

San Diego Woman *the Magazine*

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WISDOM**

**EGG
FREEZING
PARTIES?**



Michele Ruppert

“BE YOU, NATURALLY”

By Judith A. Habert

Photos by Daniel Bray <http://www.danielbrayphotography.com/>

MICHELE RUPPERT SERVED OUR country for 22 years in the United States (US) Navy. This was a career she had decided to pursue since the 8th grade. On one of her tours at Naval Base Point Loma, Michele was assigned to the USS CORONADO (AGF-11), the command ship for the U.S. 3rd Fleet with the most advanced network-centric technology in the world. While serving on the ship's force, she was the Automatic Data Processing Officer in charge of four computer networks onboard. She later transferred to the Admiral's staff onboard the USS CORONADO as the Fleet Information Officer. "I arrived at this assignment several months before 9/11. Before the west coast battlegroups deployed, USS Coronado would be the lead ship staging war exercises to test computer and communications systems. We worked closely with our US Allies, like Canada, United Kingdom, Australia, as well as some South American and Asian countries, so that we could communicate seamlessly anytime over voice and data systems." Michele enjoyed her time in the Navy and took pride in serving her country.

After retiring from the Navy, she had planned to become a park ranger due to her love of animals and the outdoors. Meanwhile, the universe had other plans for Michele. While in the Navy she was training for a marathon to help benefit the Leukemia & Lymphoma's, Team. While in training, she suffered a severe stress fracture in her right hip. At the age of 30, she was told that she would eventually need a hip replacement if she wanted to keep up an athletic lifestyle. "All I remember saying to myself is, 'I am way too young for a hip replacement at 30 years old!' As I was healing from my stress fracture, one of my co-workers referred me to a man she just met giving a seminar about the Rolf Method. She told me that I must call him immediately since he was my ticket to avoiding hip surgery. I called, and he said he could help, but I had to come in for a session to experience the Rolf Method. After my first appointment, I was grateful for my co-worker's suggestion. This therapy is officially termed Structural Integration consisting of basically ten separate sessions, which I did once a month for ten months. At

the end of the ten sessions, not only was I pain-free, I was an inch and a half taller, and the work corrected my walking and running gaits, which were contributing to my hip pain. I also continued receiving monthly sessions so my body could hold all the positive changes."

Structural Integration is also known to many as Rolfing or the Rolf Method, after its creator Ida Rolf. She had taken massage to the next level of healing. The massage practitioners who practice Structural Integration stand out for the ability they have to get their clients out of pain, and in many cases help eliminate the need for unnecessary shots, surgeries, and pain medications. Ida Rolf's theory and development of Structural Integration leads back to the 1920s. As the Rolf Institute of Structural Integration states, "In 1920, Ida Pauline Rolf received her Ph.D. in biochemistry from the College of Physicians and Surgeons of Columbia University. Despite the resistance she faced as a woman in the field of science, she furthered her knowledge of the body through research in organic chemistry at the Rockefeller Institute." Much of the impetus for her research was her health problems and the health of her two sons. What Ida Rolf created was a ten series of sessions consisting of very deep tissue massage focusing on the body's connective tissue, with each session having a particular goal. Once Ida Rolf had proof that her method worked, she started teaching it to other practitioners so she could spread the healing.

"As I was retiring from the Navy in 2005, a friend suggested we get massages in Pacific Beach, and it just so happened to be at the International Professional School of Bodywork College. It was as if divine intervention led me to that particular location as this was the only school in San Diego County that taught Structural Integration. When I found out that they accepted the Military GI Bill, I decided it was a great opportunity to share this amazing method that helped end my suffering almost a decade before. When I completed my training and was about to start my practice, the man who did my initial ten series in the mid-1990's, who had become a mentor to me, offered me a space to work with him in a wellness studio in Point Loma/Ocean Beach area and the rest is history."

Michele practices advanced, medicinal, structural rehabilitative massage-bodywork therapies which is not your average massage therapy you would receive at spas and other local therapeutic offices. Many of us go to a local massage therapist for sheer relaxation with temporary pain relief. Michele can do these types of spa-like massages, but she doesn't since the core of her practice involves saving her clients from unnecessary shots and surgeries and getting them out of pain so they can truly relax and lead healthy lives doing activities they enjoy.

Along with Structural Integration, Michele will be transitioning her practice to also include Structural Energetic Therapy to her clients. "Structural Energetic Therapy® is the only therapy that releases the spiral twist in the body back into weight bearing support relieving the stresses on joints, spine, and discs that lead to pain and dysfunction. We apply specialized myofascial (muscles and connective tissue) protocols to release myofascial holding patterns that maintain the distortions. We also use energetic healing techniques to release energetic and emotional blockages creating pain, distortions, and dysfunction. I find that Structural Energetic Therapy is like the Ph.D. of massage-bodywork therapies which further help people live pain-free lives." She also is certified as a personal trainer through the National Academy of Sports Medicine with specializations in Corrective Exercise for injury prevention and recovery and Sports Performance Enhancement. This is a massage practitioner who wants people to feel their best!

I asked Michele who would be a candidate for becoming a client of hers. "Anyone who is in pain, has an injury that will not go away, is told they need any type of shot or surgery, and is exploring natural therapies before going with medical recommendations. I have people who come in who just want to experience the work so they can be freer in their bodies, so they don't have to experience "feeling old" and keep their active lifestyle with the things they love to do."

There is another major element in Michele's practice that she feels is essential to saving her clients from injury and illness. "I am convinced that many of the diseases and pain we suffer are

due to a lack of drinking water throughout the day. I have been studying the effects of water myself for many years; when I learned about Dr. Batmanghelidj's research on the importance of water, I became an avid follower.

Dr. F. Batmanghelidj is often referred to as Dr. Water. He claimed that he discovered the medicinal value of water in treating the pain of peptic ulcers during his detention in prison in Iran in the late 70's. When given no medication to help fellow inmates, he started treating them with water. Surprisingly they became better. In 1992, he authored the book,



"Your Body's Many Cries for Water." In this book, Dr. Batmanghelidj asserts that chronic dehydration is the cause of most pain and many ailments, opposing the use of drugs to cure conditions that he claimed could instead be addressed by increased water consumption. A second book, "You're Not Sick, You're Thirsty" further addressed his beliefs on the importance of water.

"I always recommend these books. People are amazed when they learn how much water they need daily and how in two weeks they can start to reverse some illnesses and pain that they have been experiencing for decades. Michele also uses Dr. Batmanghelidj's guidance and made certain that she gets her required

amount of water daily. "Since I've been following Dr. Batmanghelidj's advice, I feel a 100% better than I did before when I had the stress fracture. It is now believed that diseases such as dementia, Alzheimer's, arthritis, weight gain, heart disease, and much more can be avoided if you drink the necessary amount of water daily".

Many of her clients are surprised with the amazing results of hydration and the therapy they receive from Michele. Michele's words of advice are clearly stated in her Slogan, "be you, naturally..." She believes before receiving additional shots and medicine or having unnecessary surgery that people should get "back to the basics." As simple as it sounds, it works, if people truly do them. One of the basics is drinking water to relieve what's physically bothering you. After seriously getting rehydrated with water, if you are still hurting or have whatever ailment that is still bothering you, then consider your next step. Maybe that's making an appointment with your physician or trying a natural modality like massage therapy, etc. to help you feel better. People want to heal immediately when it took them years to get into pain or have been in pain for years. What myofascial-specific massage therapy does is unravel the body through a series of sessions (varies from person to person) to where clients eventually find their natural alignment so that they can live pain-free lives. In the meantime, Michele provides a plethora of "back to basics" ideas and resources (called "homework") for clients to think about and incorporate into their daily routines. Whatever you are doing now is contributing to the pain you are experiencing. Michele helps you change what might be causing the pain, along with drinking water, receiving deep and thoughtful massage-bodywork sessions, and incorporating more rest, gentle exercise, a better diet, etc., so you'll eventually be your own natural you!

If you want a healthy natural alternative to pain relief contact Michele at: **Business mobile phone, (619) 890-0111 Business, <https://www.facebook.com/MicheleRuppertLMT/> Website, <http://micheleruppert.com/> Professional Network, <https://www.linke-din.com/in/micheleruppert/>**