

BY ENHANCING THE LINES
OF COMMUNICATION
BODY STRESS RELEASE
ENABLES US TO
CONSTRUCTIVELY
ADAPT TO THE STRESSES
OF LIFE,
THEREBY ASSISTING
THE BODY
TO HEAL
AND
MAINTAIN ITSELF.

Co-ordination

Assimilation

Respiration

Elimination

We must all take responsibility for our health. Unless our bodily functions are fully co-ordinated, assimilation, respiration, and elimination cannot function as efficiently as they should.

BODY STRESS RELEASE
focuses on improving the
body's co-ordination.

BODY STRESS RELEASE FOR HEALTH MAINTENANCE



Unlocking tension - Restoring self-healing

Stress becomes locked into physical structures when the body fails to adapt to an overload of stress.

Body Stress Release is concerned with assisting the body to release stored tension, thereby allowing it to maximise its in-built ability to maintain and heal itself. The causes of tension may be mechanical, mental/ emotional or chemical factors.

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Why do people seek Body Stress Release care?

Most usually people are looking for relief from pain, stiffness or other discomfort. Often it is because of lower back pain or leg pain, caused by stored tension in the lumbar spine; headaches, resulting from body stress in the neck; numb fingers due to compression in the lower neck affecting the nerve supply to the arms and hands. However, BSR has a broader objective - it is concerned with assisting the body in maintaining health.

Our bodies are self-healing and self-maintaining

The body's natural ability to maintain health depends on the coordination of all functions this is controlled by the brain and nervous system. If there is tension locked into the physical structures, the irritation to the nervous system undermines its efficiency. For example, pressure in the lower back may not only cause pain, but also disturbs the nerve supply to the internal organs, such as the digestive and reproductive systems.. Compression in the neck means that there is an impact on the nerves which have connections to the eyes, mouth, heart, etc. Therefore, to promote efficiency of body function we need to keep ourselves free of stored body stress.

How do we acquire body stress?

In our daily lives we are subjected to various forms of stress. Mechanical stress may arise from accidents, poor posture and incorrect lifting. Chemical stress may be caused by harmful substances which we consume such as food additives, or inhale, e.g. Insecticides, or absorbed through the skin, such as certain cosmetics and cleaning products. Mental and emotional stresses cause us to tense our neck, shoulders and abdomen. Even if the stresses are mild, they tend to build up, causing the muscles to gradually lock up. Obviously it is preferable to have the body stress released, before it accumulates to the level of causing pain and malfunction.

In the absence of pain, what are the signs of body stress?

As the stresses become stored in the body a person will become aware of not feeling completely well. It may manifest as a lack of energy or difficulty in thinking clearly. There may be some stiffness on rising in the morning which eases as one moves about. Babies will become irritable and children may appear uncooperative and lacking concentration.

How often should a person be assessed for body stress?

When a person has completed the series of BSR sessions it is advisable to have a follow-up appointment within a month's time, or in some cases sooner, as recommended by the practitioner. In this way, any re-stressing of areas - due to the body going through a process of learning to deal with the stresses of daily life - may be released before symptoms arise. After that, the appointments may be spaced further apart. As the body stabilises in its ability to cope with the stresses it is subjected to, it is advisable to have a BSR session several times a year, e.g. Every 3 months. The frequency will vary according to the individual.

The return of symptoms: does it mean that BSR has not been effective?

When a person has had a long-term condition of body stress, e.g. Originating from a past incident, there is an accumulation of layers of muscle tension. After several sessions of BSR there may be total relief from pain or other symptoms. As time passes, possibly days, weeks or even months, the body will continue its process of unlocking a deeper level of stored tension. As the muscles relax back to normal tone, there may be an uncovering of the original cause. The return of pain or stiffness means that the body is ready to deal with this, with some help from further BSR sessions. Therefore one should not become despondent about a problem which appears to return - it is an indication that more stored tension needs to be attended to.