



Rowena Cua, LMT, NCTMB



An Innovative HEALING CENTER IS OPEN IN LAS VEGAS **BODY RESONANCE MYOFASCIAL WELLNESS CENTER**

BY DEBBIE HALL

Body Resonance Myofascial Wellness Center is more than a healing center. Specializing in John F. Barnes Myofascial Release, it offers innovative structural bodywork that releases restrictions in connective tissue, helping the body restore itself to health and well-being. It is a form of manual therapy for pain and whole body healing. It can help anyone suffering from back pain, fibromyalgia, headaches, migraines, neck pain, TMJ, menstrual issues and stress. The body gives signals and the center works with those signals to give relief.

Owner Rowena Cua, NCTMB, is also a licensed massage therapist and worked for years in the health industry and corporate health care and attended nursing school. It was her personal journey that brought her to studying Myofascial Release and opening the center.

"I used to suffer from headaches and migraines and I wanted relief. At the time I was working for a neurologist and pain management specialist and I couldn't be helped other than taking pain medication. I tried chiropractors, acupuncture, biofeedback and regular massage and still no relief," Cua explained. After research, she found Myofascial Release and after five sessions, she felt completely different. After more investigation, she learned about John F. Barnes, PT, LMT, NCTMB, offered a healing seminar for patients in Sedona, Ariz., and she attended and changed her career and life completely. She then attended massage school so she can facilitate one's healing process. "I want and need to help people and this is the way since it helped me so much. This is so meaningful, effective and powerful. John Barnes changed my life and I want to pay it forward."

Barnes is an internationally recognized physical therapist, lecturer, author and the leading authority on Myofascial Release. Through his 50 years of experience and creative insight, he has developed a whole body approach for the evaluation and

treatment of pain and dysfunction.

Fascia is a web of fibrous tissue that permeates the body, but the fascial system is still a medical mystery. It's been almost seven years since the first Fascia Research Congress. While many in the health care dismiss it, other scientists such as biomechanics researcher Peter Huijing, who was reluctant to attend the first FRC for fear that it would damage his reputation, has become one of its biggest supporters.

According to Cua, she has seen results both as a patient and therapist. "To me, it is so rewarding, and very fulfilling as a therapist to see that the work that you do really affects people's lives. It is so overwhelming at times how Myofascial release has impacted my life personally and professionally. It is very non-traditional but highly effective."

One big event in Cua's life was when she could help her father. He was very skeptical about his daughter's practice; however he did come in for a treatment for back, neck and elbow pain. The center does not just treat symptoms but looks for a cause. Doing Myofascial release and energy work, she felt an anomaly and encouraged him to see a physician for a CAT scan and colonoscopy. He was diagnosed with 5.3 cm aortic abdominal aneurysm, got treatment, had surgery and Cua helped to save his life through her practice.

In fact, her sister, Rosemarie Cua-DeLeon, PT, DPT, a physical therapist with her doctorate in physical therapy, has joined the practice.

Body Resonance Myofascial Wellness Center offers preventative care, facilitates the healing process and helps clients return to a pain free, active lifestyle. It is also her mission to educate people and offer relief without the use of medication and invasive surgery needlessly. The center is located at 5463 S. Durango Dr. For more information, call 702.776.8881 or visit bodymfr.com. **LWW**