



BODY STRESS RELEASE

Unlocking tension - Restoring self-healing

DO YOU...

Feel stressed?

Lack energy and vitality?

Suffer from pain & discomfort?

Freedom from body stress promotes a better quality of life

- ◆ physically
- ◆ mentally
- ◆ emotionally



"Body Stress Release is by far the most effective technique I have ever had for sorting my back pain, which I had suffered from for over 20 years. The advice on posture was invaluable and I have been given some really effective, simple exercises which keep my back pain-free."
John S, 54, Co Director



WHAT IS BODY STRESS?

Body stress is a powerful factor in all our lives and can undermine our health and well-being in many ways.

Every day we are exposed to different types of stress:

- Mechanical - such as an injury, strain, or bad posture
- Chemical - such as air pollutants, additives and colourants in food, harmful chemicals in everyday products
- Mental or emotional stress

Our bodies are designed to adapt to these stresses in a positive way but sometimes we find ourselves overloaded by stress. In an effort to cope with this overload, the body stores the stress in the muscles. This is what we call 'body stress'.

Body stress may lead to pain, stiffness, postural distortion, numbness and cramp. Tension in the muscles may put pressure on your nerves which disturbs your body's communication system. This reduces the efficiency of your body's natural self-healing ability.



WHAT IS BODY STRESS RELEASE?

Body Stress Release offers a gentle and effective way to help your body to release stored tension from the muscles, i.e. 'body stress'.

Body Stress Release works with your body's natural desire to be stress-free. Clients are often amazed that such a gentle technique can be so effective in relieving their aches and pains.

While you are lying down, fully clothed, your practitioner tests your body for stored tension. Then, by applying a gentle and precise pressure to the affected areas, your body is encouraged to 'release' the tension.



This stored tension may be the cause of the discomfort you are experiencing including: backache, neck pain, headaches, sciatica and cramp.

Body Stress Release is a complementary health care technique that was researched and developed in South Africa in the 1980s by Gail and Ewald Meggersee and is now practised worldwide.

"Body Stress Release is extremely powerful. I had regular migraines and was put on betablockers, but the migraines continued. I was introduced to Body Stress Release and my practitioner established that it was coming from my neck and lower back... the migraines are completely gone and have been now for 10 years. I cannot recommend Body Stress Release highly enough". Jude S, 35, Teacher.

CLIENT EXPERIENCES WITH BODY STRESS RELEASE

NECK PAIN

"At first, I was extremely sceptical about Body Stress Release, but I can honestly say that it's had an amazing effect. For years, I have had a painful neck, especially when turning my head to the left. After three visits my neck feels great and I've been sleeping like a baby."

Tim F, 50, Property Developer

FROZEN SHOULDER

"Body Stress Release changed my life! I had been suffering with crippling pain from a frozen shoulder for many months. After only three sessions of Body Stress Release I had no pain at all and the full range of movement to my shoulder had been restored. I now attend a few times a year for maintenance sessions and would highly recommend Body Stress Release."

Chris H, 65, Retired

HEADACHES/ MIGRAINES

"My son came home from school nearly every day with a headache. It came on after lunch and when he went to bed at night it was still there. Pain killers from the GP helped, but he couldn't live like that for the rest of his life. After only four sessions of Body Stress Release his headaches have gone. He smiles and plays again like he used to. We are both so grateful for your help."

Gill S, Mother re her son aged 12

BACK PAIN

"At 38, having had three children, my body was not what it used to be. Chronic pelvic discomfort, neck and back ache were a part of every day life. Gentle Body Stress Releases, over a number of weeks, has really worked for me. I have generally been pain free for over four months now, I can only say that I wish I'd known about it sooner."

Kate D, 38, Mother/Business Woman

To get in touch with your nearest practitioner please contact:

This leaflet is produced by the Body Stress Release Association.

www.bodystressrelease.com

THE APPOINTMENTS

Your practitioner will book three initial appointments for you over a period of two weeks. It is important that you attend all three appointments as Body Stress Release works as a process.

During your first appointment your practitioner will take a detailed case history. After the release, your practitioner will explain what they have found and give you advice on posture and show you some simple self-help techniques.

Responses are often rapid, although you may need further appointments depending on how your body responds and how long the tension has been stored. This is because the tight, protective layers of muscle, release gradually back to their natural state.



A specially designed bed allows clients to be gently lowered to a lying position, minimising any unnecessary, painful movements.



"After three visits my neck feels great and I've been sleeping like a baby." "I can only say that Body Stress Release does work and I only wish I'd known about it sooner."

HOW CAN BODY STRESS RELEASE HELP ME?

Body Stress Release is for everyone – from infants to the elderly. It is also safe during pregnancy. Clients coming for Body Stress Release are usually looking for relief from pain, stiffness or other discomfort. People of all ages and from all walks of life find Body Stress Release to be extremely effective.

Clients have reported relief from **back pain, sciatica, 'slipped' discs, headaches, migraines, neuralgia, indigestion and restricted movement.**

Other conditions that have improved with Body Stress Release include:

- Musculo-skeletal complaints including whiplash, frozen shoulders, repetitive strain injuries, hip pain, arthritis, neck pain, sports injuries, trapped nerves, scoliosis, bad posture, grinding of teeth.
- Gynaecological disorders including fertility problems, painful and irregular periods, menopausal side effects.
- Emotional problems including insomnia, anxiety, stress, general fatigue.
- Gastro-intestinal complaints including heartburn, indigestion, IBS, constipation, diarrhoea.
- Childhood complaints including colic in babies, poor posture, growing pains in children, bed-wetting.

Note – Body Stress Release is not a diagnosis or treatment of any condition. It simply assists with locating and releasing stored tension from the muscles.

After the releases, your practitioner will explain what was found and give you some simple advice and self-help techniques.

