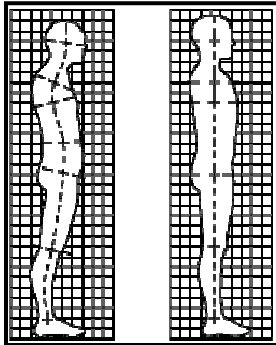


Ensure Your Health

Restorative Bodywork Solutions, LLC.

Fascia, the link between Mind & Body



Bodywork is a fascinating adventure into who you are. That which you are today physically has evolved from a multitude of experiences, beliefs, and thoughts that still resonate within the vast realm of your physical body. It is held though the fas-

cia that envelops the deep and the superficial tissue that binds you into the current being you know as “you”.

The positives and negatives are all existing and at times conflicting within, causing some of the imbalances that is called suffering and translated into the experience of physical pain and tightness.

The fascia has not been regarded as a structure worth pursuit within the

scientific medical community.

Those who took up the quest for understanding and discovery became part of the community that now encompasses bodyworkers.

Bodyworkers have tried and succeeded in defining exactly the physicality that binds memories, the mind, and the body into one.

Most agree now it is the fascia.

Unity vs. Duality-East meets West

So, as quantum physics has given us a glimpse into a new set of laws within our universe, the unifying factor of how the Meridians of Chinese Medicine and Western Science fit has been realized as the common holding pat-

terns and trigger points of this connective tissue.

More and more people are becoming aware of how the unity of so many realms that we had previously viewed as oppositional are being explained

through the idea of exactly where one wishes to focus becomes the reality of what is.

Where are you looking —for the duality or the unity?

A Few Keys to Successful Living

- ***Focus on Positives***
- ***Step out of Your Life Situation and Experience “Now”***
- ***Learn and Practice Meditation***
- ***Have Multilevel Goals***
- ***Honor Your Own Humility***

Functionality



Stampede—Artist Unknown

No matter how old a mother is, she watches her middle-aged children for signs of improvement.

Florida Scott-
Maxwell

The best automotive repair people are those who focus on the functionality of the engine and not those who go into the minute depths and replace only parts that seem to be operating improperly.

This very same concept applies in the field of touch therapies. The bodyworker who focus on functionality of how the body interacts and maintains it's present condition are the ones who can take you the furthest into efficiency.

Until most massage therapists have experienced the years of being entrenched into applications and further training, they resemble those auto

mechanics who find part replacements work some of the time, but lack the functionality test which they chose to ignore. or just don't understand the significance of .

When you find an automotive person that views cars through functionality, you have found the one who you can trust and will return to again and again. They will know your habits when it comes to operating your vehicle and may even bring to your attention how these impact the wear and tear on your vehicle as well. They want this vehicle to function smoothly, not just at the present moment

to seem good. They will give you info on the possible life expectancy of your tires, brakes, etc. so that you can plan ahead rather than relying exclusively on auto manuals based on averages.

Bodyworkers can give you ideas outside just their work as to what can help to extend the relief from pain and how you can also live life more fully through exploring new ways of living.

Consider looking at auto mechanics and touch therapists with this new view and become a more informed purchaser of value.

The truth is that our finest moments are more likely to occur when we are feeling deeply uncomfortable, unhappy and unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

—M. Scott Peck

	1		8		3			2
9			5			4	1	
2	8		1					5
		9		7	1	2		
5		1				6		
8				3		7		
	9	4		8				
	3	8			2			4
			4				6	3

Play Sudoku

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Right vs. Best

Our language was meant for communication. However, it exudes the qualities of distinction and separateness, to include one of the core beliefs of Christianity—a God separate from us.

I wonder how this call of separation has grown this

society toward it's own future individual annihilation.

We have always swayed and supported what will drive our comfort. Peck's quote (pg2) brings forth the very essence of what our society is approaching in the "natural vs. technological,

scientific" war that is raging.

Is the approach of natural, organic vs. processed foods and the pushed exercise campaign enough? Our swaying toward comfort has put us at odds in ways few consider.

How Hardy Are You?

The more we live in our self constructed world of air conditioning, TV's, laptops, etc. we are propelling ourselves toward what we have long perceived as our step above nature—a rational analytical mind. Is this one exteemed identification good enough and strong enough to propel us to Utopia?

Are we not driving our perceived successes unconsciously by ignoring the

hardiness factor of our bodies?

Our bodies need the ability to have exposure to the very qualities that create hardiness—hot, cold, sun, dark, humidity, dry, etc. otherwise we can make ourselves more prone to illness, rapid uptake of viruses, funguses, etc. This artificial also takes us to being dependent on the constructed environment of antibiotics, vaccinations, drugs of all varieties meant

to enhance but are really boxing us toward the possibility one day of not being able to even live outside this self constructed environment when our focus could be rectified now.

These "green" environmentalists do have a good focus on our success and survival.

So, consider taking some action toward exposure to increase your personal hardiness factor.



Core of Existence

Ensure Your Health

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*WE'LL BE ON THE WEB
SOON!*

***Restorative Bodywork Solutions LLC.
Mission Statement***

- Challenge entrenched destructive body patterns
- Encourage and support client linking with other complementary strategies
- Encourage uptake of a healthier lifestyle
- Lessen individual need for artificial pain relief
- Reframe focus on skills and interests rather than barriers
- Assist in the empowerment of client to identify and alleviate own symptoms of stress and new coping possibilities to prevent long term relapse.