



Body Stress Release (BSR) literally means letting go of stress in the body. BSR supports the body's self-healing ability and may therefore be a solution for a variety of conditions. These conditions, may result from too much stored muscle tension, which over time "locks" into the muscle structure of the body, and is what we refer to as "body stress". Body Stress Release is a complementary, gentle hands-on technique, that stimulates the body to release the tension, allowing the client's condition to improve.

The technique is for everyone, young and old, sick or healthy, or even the new born who may have accumulated tension during pregnancy or the birthing process.



Body Stress Release

Unlocking tension
Restoring self-healing

More information can be found at
www.bodystressrelease.com

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The 3 causes of body stress

Physical stress may be caused by for example, an incorrect working posture, a traffic accident, a fall or the incorrect lifting of heavy objects.

Mental stress arises from intense emotions, such as prolonged anger, shock, relationship problems, loss of a loved one, financial worries, depression, burnout or other emotional and psychological stress.

Chemical stress may be caused by hypersensitivity (or prolonged exposure) to certain substances. This could occur through consumption, inhalation or absorption through the skin. For example, anaesthetics, artificial colouring and flavourings, certain cosmetics, perfume, paint, medicines, food, alcohol and drugs etc.



What are the consequences and symptoms?

Possible consequences of stress due to an excess of stored tension in the body can be:

- back, neck, shoulder or whiplash injuries
 - hernia, lumbago, sciatica
 - fibromyalgia
- pain in hips, legs and buttocks
- restless legs, sore knees and ankles
- tingling, cramps or numbness in arms or legs
- RSI, tennis elbow, carpal tunnel syndrome
 - headache, migraine, tinnitus
- allergic reactions, hay fever, asthma
 - gastrointestinal problems
 - bladder problems, incontinence
 - difficult pregnancy
- menstruation or menopause problems, fertility problems
- tiredness, disturbed sleep patterns
- sports injuries, overworked muscles
 - burnout, depression
- prolonged and unexplained crying and stomach cramps in babies
- growing pains in children, bed-wetting and many others.

What are the effects of BSR?

Body Stress Release activates the body's self-healing ability. After a release, the body lets go of the stored and locked-in muscle tension, layer by layer, alleviating the client's body stress.

How many appointments are needed?

To kick-start the body's self-healing mechanism, we strongly recommend an initial three sessions, spaced on specific days, (day 1, day 4 and day 11), to allow the body to adapt to the releases. Follow-up sessions, and their frequency, will vary from person to person. If the body stress has recently occurred, then recovery usually takes place quite quickly. When the tension has been locked in the body for longer, more releases might be needed.

