



# Restoring balance with *Body Stress Release*

Emotional pressures, physical and mechanical factors and harmful chemicals can all cause body stress. When the body fails to adapt to stress overload, the stress becomes locked into the body instead of being released. This may result in pain, stiffness, numbness and postural distortions as our muscles tense in protective action. As the body's defence mechanisms become weakened, its inbuilt ability to maintain and heal itself is undermined and we move further from an optimal state of health. The gentle intervention of Body Stress Release boosts the body's healing ability and restores its natural balance.



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We've only just dashed past Easter ... it's a few short months into the year and perhaps, like me, you're already feeling frazzled? We juggle children, school lunches, sports time-tables, careers and extended family, and sooner or later we find ourselves in a dance of deadlines as our fatigued bodies start crying out with some very clear warning signs.

Stress may manifest in all sorts of ways, and when stress overload is reached the muscles tense in defensive action and we start feeling the effects. Over time this 'body stress' undermines our natural healing balance and ability to recover, and we move further and further away from optimal health.

#### **RESTORING THE EQUILIBRIUM – A GENTLE APPROACH TO HEALING**

Body Stress Release (BSR) is a gentle and effective technique in which accurate assess-

#### **TAKE THE STRESS TEST**

- ✓ **Brain fog or irritability.** You're forgetful, snappy, tired or emotional?
- ✓ **Pain.** Your back aches, your shoulders burn, your muscles feel tired and your neck is pivoting on a tight wire?
- ✓ **Headaches.** More and more you're reaching for those painkillers, which only offer you temporary relief?
- ✓ **Sport and fitness.** You tire easily and you just don't feel as if you have optimal speed or stamina?
- ✓ **Anxiety.** You're starting to sweat the small stuff and you can't even contemplate the big stuff?
- ✓ **Fatigue.** Getting out of bed in the morning sometimes seems impossible, and going to bed is something you eagerly look forward to?
- ✓ **Indigestion, restless legs, joint pains, weakened immune system ...** all of these are common symptoms of stress overload.

ment and release of stored muscle tension in the body is used to improve overall health and wellbeing. BSR is not only helpful for the stressed-out executive – it can also help in a variety of painful conditions, from babies with reflux and children with growing pains, all the way through to people with severe back problems and joint pain. (Back pain stats are scary – up to 80% of people experience back pain at some point in their lives!)

**SOME SUCCESS STORIES**

**Back pain, groin pain and daily headaches**

A 28-year-old ex-professional sprinter and cycling enthusiast experienced shooting pains to the groin and hips, numb fingers and daily

pain subsided. By session six he felt great and was back into his full-time training schedule. He was amazed at how much better he was suddenly performing!

**Chemical headache**

A woman of 28 had been experiencing almost constant headaches for 6 months, as well as a stiff and painful neck. She had two sessions of BSR. After each one, the pain decreased but returned within a day. Detailed questioning revealed that she had started using a new skin cream about 6 months before. She stopped using it, and after one further session of BSR her neck stabilised and the headaches ceased.

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headaches. He also suffered from heartburn and his knees ached. He was hoping to get back into running again and wanted to start training but his body just wouldn't co-operate.

He was encouraged to give his body a chance to heal and agreed to moderate his schedule for a short period of time, but refused to rest completely. Despite his continued training while undergoing BSR, he started to improve gradually and by the third session he no longer had headaches, his heartburn had subsided, he was sleeping better and his back stiffness had started to ease.

After two further sessions, in which stress in the hip and pubic joint was released, his groin

**Bedwetting**

For a number of years a 15-year-old boy had experienced the embarrassment of frequent bedwetting, as well as intermittent lower back pain. After three sessions, in which pressure was released in the lumbar spine, he had no further bladder problems. The bedwetting recurred a year later after a heavy fall at rugby, but cleared up once more after two sessions of BSR.

**Foot rotation**

A 31-year-old woman had walked with one foot rotated outwards ever since a motor accident in her teens. She frequently woke with her lower back in painful spasm. She underwent regular BSR over a period of three months,

at the end of which her foot had returned to the normal position and her buttock muscles, which had been wasted, had rebuilt.

**Infertility**

A woman in her mid-twenties was longing to have a baby, but her gynaecologist found that she was not ovulating. Her knee and foot reflexes were absent, which implied some spinal nerve compression. She came to BSR because of long-term lower back pain. After several months of regular BSR her back had improved and she fell pregnant. (She received another bonus, as it turned out that she was having twins!)

**Babies and children**

A two-day-old baby could not suckle, as her tongue kept flicking to the corner of her mouth. After body stress was released in the neck she began suckling normally.

A five-month-old baby kept his arms in spasm against his chest and his gaze appeared to be unfocused. Cerebral palsy was suspected. After one session of BSR his arms relaxed. After

a second session his mother reported that he was able to focus on her face and respond to her. Six months later his development appeared to be normal in every way.

**WHO NEEDS BODY STRESS RELEASE?**

BSR is suitable for all ages, and although it assists with a number of complaints it should be viewed as a preventive technique.

The truth is that most of us treat our cars better than we do our bodies ... if the engine light flashes on the dashboard we take our car in for a service, we don't wait for the engine to explode. So rather than ignoring your body's early warning signs, take note of the subtle signs and catch stress overload before it catches you! ●

