

HOW CAN BODY STRESS RELEASE HELP ME?

Body Stress Release (BSR) is for everyone! Clients coming for Body Stress Release are usually looking for relief from pain, aches, stiffness or other discomfort. People of all ages and walks of life find BSR to be extremely effective.

Clients have reported relief from:

- Back Pain
- Headaches
- Migraines
- Sciatica
- Calf Cramps
- Neuralgia
- Indigestion
- Fibromyalgia
- Stiffness
- Restricted Movement

Other conditions that have shown improvement with BSR include:

Musculo/Skeletal complaints including:

- Whiplash
- Frozen Shoulder
- Repetitive Strain
- Hip Pain
- Arthritis
- Pinched Nerves
- Neck Pain
- Sports Injuries
- Scoliosis
- Bad Posture
- Numb Fingers

Emotional issues including:

- Anxiety
- Insomnia
- General Fatigue
- Stress
- Lethargy

Gastro-Intestinal complaints including:

- IBS
- Indigestion
- Diarrhea
- Heartburn
- Constipation
- Frequent Urination

NOTE — Body Stress Release is not a diagnosis or treatment of any condition. BSR simply assists with locating and releasing stored stress and tension from the muscles allowing your body to heal.

BSR APPOINTMENTS

You will book three initial appointments over a period of two weeks.

Since Body Stress Release is a "process," it is important that you receive all three initial sessions to give your body's self-healing abilities time to activate and work.

During your first appointment, you will provide a detailed case history. After that initial release, what I found during your session will be explained to you.

After your second appointment, you will also be provided with some simple self-help techniques.

Responses are often rapid, although your body may require further appointments depending on how it responds and on how long stress and tension have been stored in your body as your muscles release gradually back to their natural state.

Trent A. Snyder

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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
Unlocking tension - Restoring self-healing

WHAT IS BODY STRESS?

Life exposes us to various types of stress each day. Body stress is a powerful factor that can affect our health and well-being in many ways.

We are exposed to the different types of stress daily:

Mechanical Stress

- Falls
- Strains
- Poor Posture
- Accidents
- Injuries
- Lifting Heavy Objects

Mental/Emotional Stress

- Life pressures at work, home, school and our relationships.

Chemical Stress

- From chemicals we are sensitive to in everyday products, air pollution, MSG, gluten or artificial food colorings.

Our bodies are designed to adapt to these stresses, but sometimes we find ourselves overloaded by stress. Our body's cope with this excess stress by storing it in the muscles.

This "locked-in" stress is what we term body stress. Body stress leads to pain, stiffness, numbness, cramps or even postural distortions. Muscle tension compresses your nerves disturbing your body's natural communication system. This reduces your body's innate self-healing ability until the stress is released.

I feel as if my body has moved back in time about 10 years.

Lea M., Consultant

At first I was extremely skeptical about Body Stress Release, but I can honestly say that it has 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 have been sleeping like a baby.

Tim F., Property Management

Body Stress Release is by far the most effective technique I have ever had for healing my back pain, which I had suffered from for over 30 years.

Robert T., Stone Mason



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WHAT IS BODY STRESS RELEASE?

Body Stress Release provides a gentle and effective way to help your body release stored stress or tension from the muscles' "body stress."

Body Stress Release works with your body's natural desire to be stress-free. You will be amazed at how such a gentle technique can be so effective in relieving your aches and pains.

While lying down fully clothed, your body will be tested for stored stress or tension. Then gentle and precise pressure will be applied to the areas your body pinpoints, encouraging your body to "release" the tension.

This stored stress or tension may be the cause of the discomfort you are experiencing including: neck pain, backache, headaches, sciatica, heart-burn and muscle cramps.

Body Stress Release is a complementary health technique that was researched and developed in South Africa in the 1980's by Gail and Ewald Meggersee. It is now practiced worldwide with a history of over one million Body Stress Release client sessions.

Body Stress Release is extremely powerful. I had regular migraines and was put on beta blockers but the migraines continued. My migraines are now completely gone! I cannot recommend Body Stress Release highly enough.

Jude S., Teacher