



# Massage Therapy Can Be Beneficial To A Healthy Life



Danielle Willert owns Dynamic Bodyworx, with shops located in Barnesville and Moorhead. As a massage therapist, Willert strives to help people function better by relieving the pain they may be experiencing. She sees clients two days a week at the Barnesville location in the rear of Appearances 203.

By: Karen Carpenter

For many people seeing to their health includes massage therapy. The skill dates back thousands of years. References to massage appear in writings from ancient China, Japan, India, Arabic nations Egypt, Greece and Rome.

For residents in the Barnesville area who want a massage one avenue would be Dynamic Bodyworx. The business is located in the rear of Appearances 203 on Front Street.

Danielle Willert is the massage therapist. She has hours in Barnesville two days a week and also has a clinic in Moorhead.

The Barnesville hours are 9:00 a.m. to 5:00 p.m. on Tuesdays and Thursdays by appointment.

"My motto is heal the body, nourish the mind," said Willert. "Body aches effect the mind. If you can take the pain away the mind can concentrate on other things."

According to the National Health Interview Survey, an estimated 18 million adults and 700,000 children receive massage therapy in a given year in the United States.

Massage therapy is used for a variety of health-related purposes including to rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression, and aid general wellness.

Clients that frequent Dynamic Bodyworx find relief from migraine headaches with massage. Another

common reason they seek therapy is the relief of pain from injuries received in auto accidents.

"Massage is so diverse," stated Willert. "There is something new every day and it is interesting trying to discover what is causing a specific problem."

A pain in ones foot may be caused by an injured muscle in the lower leg. Therapists must discover what is causing pain because the problem may not be at the sight of the pain.

Clients come to Dynamic Bodyworx to sooth misery of plantar fasciitis, insomnia, digestion or circulation problems.

Willert treats clients ranging in age from children to geriatric. "Massage can be a very calming treatment for children," said Willert.

Treatment is individualized. Clients schedule massage biweekly, weekly or even every six months, depending on their needs. The length of a massage can range from a half hour all the way up to two hour treatments. Willert and her clients work out an individualized treatment plan.

Willert took her training at The Salon Professional Academy in Fargo, ND. She was required to have 900 hours of training. As a therapist she takes continuing education classes to gain specialized training.

Danielle and her husband, Paul, have a hobby farm west of Barnesville. They have two children Jack, eight, and Sydney, two and half. A new baby will join the family this summer.

The family owns many animals on their small farm. Willert enjoys ice fishing and gardening.

Willert chose to pursue a career as a massage therapist because of the impact that the skill had on her life.

She began getting massages at 16 years old. She was an athlete and it helped with the aches associated with that. But more so, Willert sought relief for the migraine headaches from which she suffered.

Later Willert was diagnosed with fibromyalgia. Regular massages greatly relieved her symptoms from that malady. "Massage made such an impact on my life that I wanted to help others feel the same easement of pain," commented Willert.

Working as manager for a chiropractic and massage clinic in Fargo, she saw what therapy did for other people. "I only regret that I didn't go for training sooner," Willert said.

"I highly recommend massage and tell people to just try it. My best advice for people is to drink water and get a massage," continued Willert.

Giving nutritional guidance isn't part of the massage business but Willert tells her clients to eat healthy. "Changing what you eat can help relieve aches and pains. Keep your body moving and stay well hydrated," said Willert.

Giving oneself "me" time through massage therapy is one of the ways that Willert encourages healthful living.

The majority of the time Willert feels that her clients do take time for self care. As they begin treatment they may not have as much concern for overall health but they begin to appreciate the need to take better care of themselves as treatments ease their symtoms.

"It is fun to see the changes that come about as people start taking better care of themselves," asserted Willert.

Danielle Willert leaves this advice to your health, "try massage therapy, see the benefits for yourself and drink water."



Danielle Willert, owner of Dynamic Bodyworx in Barnesville, works on a client. Massage therapy is beneficial to ease pain of various ailments.





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Danielle Willert displayed at Potato Days. People were able to view the massage chair and table that Willert uses in her business. Willert opened Dynamic Bodyworx in Barnesville in October 2017. She schedules appointments on Tuesdays and Thursdays from 9:00 a.m. to 5:00 p.m.



*To  
Your  
Health*

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