

Turn your **BACK** on pain with **BODY STRESS RELEASE**

What is **BODY STRESS RELEASE**?

Body Stress Release is a gentle yet effective complementary health technique which was pioneered in South Africa by Dr's Ewald and Gail Meggersee. A fall out of a tree at the age of five left Ewald Meggersee with intense lower back and leg pain and while he explored numerous forms of treatments, he struggled to find a long term solution for his condition. While studying chiropractic in America the Meggersees stumbled across Dr van Rumpt, a retired American chiropractor who had explored an approach to pain relief that differed from conventional chiropractic manipulation. They returned to South Africa and building on this gentle technique, they developed **Body Stress Release (BSR)**. BSR is built on the premise of using the body as a biofeedback system. The practitioner is able to use the body's reflex response to accurately test for stored tension which may be disrupting the nervous system.

The effect of **MUSCULAR STRESS** on the **NERVOUS SYSTEM**:

When the body can no longer adapt effectively to the onslaught of environmental stressors stress overload is reached. Body stress becomes locked into the body's physical structures which manifests as lines of tension and can cause pain, stiffness, numbness or postural distortion. This stored tension has an impact on the nervous system and undermines the body's natural ability to co-ordinate its functions and heal and maintain itself. Over time various effects begin to show resulting in a slow decline of overall health and well-being.

Who needs **BODY STRESS RELEASE**?

Body stress may manifest as back, neck or joint pains; headaches, cramps and stiffness, reduced flexibility, fatigue, muscular aches, digestive problems and postural distortions. Babies and children develop body stress from a stressful birth or injuries sustained during daily activities. This may manifest as: colic, refusal to walk/wanting to be carried; growing pains, constipation, bed wetting or behavioural problems. Body Stress Release brings effective relief from pain and discomfort from many different causes, including back pain, on-going daily pressures, accidents and sporting injuries.

Why is **BSR** so **EFFECTIVE**?

BSR respects the body's natural healing mechanism, and does not require the use of force. It's extremely gentle, but effective.

BSR is accurate and precise – the practitioner uses the feedback from the body itself to ascertain sites of body stress.

BSR has a life-enhancing effect – it does not involve the diagnosis or treatment of illnesses or medical conditions. By releasing body stress it improves the body's coordination and communication allowing the body to **heal itself and function optimally!**

digestive problems.

accidents
postural distortion
back pain
cramps
pain
stiffness
numbness
sore joints

BODY STRESS RELEASE

Log on to www.bodystressrelease.com
to find a practitioner near you



Unlocking Tension - Restoring Self-healing