

Turn your **BACK** on pain with **BODY STRESS RELEASE**

What is **BODY STRESS RELEASE**?

Body Stress Release is a gentle yet effective complementary health technique which was pioneered in South Africa by Dr's Ewald and Gail Meggersee. A fall out of a tree at the age of five left Ewald Meggersee with intense lower back and leg pain and while he explored numerous forms of treatments, he struggled to find a long term solution for his condition. While studying chiropractic in America the Meggersees stumbled across Dr van Rumpf, a retired American chiropractor who had explored an approach to pain relief that differed from conventional chiropractic manipulation. They returned to South Africa and building on this gentle technique, they developed Body Stress Release (BSR). BSR is built on the premise of using the body as a biofeedback system. The practitioner is able to use the body's reflex response to accurately test for stored tension which may be disrupting the nervous system.

The effect of **MUSCULAR STRESS ON THE NERVOUS SYSTEM:**

When the body can no longer adapt effectively to the onslaught of environmental stressors' stress overload is reached. Body stress becomes locked into the body's physical structures which manifests as lines of tension and can cause pain, stiffness, numbness or postural distortion. This stored tension has an impact on the nervous system and undermines the body's natural ability to co-ordinate its functions and heal and maintain itself. Over time various effects begin to show resulting in a slow decline of overall health and well-being.

Who needs **BODY STRESS RELEASE**?

Body stress may manifest as back, neck or joint pains; headaches, cramps and stiffness, reduced flexibility, fatigue, muscular aches, digestive problems and postural distortions. Babies and children develop body stress from a stressful birth or injuries sustained during daily activities. This may manifest as: colic, refusal to walk wanting to be carried; growing pains, constipation, bed wetting or behavioural problems. Body Stress Release brings effective relief from pain and discomfort from many different causes, including back pain, ongoing daily pressures, accidents and sporting injuries.

Why is **BSR** so **EFFECTIVE**?

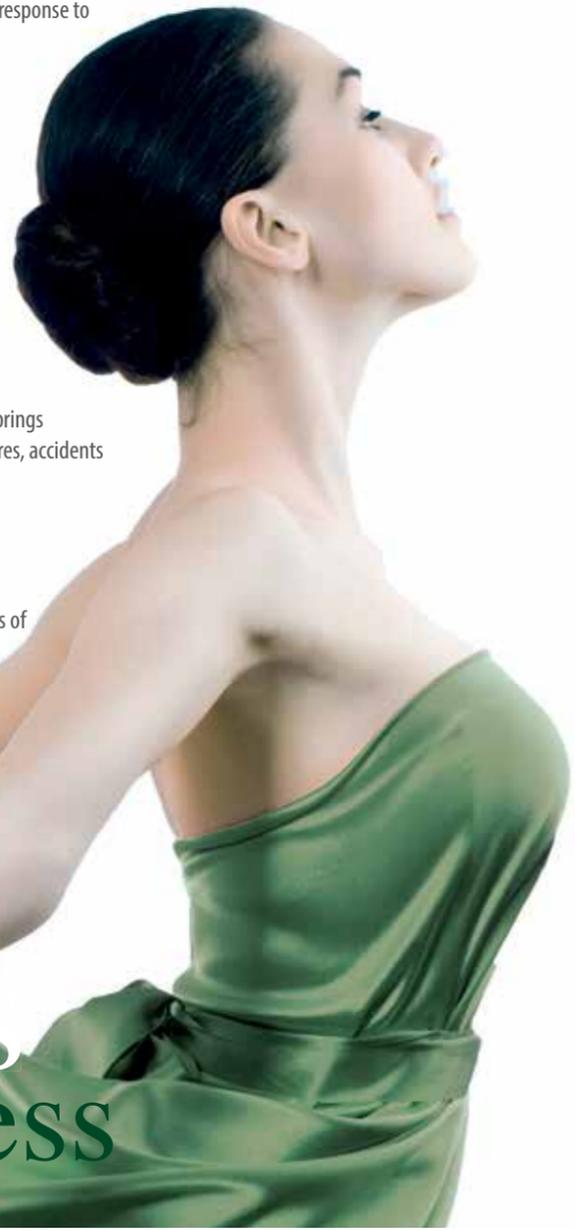
BSR respects the body's natural healing mechanism, and does not require the use of force.

It's extremely gentle, but effective.

BSR is accurate and precise – the practitioner uses the feedback from the body itself to ascertain sites of body stress.

BSR has a life-enhancing effect – it does not involve the diagnosis or treatment of illnesses or medical conditions. By releasing body stress it improves the body's coordination and communication allowing the body to heal itself and function optimally!

digestive problems
accidents **pain**
postural distortion
back pain **stiffness**
cramps **numbness**
sore joints



UNLOCKING TENSION WITH

Body Stress Release

A certain degree of stress is actually necessary and healthy for us to deal with life's inevitable challenges, but stress overload can make us miserable through its physical manifestations. Fortunately the technique of Body Stress Release can bring relief.



Do you struggle to sleep soundly at night, wake frequently with racing thoughts, feel fatigued, clench your jaw, suffer with back pain, anxiety, muscle or joint aches, frequent heartburn, tense shoulders, headaches or constipation? All of these symptoms may signal the progression of stress overload.

THE BODY AND STRESS

When the body reacts to stress it immediately responds by releasing adrenaline which puts us into a state of 'fight or flight', ensuring we are alert and ready to deal with the threatening situation. The blood sugar level is raised to produce extra energy, our heart rate increases and our muscles tense up, preparing us for rapid action.

While this may have been a really useful life-saving response to dashing away from the lions and sabre-toothed tigers of our caveman past, in the modern world the over stimulating effects of adrenaline sets off a series of biochemical reactions which, when the body fails

to *adapt effectively* to stressful circumstances, causes 'stress overload' and the muscles involuntarily clench in defensive action.

This tension becomes locked into the body's physical structures and the muscles, tendons and ligaments remain tightly constricted resulting in what we call 'body stress'. Over time this accumulative progression of body stress exerts pressure on the spinal nerves and may result in pain, numbness, muscle weakness, stiffness, distorted posture and impaired functioning.

COPING WITH STRESS OVERLOAD

Body Stress Release (BSR) is a life enhancing technique that addresses the manifestation of stress in the body. The BSR practitioner assesses the body for lines of tension by carrying out a series of light pressures tests in specific directions to locate the sites of body stress. After the assessment, the practitioner releases the stored tension by applying firm stimuli in these areas in the correct direction.



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She runs a Body Stress Release practice based at Milnerton Mediclinic, Cape Town. After 13 years in the media and magazine industry and a long history of debilitating migraine headaches, Sarah discovered BSR. After experiencing the results first hand she realised the potential of this life-enhancing technique. In 2010 she changed vocations to pursue BSR fulltime. Sarah is passionate about Body Stress Release and educating clients on the exceptional healing capacity of the body.

Log on to
www.bodystressrelease.com
to find a practitioner near you



BODY STRESS RELEASE
Unlocking tension - Restoring self-healing

The BSR technique is gentle and usually a series of consultations is required to deal with the layers of stored tension. Clients remain fully clothed throughout the process and most describe the appointment as extremely relaxing. BSR has a profound effect on overall body function as it encourages improved communication along the nerve pathways.

MANAGING STRESS IN OUR LIVES

Not all stress is negative, it provides us with challenges and the ability to grow and evolve. It only becomes a negative factor when it reaches an overload level and the person is unable to successfully deal with it. When one fails to adapt to stress it becomes stored in physical structures.

Stress is also not something that happens only on a mental or emotional level:

- **Mechanical stress** may be caused by an accident, bad posture, incorrect lifting or over-stressing the body during exercise
- **Emotional stress** may be the result of constant work pressures, exam tension, grief, shock, or financial concerns
- **Chemical Stress** may be caused by exposure to chemicals and toxins such as food additives, plant sprays or pesticides

Through a series of appointments and with guidance from the BSR practitioner, the client becomes more aware of the mechanical, chemical and emotional stressors affecting their life and, together with postural advice, becomes better equipped to change the areas within their control.

BODY STRESS MAY BE WIDESPREAD

Some of the most frequent client complaints are back pain, 'slipped disc', tight muscles, and referred pain down the legs such as sciatica. As the nerve connections also extend to the internal organs, clients frequently experience rapid improvement in conditions such as heartburn, constipation, IBS or bladder infections.

Frequently sites of body stress in the neck, caused by sudden whiplash or tensing of the shoulders or jaw, may cause disruption to the nerves to the face, arms, elbows and even the hands. When body stress is released in the upper back and neck clients often report improvement with headaches, tinnitus, and sensations into the arms.

BODY STRESS IN BABIES AND CHILDREN

In babies, body stress may result in difficulty suckling, impaired crawling reflexes, reflux or constipation. Babies who cry constantly for no apparent reason very likely have body stress caused by the birth process. In toddlers one frequently finds sites of body stress as a result of bumps and falls and young children may display signs of discomfort with pain into the legs, 'growing pains' and stomach or sleep disturbances.

Teenagers and young adults often show signs of body stress from sports injuries, poor posture, carrying heavy books and exam stress. With the gentle intervention of BSR the body's balance may be restored and maintained.

CONCLUSION

Today we live very stressful lives, largely in the work place and in the school room, and often we bring our stress back into the home. It is comforting to know that a natural therapy such as BSR is widely available to bring relief from stress-related pain. It should also be noted, however, that BSR is concerned with promoting the body's innate self-healing response, thereby assisting 'wellness'. For this reason many people choose to have regular releases just to ensure their body continues to perform to its full potential. ●

BODY STRESS RELEASE (BSR) is a non-therapeutic complementary health profession. This technique was pioneered in South Africa in 1981 and has now grown internationally to include practitioners in 21 countries worldwide. To find a practitioner near you visit www.bodystressrelease.com



YOUR SOLUTION TO CHRONIC PAIN & REPAIR OF TISSUE

HEALING WITH
COHERENT MULTI-RADIANCES:
*Laser & Light
Magnetism & Ultrasound*



Multiple regenerative effects to our cells arise from laser light and other radiances: increasing cellular messaging, ATP synthesis, metabolism, and many other processes. Through the regeneration of our cells it is possible to relieve pain. We can also address many causes, rather than focusing on the symptoms alone.

- Pain relief - acute or chronic
- Anti-inflammatory: promotes reduction in oedema, cell toxins and other stress factors
- Increases microcirculation
- Stimulates immune cells
- Regenerates tissue, including nerve tissue

Whole body, or systemic, treatments support chronic conditions and stimulate the body's self-healing mechanisms, adding to local treatments for pain relief.

EMPOWERING YOUR CELLS TO DO THE WORK THEY ARE MEANT TO DO



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