

How to Relieve Stress Pain & Learning Blocks Without Drugs

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Never again be stuck for an answer to that most common of questions, "What can I do for myself?"

Do you suffer from any of the following?

- Back Pain
- Headaches-Migraines
- Knee Pain/Foot Pain
- Carpal Tunnel Pain
- Neck/Shoulder Pain
- Tendonitis. Etc

There ARE MANY CAUSES FOR THESE CONDITIONS, but the basic cause of these conditions is what we call Repetitive Muscle Stress (RMS). Muscles, we discovered, are the Missing Link to our aches & pains. We need to restore the muscle tone that was lost by doing repetitive or strenuous activities or caused by accident or injury. Muscles pull bones; bones do not pull on muscles. When we balance the muscles, the pain will diminish and when given time to heal, the pain go away completely.

Repetitive Muscle Stress may occur with any activity involving repetitive or strenuous motion. Ask any computer operator, grocery store clerk, beautician, meat packer, dentist or musician, just to name a few.

RMS is also a factor in many athletic activities. We have seen these balancing exercises improve basketball, golfing, hiking, and aerobic exercise performance and would expect significant improvement in most athletic and dance activities.

Muscles have to work together in groups or in pairs. For example, if you want to raise your arm, the muscles under the arm must relax, or it may create pain. If you have neck stress from even turning your head, other muscles have to relax.

The signal has to come from the brain to relax the muscles. However, if the signal has been blocked by stress or an injury, the result may create pain. This is why we say we work with the body-mind.

However the bottom line is restoring the loss in muscle balance and strength triggered by the repetitive activities. Major factors in RMS are Reactive and Frozen Muscles.

In a typical repetitive activity, certain muscles soon tire. As the activity is continued the muscle tone, or energy level, is altered to compensate. Gradually more and more reactive muscle interactions are set up. A reactive muscle is a muscle that weakens, when another muscle is activated. Often the person has the feeling of getting weaker and weaker as they continue to attempt to perform an activity, while other parts of their body tighten up. In our modern high stress society it is not uncommon for a large number of our neck and shoulder muscles to be chronically frozen, or hypertonic. This not only leads to stiffness and pain, but also results in a continuous, fatiguing energy drain.

We carry much of our stress in our neck muscles. When these muscles tighten up, they cause other muscles in the body to weaken whenever you move your head. In other words, other muscles in your body tend to become reactive to your neck muscles when you are under stress. This stress can be reduced with our simple self-help neck release exercise

Sample technique:

NECK RELEASE

This technique sends a signal to the brain to release the tension in the neck muscles and also corrects reactive interactions with other muscles.

There are muscle fibers in the neck that run up and down on the neck. Do some neck rolls; look up with the head, then look left, right & down



Gently pinch the neck muscles in and UP and DOWN direction with your thumb and index finger. Work on each side of your neck from front to back and on both sides. Keep your thumb facing downward. You

can pretend that your thumb and index finger is a little "Pacman" gently nibbling on your neck. This activates the sensor cells under the skin and sends a signal to the brain to relax the neck muscles.

Benefits of the Neck Release:

- Computer operators repetitively look from their display down to their keyboard or over to material they are working with.
- Reduce hyperactivity in school children who tend to repetitively look up at the teacher or looking down at their desks or around the room.
- Improve performance in sports requiring looking down and up as in golf, basketball, and tennis.
- Can also be helpful in reducing vertigo and balance problems, particularly in older people, by eliminating weak muscles in their legs when looking down
- Most people when they get up from a sitting position, their natural tendency is to look down. As a result, the reactive muscles in the neck signals the muscles in the legs to go weak. This simple Neck Release technique may eliminate most vertigo problems.

Elizabeth Barhydt, Ph.D, M.T. and Hamilton "Hap" Barhydt, Ph.D developed these new self-help techniques as a result of more than two decades of research and experimentation. They taught their work in 13 countries. They have three books, and a 2-hour Video/DVD on "HOW TO RELIEVE STRESS, PAIN AND LEARNING BLOCKS NATURALLY." Elizabeth healed herself from arthritis, bursitis, headaches, back pain etc. At the age of 70, Elizabeth walked a marathon, 26.2 miles without pain.

The Barhydts founded Loving Life, a non-profit organization, in order to share their findings with the millions that suffer daily from pain. The organization's vision is to teach people how to relieve stress and pain while increasing their energy level and quality of life.

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