

Ensure Your Health

Restorative Bodywork Solutions, LLC

Sacrificing Movement for Stability



Many of the injuries these days are from on-the-job muscle/joint strain and overuse. Those that were once considered the paper-cut group have become technologically driven work-related costs.

The neck is burdened with the difficult task of supporting the human head and has become one of the most common pain generators.

Muscles are to glide independently via the neighboring myofascial tissues and the nervous system orchestrates this complexity of specified movements. Years of tension, trauma and poor posture—

combined with gravitational interactive existence, forces the body to sacrifice movement for stability.

Today people sit for hours with contracted postures without adequate physical activity. As muscles contract, fuel is burned and waste products accumulate. In time these chemicals help change the muscles' resting length hence the enveloping fascial bags lose their natural suppleness. Prolonged sitting leads to slumping. As this heavy head slowly drops forward and down, the shoulder blade rotates outward and gets tighter to the body—you start losing the natural curving of the spinal column!

Exhausted from battling gravity the neck muscles become not only toxic but oxygen deprived as well. Certain muscles have a preference for burning glucose for fuel

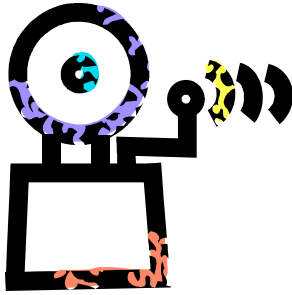
but the deeper support muscles require more oxygen.

The longer muscles in the neck are dynamic and designed to provide quick bursts of energy. They contain a greater number of fast-twitch fibers and do not respond well to sustained compressional loading—quickly giving out. As the decompensation and domino effect continues, the end product is reduced flexibility and the unattractive, forward-head, slumped shoulders posture.

Remember that as your average 12 pound head moves three inches forward, the neck muscles are now working to support 42 lbs against the influence of gravity. Gluing together is the logical result—the only way to ensure that position for long periods.

Keys to Successful Living

- *Learn Patience*
- *Stretch Your Body, Mind and Spirit*
- *Eat Healthy*
- *Review Your Positives Often*
- *Look within*



Appropriate Nerve Response

Our body is densely populated with pain-sensing receptors that are the frontline of awareness. Faulty posture, trauma, stress and the resultant inflammation causes a breakdown of this self-regulating function. The spasmodic episodes are

experienced because all the caustic wastes collect in the depleted muscle bellies. Prolonged buildup floods the system and sets off the inflammatory responses. As this accelerates, the body this sends warning of possible tissue damage and message goes

to the thalamus. This marks the beginning of the stubborn pain/spasm/pain cycles that refuses to be broken until the posture is improved and normal activity is restored.

***“ You Will
Never Change
Your Life Until
You Change
Something You
Do Daily.”
-Mike Murdock***

Deeper Impact

The neck has a dual tent design. It has a four guy wire arrangement to anchor the head based on gravity. It is meant to protect the nervous system’s delicate content.

When functioning properly, the system

is ideal to allow the head to gracefully balance on the neck. However, when structural integrity fails, the intricately designed anti-gravity springing system loses out to compressive forces dealing with gravitational

forces.

As the spinal curves diminish, the weight burden falls deeper into the joints and discs—the devastating beginning of what is loosely called degenerative disc disease.

Nerve Compression

Most neck pain is not the direct result of pinched nerves. Instead, pain slowly develops from increased stimulation of the second line defense from overload.

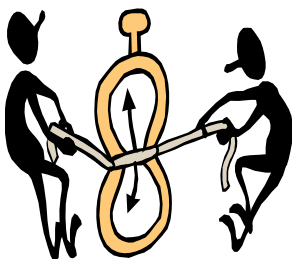
Loss of disc height combined with bone spurring can eventually deform and tether nerve roots.

As the sheath that covers the spinal cord undergoes prolonged deformation, the withdrawal of vital nutrients, oxygen to deeper structures, etc. continues and pain ensues.

This takes time. However, failure to make change through the previous signals of pain

from the superficial notices combined with, deeper messages causes destruction and chronic neck pain and about 10-15 percent of clients have this nerve compression syndrome.

The body gives a person lots of warning to prevent permanent damage.



The Jaw and Posture

Vertebral curves are necessary. The contours of the spinal column exist for a reason. When functioning properly they provide the least amount of strain to not only muscle, but ligaments, joints and tendons as they carry on with daily chores. If they are compromised in any way, the risk of injury and the pain/spasm/pain cycle esca-

lates. The jaw is intimately related to the head/neck/ chest symmetry. It can be thrust forward, pulled back and even kept in a more open position to help balance the head when the neck is not functioning properly.

Optimally the upper head/neck/thorax/jaw symmetry require the

the heavy head be balanced evenly on this subtle neck so the eyes maintain a level view of the horizon.

Our sight still in the biggest determiner of the outward use of the head and neck.

People need to spend time looking straight ahead as part of what is necessary in their daily lives.



Secrets of the Circle

Go ahead and draw a circle. What is in the circle? Now focus on what is outside the circle. Keep shifting your focus inside to outside to inside again.

What is inside and what is outside is the same. The circle is an illusion of separation. The dual-

ity of inside and outside is a false representation.

So erase the circle.

This is the enlightened mind. Your mind is beyond duality. It is infinite. All things are connected.

Meditation gives you

time to reflect on meanings and the fuller sense of things.

The circle is an extension of your thoughts and will carrying meanings that relate to your personally.

There is much to discover.

**“Real Difficulties Can Be Overcome. It’s the Imaginary Ones That Are Unconquerable.”
-Theodore Vail**

Control vs. Trust

As we age, we unconsciously try to control more. We allow our past habits and patterns to dictate and get further away from the ability to change. This becomes fear generated survival orientation.

Control and trust are oppositional. They exist

in an inverse relationship to each other. When one increases the other decreases.

Trust in many ways becomes the personal bridge for the foundational work on integrating fear and love.

Control shifts into a fearful existence. Trust

shifts one into love.

The place to begin in understanding is that this all starts with how you view yourself and mushrooms in producing what you have already made real in your viewpoint.

Learn to live more fully.



Restorative Bodywork Solutions, LLC

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**15 Sams Point Rd
Beaufort, SC 29907**

522-0278

WE'RE ON THE WEB!

WWW.RESTOREBODYWORK.COM

Potential and Acceptance



Can you accept what you believe? Then you have attained your full potential.

Being willing to take risks and experiment creates the ability to attain a new potential.

Skepticism is wonderful, but it can be deadly as well. Some is healthy, too much is ensuring you stay in the attain-

ment of what you are now.

The qualities of potential seem to fit in several categories:

- ***Wisdom and Knowledge***
- ***Courage***
- ***Humanity***
- ***Justice***
- ***Temperance***
- ***Transcendence***

The way out is the way though.

Learn to swim and get yourself wrapped in the

goodness.

Then you can move to dry land and eventually fly.

Evolution is a fact. You are probably more aware of it in the outside world. However, that evolution is within you also. Species become extinct because they are unable to adapt to evolution. Trees break in winds from hardening themselves.

Be the evolving potential and the attainment in the leading role of your life.