

## THE BLUNDERBUSS

I have been a featured lecturer at the American Back Society's Symposium for over 25 years. The American Back Society is a group of Orthopedic surgeons, Neurosurgeons, Osteopaths, Chiropractors, Therapists and Dentists interested in "leading edge" techniques. One of the Myofascial Release concepts that I point out to them is, "What is a diagnosis?" "A diagnosis is a label; only a myopic view of symptoms."

Healthcare has narrowly focused on the eradication of symptoms, paying no attention to the underlying cause, which from a Myofascial Release perspective is a blockage of the flow of energy and information with the resultant fascial restrictions literally down to the cellular level. Symptom is a Greek word for sign or signal. Symptoms are not the problem. The symptom is signaling a deeper problem many times far away from the location of the symptom. Remember what I say in every seminar..."Find the pain, look elsewhere for the cause!" We view the diagnosis and symptoms as a starting point. The skilled Myofascial Release therapist then discovers the fascial restrictions that treat the cause of the symptomatic complex.

The following quote is from the September 15, 2008 Time magazine (page 38)-click on the following link to view the whole article-

<http://www.time.com/time/magazine/article/0,9171,1838776,00.html>

- "Cancer isn't one disease; it's dozens of them, each with different mechanisms that make the fight diabolically difficult. The most pernicious forms of cancer—among them, pancreatic, lung, and brain—are still nearly invincible. Survival rates in rare forms of cancer aren't budging much, either. And the cancer arsenal is still heavy on the blunderbuss—blasting the body with harsh chemotherapy and radiation that take a huge toll on healthy as well as diseased tissue."

A blunderbuss is a muzzle-loading firearm with a short barrel and flared muzzle that damages everything in its range. The blunderbuss approach is too limited and there needs to be exploration of new possibilities.

Traditional healthcare's reductionist mindset has wasted billions of dollars with very limited results. Consider the following excerpts from the September 15, 2008 issue of Newsweek Magazine: (click on this link for the full version of the article- <http://www.newsweek.com/id/157548> ). Although the article is focused on cancer, these examples can be applied to many diagnoses. The article is titled, "We Fought Cancer...and Cancer Won. After billions spent on research and decades of hit-or-miss treatments, it's time to rethink the war on cancer."

- "Cancer is on track to kill 565,650 people in the United States this year—more than 1,500 a day, equivalent to three jumbo jets crashing and killing everybody aboard 365 days a year. First, it shows the disconnect between the bench and the bedside, between what science has discovered about cancer and how doctors treat it. "

- "...Boston oncologist (and cancer survivor) Therese Mulvey told us. She has seen real progress in her 19 years in practice, but the upbeat focus on cancer survivors, cancer breakthroughs and miracle drugs bothers her.
- "Rather than being cured, cancer is poised to surpass cardiovascular disease and become America's leading killer."
- "Indeed, it is possible (and common) for cancer researchers to achieve extraordinary acclaim and success, measured by grants, awards, professorships and papers in leading journals, without ever helping a single patient gain a single extra day of life. There is no pressure within science to make that happen. It is no coincidence that the ratio of useful therapy per basic discovery is abysmal."

This is so disturbing..."without ever helping a single patient gain a single extra day of life." This is the unfortunate classic example of only relying on the intellectual, reductionist mode of thinking; paying no attention to the bigger picture and the ultimate purpose of research. Here is another very interesting quote from Newsweek's September 15, 2008 article on cancer:

- "Another missed opportunity involves the environment around a tumor cell. "We used to focus on cancer cells with the idea that they were master of their own destiny," says MIT's Weinburg." By studying genes inside the cell we thought we could understand what was going on. But now [we know] that many tumors are governed by the signals they receive from the outside" –from inflammatory cells, cells of the immune system and others. "It's the interaction of signals inside and outside the tumor cells that creates aggressiveness and metastasis."

The environment of every cell, the ground substance of the fascia (the big picture), has been ignored as if we were just separate pieces, like cogs in a mindless machine. Recent scientific discoveries have shown that the ground substance of the fascial system is the environment of every cell of our body; and within every cell is a microfascial network.

Dr. James Oschman, author of *Energy Medicine in Therapeutics and Human Performance*, has stated that a copious amount of new research has shown that what is called "disease" is actually caused by a thwarted inflammatory response.

Inflammation is an important part of the healing process. (For more information, see my article titled, "Myofascial Release: the Scientific Rationale." at the following link: [http://www.myofascialrelease.com/mfr/mfr\\_articles.asp](http://www.myofascialrelease.com/mfr/mfr_articles.asp)) When inflammation is thwarted, the fluidity of the ground substance begins to dehydrate and to solidify. It has been estimated that a 10% reduction of the fluidity of the soft tissue decreases its ability to conduct energy/information by one million fold! It is important to understand that this hardening of the fascial ground substance can crush the cells blocking proper cellular communication, nutrition, oxygenation, and elimination. Therefore, fascial restrictions can also impede the normal flow of the biochemistry, hormones, and neuropeptides throughout the mind/body complex.

## Case History

In October 2006 I received biopsy results confirming breast cancer, specifically "infiltrative ductal carcinoma". I wasn't completely shocked by the news as I had received a breast cancer diagnosis in 2003 in my other breast. My treatment at that time consisted of a lumpectomy, sentinel lymph node biopsy, and six weeks of radiation. When my surgeon called with the biopsy results in 2006 and wanted to schedule me the following week for a mastectomy, I was stunned and overwhelmed with fear. The several weeks of appointments, scans, and biopsies, both needle and surgical, had been physically and emotionally exhausting, but I assumed all along that I would be given treatment options. I had heard how emotionally devastating mastectomy surgery could be and I was also concerned about potentially having to deal with lymphedema and/or loss of upper body strength, but my surgeon insisted that because I had two cancerous tumors, I had no choice.

Fortunately, as a massage therapist I had attended several of John F. Barnes' Myofascial Release seminars to learn and experience this healing therapy. If I had to go through surgery, I knew I would cope with it better and recover faster if I received Myofascial Release therapy beforehand, so I postponed the surgery and scheduled an intensive Myofascial Release Treatment program at John's Eastern Myofascial Release Treatment Center in Paoli, Pennsylvania. After just one day of treatment, the larger of the two lumps felt smaller and by the end of the week it was difficult to locate. I was very excited and encouraged by this result. After feeling such positive change in just one week, I certainly wanted to give Myofascial Release therapy more time for further improvement and I chose to cancel the surgery.

However, my surgeon did not share my excitement and insisted his ultrasound results indicated the tumor was the same size or larger. He also declined my request to order another MRI for comparison purposes and I decided it best to find another doctor.

I have had no further surgery since the biopsies in 2006. I continue to return to John's Myofascial Release Treatment Centers for Myofascial Release therapy and I use Myofascial Release techniques to self-treat regularly. My mammogram and ultrasound results from June 2008 indicate "benign findings bilaterally". My blood work tested in October 2008 is all within normal range and my oncologist told me, "Whatever you're doing, keep doing it."

Consider the excerpts of new research from Lynn McTaggert's book, "The Field."

- "Every molecule emits its own frequency of light energy."
- "Something fundamental seems to be missing in the orthodox view of physics and biology."
- The scientists that she interviewed from around the world had discovered, "a new science, a radically new view of the world that overthrows the current laws of biology, chemistry, and physics!"
- "Scientists have discovered that in healthy individuals the quantum light that is emitted is highly organized. It is more chaotic in people who are ill. Cancer patients have lost the organization of this internal energy so that the subatomic communication between various parts of the body has broken down. In effect, their light is going out."
- "It may well be that all illness is a kind of scrambling of frequency."

$$E=mc^2$$

Einstein's revolutionary equation means "E" (Energy) equals mass times the square of the speed of light. Another way of stating his eloquent conclusion is: Solidity is an illusion. Einstein's famous equation,  $E=mc^2$ , demonstrates that what we perceive as solid, liquid, and gas are actually different frequencies of energetic vibration.

Einstein has said that, "most scientists are not true scientists. Most are mere technicians just regurgitating inaccurate facts they learned from others."

True scientists use their imaginative mind with their logical rational abilities.” Einstein also said that none of his great concepts came from his intellectual, linear mind, but from an intuitive flash of visual insight. He then used his logical mind to translate what his imagination had seen/felt into linear concepts to be able to communicate these ideas to others. Albert Einstein has speculated that the rational science reveals only the external appearances of some deeper reality.

Traditional medicine ignored Einstein’s amazing insights and proceeded to treat us as if we were objects, bags of chemicals and/or mindless machines. This obsolete view of the conscious human being has degraded to the biochemistry of disease. This is not healthcare.

Myofascial Release has the ability to change the energetic frequency of solidity into the vibration of fluid so that the biochemistry, hormones, energy, information, and consciousness can flow to enhance healing and the return to function, ease, and health.

Isn’t it time for the traditional healthcare drop the blunderbuss and consider the importance of Myofascial Release on cellular health and the proper physiological functioning of the human being? No one is suggesting that people should not seek medical advice. Medicine, radiation, and/or surgery are necessary at times. But, maybe the inclusion of Myofascial Release and its potential benefit to the biochemistry and cellular function might be helpful in eliminating the cause of many diagnostic labels or enhance the effect of medication, radiation, and/or surgery when necessary.

If you put a rat in a maze and put a piece of cheese in one of the tunnels, the rat will explore every tunnel until it finds the cheese. If you put a human in

the maze, and he only uses his linear, reductionist mentality, he will go some the same tunnel, over and over again, because the cheese "should" be there.

Researchers need to understand that there are other tunnels to be explored!

Total health care of the future will be a combination of medicine, surgery, massage, and Myofascial Release! Myofascial Release is the wave of the future!

John