

Mercier Therapy at Healus Neuro Rehab Center



What is Mercier Therapy?

Mercier Therapy is a site specific, manual gynovisceral soft tissue therapy that increases blood flow and mobility of the pelvis and reproductive organs in order to optimize pelvic health.

What pelvic conditions can Mercier Therapy benefit?

Mercier Therapy has been of benefit for Pelvic Pain, Infertility, Malpositioned Uterus Scar Tissue, Post Gynecological Surgery, Endometriosis, Secondary Infertility, C-Section recovery, Prolapse, Fibroids, Sexual Abuse Trauma, Polycystic Ovarian Syndrome (PCOS), Menstrual Dysfunction, Teen Menstrual Pain or Amenorrhea, Bladder Issues and Other Pelvic Conditions. Mercier Therapy is for women and men's pelvic pain relief and wellness. Comprised of a series of 6 – 12 therapeutic pelvic wellness massages, originally developed for women to decrease chronic pelvic pain and optimize pelvic health. Mercier Therapy reconnects you to your body.

Who developed Mercier Therapy?

Mercier Therapy was developed by Dr. Jennifer Mercier. She was inspired to develop this therapy due to her extensive experience in Holistic Fertility, Natural Family Planning, Manual Therapy and Bodywork, Childbirth Education, Traditional Midwifery (she practiced as a homebirth midwife for many years) and being a Certified Doula by DONA and Alace. Her doctorate is in Natural Medicine from Great Lakes College. She continues to practice and teach Mercier Therapy to Multidisciplinary Professionals in Illinois. Her website is drjennifermercier.com Read more about Mercier Therapy case studies in Dr. Mercier's book *Women's Optimal Pelvic Health*.



Deborah "Bee" Uytiepo, Certified Mercier Therapist

Bee Uytiepo was the first therapist on the West Coast to become a Certified Mercier Therapist. She studied directly under Dr. Jennifer Mercier. Prior to training in Mercier work, she received bodywork training at Alive & Well! Institute of Conscious Bodywork in Marin County, CA. She studied Conscious Bodywork® Levels I, II & III, Deep Tissue, Prenatal Massage, Myofascial Release, Unwinding, CranioSacral Therapy, Reflexology, Advanced Anatomy, Kinesiology and Neuromuscular Reprogramming. Bee also took oncology massage training at the University of Texas MD Anderson Cancer

Center Integrative Medicine Program Oncology Training Workshop. She is a professional member of Associated Bodywork and Massage Professionals and a Certified Massage Practitioner registered with the CA Massage Therapy Council.