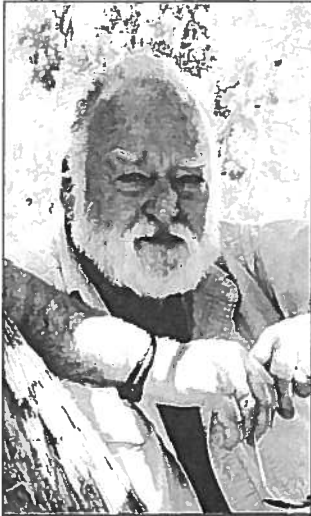


Myofascial Release



John F. Barnes, PT
International Lecturer,
Author and Authority
on Myofascial Release

THE SCIENTIFIC RATIONALE

Something has happened that is incredibly important! The Quantum Shift that I have been talking about has occurred and will have a massive impact on you and healthcare that will be so vast it will be beyond your wildest imagination.

First, allow me to step back so any therapist or physician that has yet to take my Myofascial Release seminars or any patient that may be considering Myofascial Release can better understand our Myofascial Release perspective. Myofascial Release is Therapeutic Artistry. In school, I was told that therapy was a combination of science and art. Then all that was talked about was the scientific aspect, but no art.

Newtonian physics, the paradigm of traditional therapy, claimed things have energy. Unfortunately, traditional therapy ignored the discoveries by Einstein that things are energy! This is the paradigm that Myofascial Release utilizes so successfully.

Traditional science views people as objects. The fundamental premise of the "old" science is objectivity. A rudimentary understanding of Quantum Physics clearly demonstrates that there is NO OBJECTIVITY. Yet, researchers continue to look for an objective cause for an objective disease or dysfunction. Therefore you and I as therapists were trained to do the impossible. The foundation of science was built on quicksand. This is also why traditional therapy only produces limited and temporary results. My serious back injury and resultant struggle to regain my strength and health opened my eyes to the limitations of traditional therapy. My Myofascial Release philosophy, principles and techniques were developed years ago through my experiences, trial and error, intuitive guidance and feedback from my patients, despite the fact that it didn't jive with what science said I should be thinking or doing. Traditional scientist's obsolete view of the human as a bag of chemicals has eroded healthcare into the biochemistry of disease

My confusion in the early part of my development of my Myofascial Release Approach was compounded by all the research on the fascial system did not match my experience with my patients and myself. I eventually realized that all of the scientific research on the fascial system was done on cadavers (dead people). This led traditional scientists to a very erroneous view of the fascial system and its importance in the physiological functioning of all of the systems of our body in life.

How could science omit something so important? This error probably occurred due to the fact that Myofascial restrictions do NOT show up in any of the standard tests such as x-rays, MRI's, myelograms, CAT scans, electromyography, etc. This was compounded by the flawed view of the traditional paradigm which was logical, but terribly incomplete.

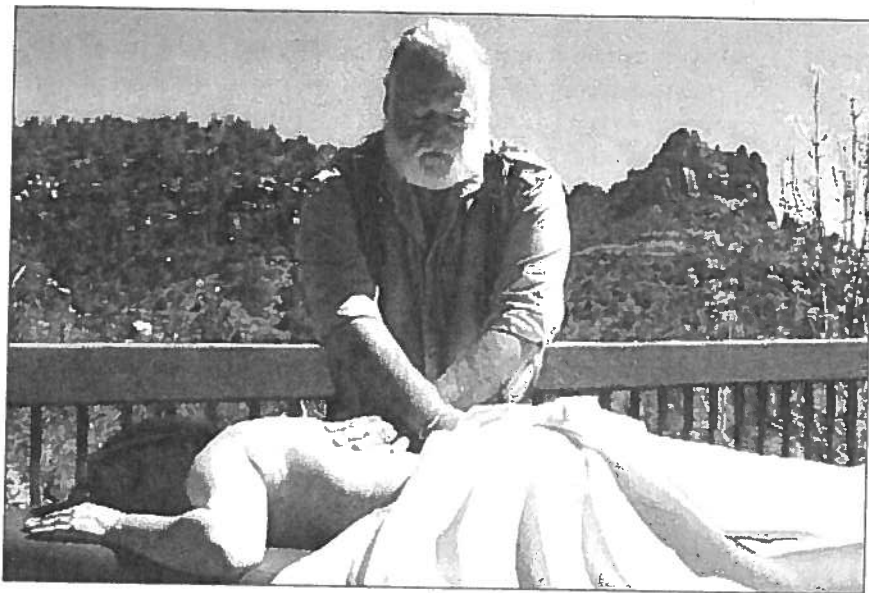
The medical paradigm fragmented the human over 300 years ago and taught us that we are mindless machines. In other words, consciousness does not matter and was not important or to be included in healthcare. However, this refutes our moment-by-

moment experience. My personal experience was that consciousness was the most important aspect of life and healing. I found that my patient's fascial system was full of life, memories, emotions and consciousness!

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Albert Einstein has said that most scientists are mere technicians, since all they do is memorize facts written by someone else. He believed a true scientist was one that utilized his or her creative genius coupled with the rational mind. He said that all of his incredible ideas came in an intuitive

visual flash. He "saw" the total picture and then used the logical/linear side of the brain to write down the concepts that described his intuitive/visual experience.



THERE IS NO SUCH THING AS DISEASE!

A massive amount of research is emerging that validates the principles of my Myofascial Release approach. I am going to paraphrase some important information from a new book, "Energy Medicine in Therapeutics and Human Performance" written by James L. Oschman, Ph.D.

"A dramatic discovery reveals that there is actually no such thing as a disease. Medicine's disease model has simply run its course. Like horseshoes and the bustle, it is a paradigm soon to be replaced."

Some interesting thoughts from Arthur Koestler's book "*The Ghost in the Machine*" may be relevant here. He states that science is based on monumental superstitions and argues that the pillars of science are cracked and revealing themselves as hollow. And that science considers terms like consciousness, mind, imagination and purpose to be unscientific, treated as dirty words, and banned from the vocabulary. Koestler goes on to state that at first the intention was to exclude consciousness as objects of study, but later on this came to imply that the excluded phenomenon did not exist.

It is a paradox for conscious humans to deny consciousness. Yet, generations of scientists influenced by behaviorism claim to study human nature while doing so. They claim to study perception without consciousness, attention without consciousness, learning, brain physiology, animal behavior, sleep, language, and healing without consciousness; the whole list goes on, all the while explicitly evading the common sense of 26 centuries of written human thought. Naturally, they were unable to deal with subconscious events either; you can't have a subconscious without consciousness. Yet they've experienced every waking moment consciously.

Albert Einstein has speculated that rational science reveals only the external appearances of some deeper reality. I believe that Myofascial Release allows us now to deal with that deeper reality. Traditional therapy missed a key component for effectiveness, the treatment of the Myofascial system, the conduit of consciousness.

Myofascial restrictions occur from trauma, surgery, and inflammatory processes. Trauma and inflammatory responses create myofascial restrictions that can produce pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in any of the standard tests (x-rays, MRI's, myelograms, CAT scans, electromyography, etc.). This enormous pressure acts like a "straightjacket" on muscles, nerves, blood vessels and osseous structures producing the symptoms of pain, headaches, and restriction of motion, and disease.

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Traditional medicine looks at symptoms, gives it a label and only treats symptoms. Symptoms are only the tip of the iceberg! The medical approach is to drug patients so they temporarily are free from pain, but it does nothing about the "straightjacket" of pressure that is causing the pain. Traditional physical, occupational, and massage therapy, acupuncture, chiropractic and other forms of

therapy only treat the symptoms caused by the "straightjacket" of pressure that causes and perpetuates the symptoms. This is why so many patients have only temporary results never seeming to get better with traditional therapy.

Science has now discovered what I have been teaching for over 30 years, i.e., symptoms, diagnostic labels, and diseases are a blockage of our bio-energy caused by a prolonged inflammatory response. Trauma and the resultant inflammation response create Myofascial restrictions that ultimately create the symptoms of pain and disease processes.

"The results of inflammatory responses that have outlived their usefulness are labeled: chronic pain, headaches, restriction of motion, fibromyalgia, chronic fatigue syndrome, heart disease, arthritis, asthma, bowel and menstrual disorders, cancer and the list goes on and on. There is no such thing as disease!"

Myofascial Release allows the chronic inflammatory response to resolve and eradicates the enormous pressure exerted on pain sensitive structures by myofascial restrictions to alleviate symptoms and to allow the body's natural healing capacity to function properly.

Myofascial Release views symptoms as only the "tip of the iceberg." In other words, symptoms are effects of a much deeper cause. Traditional physicians and therapists only treat effects. The Myofascial therapist treats the entire cause and effect relationship.

ARE YOU READY TO MOVE OUT OF THE DARK AGES OF HEALTHCARE?

Traditional science considers the fascia and the proteins of the body to be an insulator that is incapable of conducting energy, information and consciousness. When a traditional biologist wants to study tissue, they crush it, pulp it, and put it into a centrifuge. The tissue is then spun at high velocity to separate the solid from the fluid. The solid material is then thrown away and the fluid is studied. However, back in 1941, Professor Szent-Gyorgyi said this was an erroneous way of doing research on living tissue. He proved that by dehydrating the proteins that the removal of water converted the proteins from conductors of energy into insulators.

Water is essential for life! Dr. Szent-Gyorgyi then stated that by taking away the water, you are studying non-life! Keep the proteins hydrated, and they are semiconductors of energy. He went on to demonstrate that all substances are semiconductors. He states our communication system of the body relies on water. A 10% change in water content can trigger a million fold change in charge transportation along a protein. Of course, the scientists of the time then ignored this important discovery because it did not fit the model of reality that they had memorized. This is bias! It is considered to be unscientific to be biased. I believe it goes beyond this; the scientific community has become entangled into what is intellectual dishonesty!

This false and obsolete information (that the soft tissue of our body is an insulator), is still being taught in all medical, dental and therapeutic schools in the country. For more detailed information please read pages 72-74 in Dr. James Oshmann's new book *"Energy Medicine in Therapeutics and Human Performance."*

Remember that trauma and inflammatory processes dehydrate the fluid component of the fascial system. These fascial restrictions then exert enormous pressure on pain sensitive structures and inhibit the vital communication that flows through the liquidity of the fascial system and every cell of our body that ultimately produces symptoms of pain, headaches, restriction of motion and disease.

The following information is paraphrased from Dr. Ervin Laszlo's new book "Science and the Akashic Field." Dr. Laszlo is considered to be one of the most profound thinkers alive today. In "Science and the Akashic Field," philosopher and systems theorist Irvin Laszlo shows how the discovery in physics of the zero point energy field (zpe), which the Myofascial perspective experiences as being centered or channel 3, is also the discovery of the universal "information" field that is the source for all of physical reality. The following is some scattered observations from his book. Dr. Laszlo considers the impoverished discourse of science has had a negative impact on society and that the worldview most consider scientific is an antiquated and obsolete view.

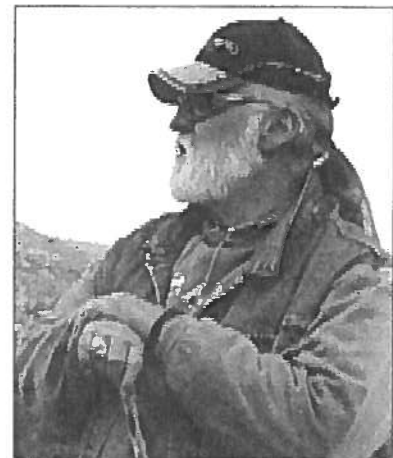
"For years scientists and philosophers have stated that the physical brain is the source of consciousness, yet there is no evidence of this!"

Dr. Laszlo believes that the primary reality is the quantum field or zero point energy field or what he calls the akashic field. The akashic field, which underlies physical reality, is a vast sea of energy and information that flows through us and the universe as a hologram. We were taught that nothing travels faster than the speed of light; however, Russian physicists have discovered "torsion waves" that travel as energy and information at the speed at the order of 10 to the 9th power that means one billion times the speed of light!

Remember, being centered is the timeless, spaceless dimension accessed through the subconscious via our intuition that allows us to access the holographic field that is the memory of the universe, i.e. the akashic field or universal wisdom.

In discussing how the akashic field or zero point energy field performs in the living organism, Dr. Laszlo states that the living organism is not a mere biomechanical machine, the traditional paradigm. A living organism is dynamic and fluid with all components in instant and continuous communication. This kind of instant, system-wide communication cannot be produced by the traditional view of solely physical and chemical interactions among molecules, genes, cells and organs. The speed with which activating processes spread throughout the body makes reliance on biochemistry alone insufficient.

"The conduction of signals through the nervous system cannot proceed faster than about 20 meters per second and cannot carry a large number of diverse signals at the same time. Yet there is evidence that the entire organism acts as one." This instantaneous communication flows through the fluid of the body in and around the microtubules of the fascial system. "It has been found that this instantaneous communication is at 20,000 times the speed of light, relativity theory's supposedly unbreakable speed barrier." To summarize, the fluid within and around the microtubules of the fascial system (the container of our mind) carries almost instantaneous energy and information throughout so we can function as a coordinated, balanced whole.



John F, Barnes, PT
is considered to be the
"therapist's therapist", and
a visionary and teacher
of the highest caliber.

The fascial system is the primary communication system with the much slower neural system, a secondary system of conduction. Our innate intelligence flows through the fascial matrix carrying vast amounts of information, instantly capable of storing far more information than the brain.

Traditional science still clings to the erroneous view that the connective tissue is just an insulator even though it was proven wrong back in 1941; instead the fascial system is a structural three-dimensional web that holds and conducts liquid, energy, and information. Wet connective tissue is a liquid crystal acting as a semiconductor that is capable of potentially giving our patients and ourselves access to the wisdom of the universe!

Fear, anger, hate, anxiety, alienation and hopelessness are not just feelings. Neither are love, serenity and optimism. All are physiological states that profoundly affect our health. However, as our experience has shown us, trauma, inflammation, or unresolved emotional holding patterns, dehydrates and tightens the fascial system. This loss of fluid and the resultant solidification of the ground substance of the fascial system block this important communication that eventually produces the symptoms of pain, headaches, anxiety, restriction of motion and disease.

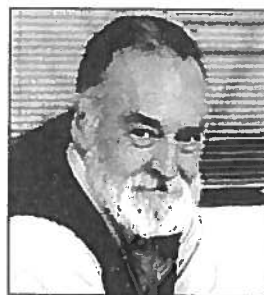
I would like to quote from the book "The Field" by Lynne McTaggart, which states that "In the near future the idea of using drugs or surgery to cure anybody will seem barbaric. It has been discovered that humans emit highly coherent photons (the tiniest particles of light). Our DNA uses wave frequencies of this light to drive all of the physiological processes of the mind/body. New evidence shows the brains conversation with the body are waves and frequencies rather than with chemical or electrical impulses alone. Our brains are simply the retrieval and readout mechanism, of the ultimate storage medium, the force field that surrounds us and infuses with every cell of our body."

"In healthy individuals, the quantum light is highly organized. In people that are ill, cancer patients for instance, have lost the organization of this internal energy so the subatomic communication between the various parts of the body has broken down. In effect, their light is going out. It may be that all illness is a kind of scrambling of the frequency of this energy."

Myofascial Release structurally and energetically opens and rehydrates the human fascial system of liquid light for the coherent flow of frequency, vibration, information and organization necessary for the health and quality of life. I'll ask you again, are you ready to move out of the dark ages of healthcare?

Myofascial Release is a logical expansion of the very roots of the health professions. It incorporates quantum theory and systems theory into practice, but it does not necessitate the dismantling of traditional healthcare. Rather, Myofascial Release represents a powerfully effective addition of a series of concepts and techniques that enhance and mesh with our traditional medical, dental, and therapeutic training. Myofascial Release is not traditional therapy, nor is it alternative therapy. Myofascial Release is authentic therapy due to the important, substantial and tangible results it provides on all levels of human existence.

This exciting period of transition poses an important opportunity for us to grow, as human beings while providing the quality of care our patients deserve, allowing us all to move into authentic living and healing.



ABOUT THE AUTHOR:

John F. Barnes, PT, graduated from the University of Pennsylvania as a Physical Therapist in 1960; he holds physical therapy licenses in Pennsylvania, Arizona, New Jersey, Delaware, Colorado, and Hawaii. John is on the Counsel of Advisors of the American Back Society; is an Editorial Advisor of the Journal of Bodywork and Movement Therapies; and is a member of the American Physical Therapy Association.

John lectures internationally presenting the "John F. Barnes Myofascial Release Approach" seminar series and "Advances in Spinal Diagnosis and Treatment for the 21st Century," for the American Back Society.

He wrote the definitive book "Myofascial Release: the Search for Excellence" in 1990. He has also been a columnist for the Physical Therapy Forum's, "Therapeutic Insight" column; he has contributed to Physical Therapy Today writing articles for his "Mind & Body" column; and has written several articles for the Advance for Physical Therapists publication. John also wrote a second book, "Healing Ancient Wounds: the Renegades Wisdom," which was published in 2000.

John F. Barnes, PT, was named one of the most influential persons in the therapeutic professions in the last century, in the national Massage Magazine's featured article "Stars of the Century." John was also the featured speaker presenting his "Myofascial Release Approach" at the American Back Society's meeting whose theme that year was, the most important advances in healthcare in the last century!

MYOFASCIAL RELEASE FOR:

Back Pain
Jaw Pain (TMJ)
Disc Problems
Headaches
Sports Injuries

Whiplash
Fibromyalgia
Myofascial Pain
Syndrome
Infants/Children
Neurological
Dysfunction
Chronic Pain

Migraines
Chronic Fatigue
Syndrome
Carpal Tunnel
Adhesions
Neck Pain
Scoliosis
Sciatica

WOMEN'S HEALTH PROBLEMS:

Pelvic Floor Pain
and Dysfunction
Urinary Incontinence
Infertility Problems

Mastectomy Pain
Painful Intercourse
Urinary Urgency
Vulvodinia
Endometriosis
Painful Scars
Interstitial Cystitis
Lymphedema

Problematic Breast
Implant/Reduction
Scars
Menstrual Problems
Urinary Frequency
Coccydnia (Tail Bone)
Adhesions
Episiotomy Scars

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Tel: 1-800-FASCIAL (327-2425)
Fax: 610-644-1662
Malvern@MyofascialRelease.com
www.MyofascialRelease.com

Tel: 928-282-3002
Fax: 928-282-7274
Sedona@MyofascialRelease.com
www.MyofascialRelease.com