



Body Stress Release (BSR) is a unique complementary health technique that harnesses your body's natural self-healing ability to reduce pain and improve physical and emotional wellbeing.

Body Stress Release is for everyone... and every BODY! Most of us carry stress and tension from our everyday lives but, when that stress becomes overwhelming, it can start to affect our mental and physical wellbeing. A regular BSR session can help to keep your body in balance – offering relief from small aches and niggles to more serious pain and discomfort.

Body Stress Release is suitable for all ages, including infants and the elderly.



Body Stress Release

Unlocking tension
Restoring self-healing

More information can be found at
bodystressrelease.org.uk



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THE CAUSES OF BODY STRESS

Physical stress may be caused by, for example, poor posture, an accident or injury, a fall, or strain.

Emotional and mental stress arises from intense emotions such as bereavement, relationship problems, or shock, and also by other psychological stresses such as financial worries, anxiety, depression, or burnout.

Chemical stress is caused by sensitivity, or (prolonged) exposure, to certain substances, such as air pollutants, additives, or chemicals in household products, cosmetics, and perfumes. This can occur through consumption, inhalation, or absorption through the skin.



WHAT ARE THE SYMPTOMS OF BODY STRESS?

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

- back, neck, shoulder, or whiplash injuries
 - hernia, lumbago, or 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, or carpal tunnel syndrome
 - headaches, migraines, or tinnitus
- allergic reactions, hay fever, or asthma
 - gastrointestinal problems
- bladder problems or incontinence
 - difficult pregnancies
- menstruation or menopause problems, or fertility problems
- tiredness or disturbed sleep patterns
- sports injuries or overworked muscles
 - burnout or depression
 - loss of libido
- prolonged and unexplained crying and stomach cramps in babies
- growing pains in children or bed-wetting



WHAT ARE THE EFFECTS OF BSR?

Body Stress Release assists your body in restoring its natural capacity for self-healing. After a release, during which you remain fully clothed, the body lets go of the stored and locked-in muscle tension, layer by layer, causing symptoms to improve or disappear.



HOW MANY APPOINTMENTS ARE NEEDED?

We initially schedule three Body Stress Release sessions within two weeks, in order to kick-start the body's self-healing mechanism.

Follow-up sessions and their frequency will vary from person to person. If the body stress has arisen recently, recovery usually takes place quite quickly. When the tension has been in the body for longer, more releases may be needed.