**Wholistic Therapeutics, Inc.**

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**WHAT IS FASCIA AND MYOFASCIAL RELEASE**

Fascia is a tough, connective tissue that supports, surrounds every muscle, nerve, blood vessel, bone, organ down to the cellular level in your body. Fascia is a continuous, uninterrupted physiological system that runs in your body from your head to your toes. Imagine it as a three-dimensional spider web or a thread in a "sweater" that connects and influences your entire physical structure.

When the fascia is healthy, which is open, flexible and relaxed, your whole structure is aligned, balanced, mobile and able to function at its optimum as it was designed. Trauma and stress both physical or emotional, inflammation, surgeries, repetitive overuse and poor posture create restrictions and thickens the fascia. As the fascia loses its extensibility and flexibility it hardens, binds down and pulls the whole "sweater" out of its relaxed and balanced status.

Myofascial restrictions cause your body to be out of optimal alignment, not allowing it to work properly and freely that over time causes lack of mobility, dysfunction and pain. The important part is to understand how your whole body is connected via fascial system and how your pain may be local to the restrictions or in remote areas of the immobile parts.
Conventional medical tests like X-rays, MRIs, CAT scans - do not show up any myofascial restrictions, and you may have been told that all tests are negative. We know that your pain is real and its roots and causes most likely are related to myofascial restrictions.

MFR (Myofascial Release) is gentle and very effective hands on tissue technique that helps to release the entire myofascial complex and eliminate pressure from pain sensitive structures. We can assist you both locally with our office visits, and via Zoom, Skype or Face Time to work with you from the distance in our Telehealth sessions.

Upon the comprehensive initial evaluation addressing your posture, structural alignment, range of motion, myofascial flexibility and mobility, we will identify the areas and parts of your body that need to be released and opened.

At Wholistic Therapeutics we use Myofascial Release and Cranio- Sacral therapy as taught by John F. Barnes, PT.

Myofascial Release is a whole body approach that addresses the root-cause of your symptoms and releases them thus allowing your body to return to its natural alignment, and fluidity of movement. You will experience healing on a faster rate, and it will be complete and more lasting. Remember that the root cause of your symptoms may be either physical or emotional, or combination of both.

It is vitally important that you give yourself a permission to feel, not to analyze, discredit or “stuff” your emotions.

Emotions are not good or bad, right or wrong. They are simple a messages and guidance from our body. The importance of expressing your emotions is vital to your healing process.

 **Benefits of MFR may include but not be limited to:** Improved structural/postural alignment. Increased flexibility and strength. Decreased pain. Return of function. Increased body awareness. Increased energy level. Feeling more balanced physically, emotionally, mentally. Enhanced quality of life. Internally more secure and happier. Feeling deeper sense and purpose of your life. Healed past events of your life. Deeper sense of peace and serenity.

Lasting healing involves more than structural/physical improvement alone. There is an intimate connection between body and mind and often one reflects the other. It is a two-way communication.

A shift in awareness needs to take place in order to create positive and lasting changes. Old, outdated messages, patterns and beliefs need to be released in order to create space for healthier, freer and more constructive ways of being.

We will help you to facilitate this process that involves calming the nervous system by relaxing the body and quieting the mind in a safe and comfortable environment. In this state, you can more consciously listen to the messages from your body.

If you have more questions, please ask Izabela Adamus