

Practitioner Spotlight: Marsha Traxler

by Sarah Daher



Photo by Sarah Daher

is best for our health. Her goal is to help determine ways to incorporate those practices into everyday life. "Our bodies are really smart, and I would like to help people tune in to that wisdom to gain balance."

Marsha often recommends bodywork for her clients, who arrive at her private practice with a wide variety of conditions, ranging from simple to chronic. She receives physician or other bodyworker referrals, and is willing to see clients once or over a period of several months depending upon the condition. She offered me a brief session on her massage table to help with my ailing neck. Her fingers rested gently on the base of my skull while she quietly sensed the state of my back and neck. Her subtle palpatory touch revealed a great deal about my spine that I had not known. Although some of her skill is intuitive, she believes her method is one that can be learned and developed over many years. Her hands held strong, vibrant energy for me, yet it felt more diagnostic than treatment because of our lack of time. Another modality she often recommends is lymphatic drainage as it is deeply cleansing and enhances other bodywork.

Beyond her bodywork treatment, Marsha is very well versed in nutritional recommendations and lifestyle support. She determines what each client wants for their health and for their lives, and then offers ideas to help accomplish those goals. She believes good solid nutrition is the basis of health, along with many of the practices we all know are positive (see "Marsha's Tips for True Health"). She will sometimes recommend homeopathy, supplements or herbs depending on the client's diet and symptoms, yet mostly she feels these supplements act as a bridge until nutrition is improved. In fact, taking herbs may override symptoms instead of truly healing by devoting energy to changing lifestyle habits. Exceptions to this are superfoods, such as blue green algae, and wild foods. Nutrient dense, these dietary additions particularly help if a client's health is greatly unbalanced or if their diet is non-organic. A book she often recommends for healing is *Take Two Apples and Call Me in the Morning*, written by local nutritionist Judy Stone.

Marsha also works with therapeutic visualization as a tool, and makes tapes for clients to help lift their mind and emotions. She feels 40% of her work is simply talking with clients, which typically reveals the "unconscious self-damage" so common among everyone. Based on the work of psychoanalyst and writer Edmund Bergler, this type of work helps distinguish habitual, destructive patterns of which we often aren't aware. This way of looking at the development of hidden patterns helps release them in order to truly heal. And while I sat with Marsha, we did, in fact, talk and talk about not only my goals, but also how I feel about my life, my health, and its direction.

Over the summer, I visited local healer and wise woman Marsha Traxler to discuss her practice, as well as to request advice. Marsha is a well established, longtime health practitioner in the area since 1981. Devoted to holistic nursing and earth-centered health care, Marsha is a Registered Nurse, Registered Polarity Practitioner, and Certified Polarity Educator. Her practice is vast in scope and healing modalities, including the use of therapeutic touch, craniosacral work, polarity therapy, and lymphatic drainage integrated with nutrition, herbal, and lifestyle recommendations. Arriving at Marsha's office in her lovely Old West Side home, I was excited to learn about her, yet daunted by the wide variety of practices to be discussed. Her work is a complex array of offerings and I doubted whether an hour together would suffice.

For each client, Marsha approaches healing holistically by addressing the body, mind, spirit, and emotions. She spends a great deal of time just listening, and *listening*, to her clients speak about their ailment or condition. This reveals more than simply the physiology of the illness, helping Marsha determine what regimen may be helpful to facilitate regaining total health. She fills in the middle ground between the beginning of the condition and prior to serious, invasive conventional treatment. Her intent is to bring each client back to their "normal" healthy selves by creating an individualized approach. She says, "My approach is what works best for you. It's really about respect for you." Her main intent is to help her clients grow their own sense of responsibility for themselves and their health care, something from which we could all benefit. Marsha believes we already know what we need and what

The hour spent together was rich and complex, as revealed in Marsha's practice and vast experience. I love that her practice is "earth-centered" in that she tries to use as few resources as possible. Her environment is pleasant, real, and chemical-free for people with sensitivities; she has no pets for this reason and also uses air and water filters. There exists so much intention in her work, coming from her

25 years of practice as well as her conscious, grounded nature. I simply liked her from the moment we met. She has a very friendly, warm presence; a lovely, genuine smile

Marsha's Tips for True Health

- Eat organic foods as much as possible.
- Eat 7 fruits and vegetables per day, including one dark green leafy vegetable and one yellow vegetable, raw or cooked.
- Drink 8 glasses of well-filtered water per day.
- Exercise some each day, including stretching.
- Exercise vigorously enough to sweat for 30 minutes 3-4 times per week for cleansing and to reduce stress.
- Sleep enough, including sleeping as much as you need one morning per week.
- Listen to your body and its wisdom.

that puts you at ease; and a true desire to help people heal in their lives. Plus she was wonderful with my young daughter, who was with us unexpectedly that day. And she helped me. She gave me very concrete recommendations to figure out how to improve my health based on my own particular needs and situation, such as how to get enough vigorous exercise as well as sufficient sleep as a single mother!! Well worth her \$80 per hour fee, Marsha could also help you attain the healthy life you desire. Contact her at (734) 747-7020.

If you are a local healing practitioner who would like to be reviewed in an upcoming issue of the Crazy Wisdom Community Journal, please contact Sarah Daher at 665-2757 or sarah@crazywisdom.net.