



# Nina's book ready for the US market



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**PART** By [Michael Thorbjørnsen, mith@faa.dk](mailto:mith@faa.dk) February 20, 2019 at. 12:38  

**Nina Grønning, examiner from Svendborg, gets her book published in the US in April: Is this the future of health care?**

Svendborg: Nina Grønning from Svendborg, as previously mentioned here in Ugeavisen Svendborg, has written a book that has aroused attention outside the duck pond - indeed, so far outside as in the US. According to the US publisher

Upledger, its project is groundbreaking - and therefore they have now bought the rights to the book, which lands on the shelves of the American bookstores at the end of April, entitled "Respectful collaboration" - in Danish "As for reality".

In the book we meet 10 patients, a doctor and a craniosacral therapist who jointly build bridges between the established healthcare system and the alternative treatment world. It is precisely this collaboration that the American publisher sees as pioneering. The 10 patients are struggling at the start of treatment with health issues such as migraine, stress, pelvic pain, nuisance after sweeping operations, and injuries after kicking from horses. The book follows the patients closely through a shorter course of treatment on the couch of craniosacral therapist Nina Grønning.

### **Medical support**

Doctor Frederik Vestergaard, before, during and after the treatments, makes a medical assessment of each patient, and he agrees with the American publishers - the interdisciplinary collaboration can be something special:

- The results of the treatments in this project have shown me that there is consistently something to download - especially for people with chronic and complex symptoms and for the clients where the doctor has had to give up.

Frederik Vestergaard is backed by doctor Søs Wollesen, who has read the book and wrote the preface to it:

- I have very great respect for the results that Nina Grønning has achieved with the individual clients, she writes.

The purpose of the book is to give a realistic idea of how the health service of the future could look. Ambitious? Maybe - but the ambitions are rooted in a heartfelt desire for bridge construction:

- I know I don't have the whole truth about healing. I guess the established healthcare system doesn't. But I know that we each know something - and I think we can stand really strong if we put these pieces of knowledge together, says Nina Grønning.

And what does it look like - the health service of the future? In short, it is a unit where the established system and the alternative treatment world work together to put the patient at the center. Without professional trenching and prejudice. A unit that represents quality-assured treatment options that can be chosen via the health insurance - in the same way as you can in Germany.

Today, there is far from reality to future dream. It experiences Nina on a daily basis in her clinic, where patients report on the skepticism they encounter in the established healthcare system when they bring a desire for alternative, supplementary treatment on the course.

From the treatment side, Nina Grønning also experiences a frustration.

- Both doctors and alternative therapists are looking for knowledge about competences across disciplines, and several express a desire for cooperation - without knowing how, says the South Funen therapist.

Danish version: <https://www.ugeavisensvendborg.dk/ugeavisensvendborg/Ninas-bog-klar-til-det-amerikanske-marked/artikel/385007>