halifax-based massage therapist specializing in the John F. Barnes Myofascial Release Approach. I would like to give you my thoughts regarding Ms. Jane Moody's therapeutic healing approach in relation to why I refer clients to her and also to share with you some of the feedback clients have expressed after a treatment session with her.

In my practice, I encourage clients to be aware of the feel of their bodies so they have a conscious choice to keep holding onto the tightness in their bodies or to soften and let go of tensions held in their tissues. Through my research, training and experience, I have found that most, if not all, physical tightness and pain have associated mental, emotional and even energetic aspects. It is vitally important to address these deeper layers if one wants total resolution of any situation with which a client presents. This is working on the causative layers more than on the symptomatic layers which our basic health care training taught us to focus.

I am privileged to have been treated by a wide variety of practitioners incorporating various therapeutic approaches over the past few years. This has been out of sheer professional curiosity and to address the causative layers of my own physical pain and tightness. When I find a therapist who has the training, experience and aptitude to help his/her clients heal at a deep level, I will encourage my own clients to seek his/her services in conjunction with my approach. This will complement a comprehensive therapeutic plan addressing individual client's needs. Jane Moody is one of those therapists whose approach I highly value and respect. The clients I have referred to her have all had positive experiences ranging from generally uplifting to deeply profound. As the clients' emotional, mental and energetic restrictions are released, physical tensions will also dissolve allowing for improved self-image, increased flexibility, decreased pain, and a feeling of lightness/freedom; like a weight has just been lifted,

In short, my experience working with Jane personally and professionally with mutual clients has been empowering and highly successful. I will continue to refer my clients, and other therapists to Jane for her compassionate ear, depth of awareness, and her ability to integrate spirit, mind and body. My hope, is that you will too!

It has been a pleasure to help promote Jane Moody's work. If you have any questions regarding my personal or professional experiences with her, please give me a call.

In good health,



Neil G. Melanson, MT
Myofascial Release Therapist