

# Ensure Your Health

**Restorative Bodywork Solutions, LLC.™**

## Why Can't I Move Like I Used to?

*There are numerous answers to this, however, the majority of the answer lies within a body mechanism and system—the fascial web of multilayered connective tissue that envelops all body structures, i.e. muscles, nerves, blood vessels, bones, and internal organs.*

*As we go through life we encounter different traumas, physical and emotional. Each of these has an impact on us. You sprain your ankle and your body adjusts to avoid the pain and moves in such a way that this severe pain is not felt. Our body molds this compromise and keeps it going strong even after the ankle is no longer a concern. However, this tissue that molded to the new way of moving, standing, etc. is still functioning as it was created—to hold that pattern that worked at the time. It became a reality even though we aren't consciously aware of it.*

*Life is filled with incidences all the time. When you sit, you mold how your body and adapt to this, we learn to hold a pen, we learn to smile, etc. These are all known to our body and it creates within itself what you come to know as you.*

*Our body keeps adapting and molding and the extremes of this eventually come to awareness as pain, stiffness, recognizing we have poor posture, etc. When looked at from this perspective, it is amazing that we are able to even function. These adaptations create a complex informational overload.*

*The contribution—stress. A body overwhelmed and attempting to manage this informational flow.*

## How do I deal with this?

*The answers as are complicated as how this massive overload evolved in the first place. It literally takes more than just one thing to reduce the mesh of patterns. Bodywork, heat, stretching, toning, better diet, psychotherapy, physical therapy, physicians, etc. depending on the severity of what is there when you finally decide to quit ignoring this and take on the responsibility of looking hard at what you have become.*

*It becomes a matter of how to unravel the twists and turns of living to something more efficient. The applications in the vast field of bodywork to reduce this “barrage” processing— to allow the body a chance to rectify what ails it, is a good place to start if it is pain, stiffness, and poor posture.*

*If you risk maintaining the very same constraints of the mold that you call “you”, then the chance to make a different personal experiential choice of growth and better health just wont happen. That choice will curtail the empowerment that comes from growth.*

*Let bodywork pay for itself through increasing the your body's ability to create a higher level of wellbeing, health and more.*

## A Few Keys to Successful Living

- **Eat Consciously**
- **Live Below Your Means**
- **Attempt something New to You**
- **Spend time with Yourself**
- **Live Life as a Journey with many Adventures**





African Thinker

## **Are You a Cultural Creative?** *By Mary Mageau*

Over one million people world-wide are now enjoying the new DVD, "The Secret." It has struck a deep chord within a core group of individuals who all want something different out of life. This group, now well embedded into the mainstream, has been identified as The Cultural Creatives. In ad-

dition to spanning all age groups and socioeconomic classes the Cultural Creatives also share a different world view. **Their lifestyle and set of values has grown out of the social movements of the 60s and the current consciousness movements in spirituality, psychology,**

**community and alternative health.** These creative and optimistic people are at the leading edge of several kinds of change. With an **innate sense of spirituality** they are searching for and demanding a new voice in our present fragmented world.

## **What Cultural Creatives are seeking**

- They love nature and are deeply concerned about its destruction.
- Place great importance on developing and maintaining strong relationships.
- Place value on helping others to develop their unique gifts and often volunteer their services for beneficial community projects.
- Care intensely about psychological and spiritual development.
- See the importance of spirituality or religion but are concerned about the rise of the Religious Right in politics.
- Want our political and government spending to place more emphasis on education, health, and well-being, on rebuilding neighborhoods and communities and on creating an ecologically sustainable future.
- Are unhappy with both the left and the right in politics and seek to find a new way that is not in the "mushy middle".
- Tend to be optimistic about our future but distrust the cynical and pessimistic view presented by the media.
- Dislike the emphasis in our modern culture placed on competition, success, making it and spending it to amass wealth and luxury goods.
- Seek to resolve conflicts through peaceful negotiation rather than by relying on military solutions.

**"Life is a field  
of unlimited  
possibilities"**

**—Deepak  
Chopra**

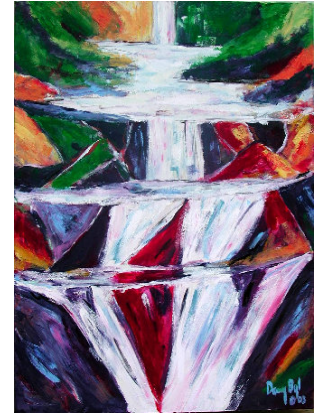
## ***Bodywork Therapy to Treat Acute and Chronic Pain***

*Bodywork therapy relieves soft tissue restrictions that cause pain. Fascia, soft tissue, is a three dimensional web that permeates the whole body. When it is restricted, it is more rigid and less pliable, and can create pulls, tensions and pressure as great as 2,000 lbs per square inch.*

*Bodywork therapy fo-*

*cuses on releasing muscle shortness and tightness. Therapy of this sort can be provided by several different types of health professionals and follows a pattern similar to physical therapy for post-operative rehabilitation. An initial appointment dedicated to locating the area of fascial restriction; Subsequent visits of 50*

*minutes sessions or more thereafter; may be conducted every few days to a week apart ; and could take place over several weeks or months depending on the nature and intensity of the disability. Bodywork therapy can be a precursor and a complement to other treatments.*



*Waterfall*  
By Danny Ball

## ***Do Patterns Own You?***

*What if confusion and uncertainty was actually a sign that you are on the right path?*

*The most direct means to create a life that fits us is to embrace each moment as it arises.*

*Strengthening and celebrating this alternative way to shape life is one way to bring down the wall of busyness, the ever growing belief that to be successful, we must do more and faster—a story that is killing us.*

*Be warned: This is a subversive approach. But if you are hungry for it,*

*you can't go back. The old model will not ever wholly satisfy you again. This old model is about willpower and force.*

*This was can be frightening, especially at first. It asks you to loosen your grip on life, to soften toward yourself and others. It asks you to stop and feel—tune in—to what you want and know; to act bold on your hunches and values, to track the outcomes of these actions; to let consciousness pull you forward.*

*This is a rich process and*

*requires trust in your own experience, in your lived knowledge.*

*Test everything and hold fast to what is good, but don't assume that eventually you will again*

*Test everything and hold fast to what is good.*

*Then you have a flow on a deeper foundational belief rather than constantly working on a more unsteady superficial base that you have owned until this point.*

*(cont'd in next month's newsletter)*

***The word  
“pain”  
come from  
the Latin  
word that  
means  
“penalty”.***

## Ensure Your Health

Local Service Location:  
15 Sam's Point Rd. #203  
Beaufort, SC 29936

(843) 522-0278

***This office is open M-F 8:30am-5pm with appointments booked from 2pm to 7pm.***

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***WE'LL BE ON THE WEB***

***SOON!***

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## Posture At Work



*Easy Remembered Approach to Fitting a Workstation to an Individual.*

***Begin*** by adjusting the work surface/ station first, then adjust the office chair.

- ***Choose the surface height of the desk*** to fit the task being performed ensuring that the specific height of the work surface will need to vary

*based on the height of the individual.*

- ***Adjust the seat of the office chair*** so that the work surface is "elbow high". A fist should be able to pass easily behind the calf and in front of the seat edge to keep the back of the legs from being pressed too hard and the feet from swelling. Two fingers should be able to pass under each thigh. If not, a footrest is needed to raise the knee level with the hips. The backrest of the chair should push the low back slightly

*forward. If this cannot be easily made with the existing chair, a different make or type of chair should be considered.*

- ***Fit the height of the computer screen.*** Sit comfortably in the newly adjusted chair. Close both eyes and relax. Look straight ahead and open the eyes slowly. Where the gaze is focused should be the center of the computer screen.