

Introductions

- If this is a small group, ask your group to introduce themselves. This can help you structure your examples to fit the group.
- Explain your background and what resources you offer.

Body System Review

- Tell me a body system and something you know about it.
 - Muscular, Nervous, Skeletal, Digestive, Reproductive, Lymphatic, Respiratory, Endocrine, Immune
- Why do we learn about our body systems in school?
 - To know something about how to take care of them.
 - How do you learn to take care of your body today? Where do you get information? Dr, therapist, media, etc.

Fascia

- You may know something about fascia. What do you know?
- Important facts to know...
 - 8-10 times more nerves than muscles; brain is VERY interested in what is happening in your fascia.
 - Fascia is the environment of ALL the other body systems we talked about. It now only surrounds everything but invests itself into everything.
 - Fascia must hold tension to support everything inside of you AND your ability to stand up against gravity.
- We experience problems when we get too much tension in our fascial system. How does this happen?
 - Injury to our bodies, singular (MVA, Surgery) and repetitive (sports)
 - Long term poor posture choices
 - Sedentariness
 - Only linear exercise
 - Poor hydration and nutrition
 - Poor breathing practices
- This excess tension places pressure on all our other body system and all the nerves embedded within it resulting in pain, decreased flow of our healing fluids, and pressure on all our other systems causing a variety of dysfunction.
 - Tension example in clothing.
- What can you do.
 - See a therapist who knows myofascial release is a great jumpstart.

- There is much you can do on your own.
 - Minimize inflammation in your body through hydration, nutrition and stress management
 - Non-linear exercise and stretching.
 - Myofascial self-treatment.
- Find the right balance for YOU of tension building activities in daily life and tension reduction activities. We can't totally change the daily life we lead.
How can we better release and balance the tension.

What's being done in healthcare?

- The world of sports, beauty and yoga and latching on to fascia science. Healthcare not so much. Moving very slowly.
- NIH is spending millions of dollars on studying fascia. Looking for biomarkers to objectively evaluate healthy vs. unhealthy. Next steps are how to best treat the fascia.
- Integration of new knowledge moves very slowly due to the structure of our healthcare system. However, it has begun.
 - Areas of study where fascia has become a variable in the scientific process.
 - Pain
 - Mental Health
 - Oncology
 - Menopause
 - Aging
 - Balance and fall prevention
 - TMD or Jaw pain
 - Immune system health and function
- Other countries are well ahead of us, but we are catching up.
- My goal is to speed that process up as much as one person can do.

Questions