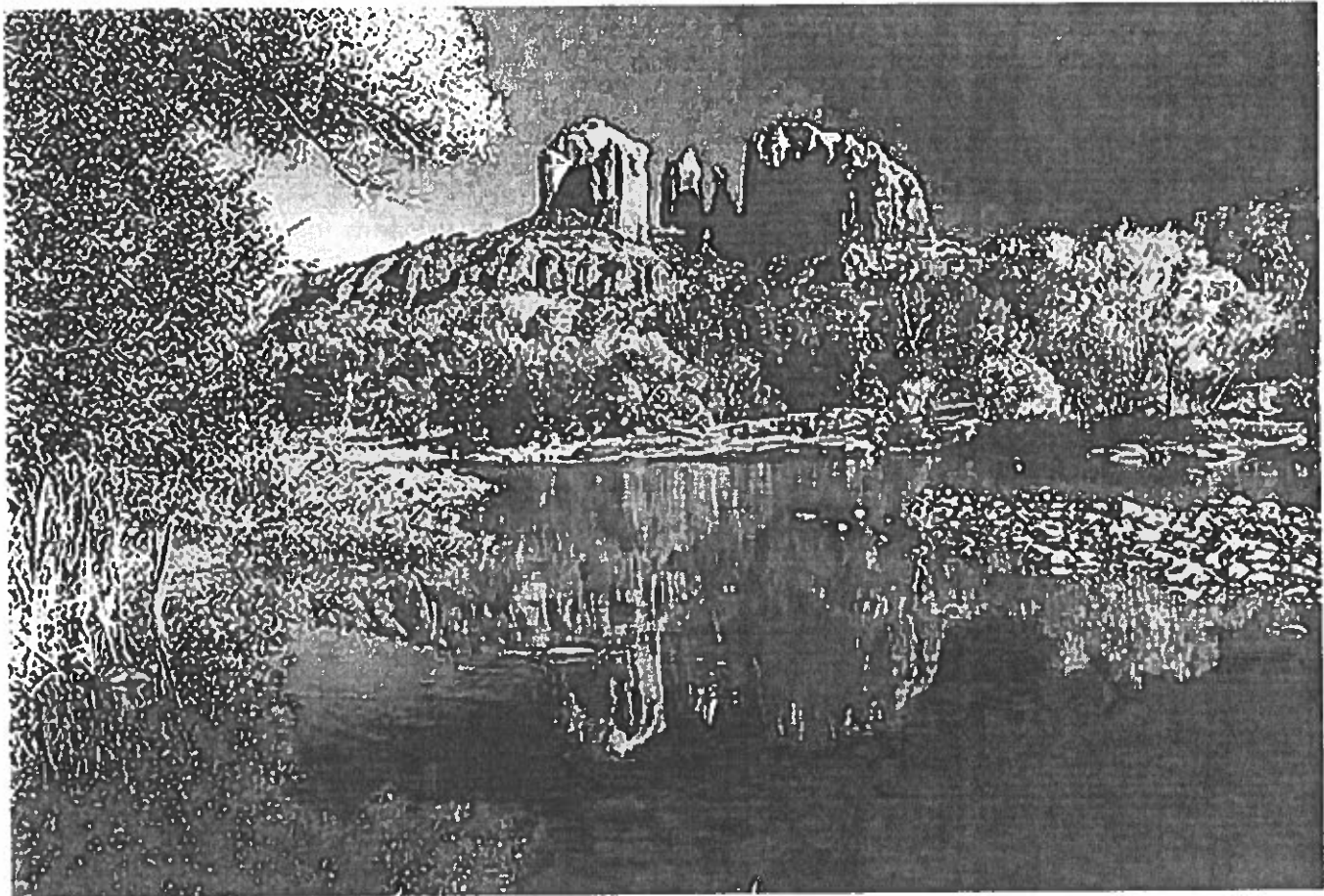


Myofascial Release

- front page
- About John F. Barnes, PT, LMT, NCBTMB



← Are you having difficulty losing weight?

"When Inflammation is Thwarted..."

November 21, 2008 · [2 Comments](#)

Hi Everyone,

This is an answer to Sheila's questions regarding inflammation.

Sheila,

You are very insightful.

"When inflammation is thwarted..."

"That appears to me to a pivotal point. Could you please clarify, not on the subsequent consequences, which are well discussed, but on what circumstances may cause this shift, or switch into darkness

(blockage of bio-energy.)"

Sheila Walker PT

Vermont

MFR I,II,III, uw, advuw,fp,ct,rb,hs,se,ses,t4t,whs...

Here are a couple of thoughts that others could expound on from their experience. As we have often discussed and experienced with Myofascial Release, traditional healthcare has ignored consciousness, as if we are objects. One of the reasons for people's thwarted inflammation responses is iatrogenic (physician induced) with anti-inflammatory drugs. While these drugs may be important at times, they can often inhibit one of the key components of healing which is the inflammation phase.

As we know after trauma, it is very advantageous to receive Myofascial Release, which will help speed the natural inflammatory process in order to complete the healing process. We may need medications once in a while, but if you received Myofascial Release during the inflammation phase, you may not need the medication or only a smaller dose than typically prescribed. If you do end up needing some medication, then Myofascial Release helps resolve the inflammation process, instead of becoming trapped in the system and solidifying the ground substance of the fascia.

One of the reasons that I emphasize the importance of recognizing positions in space of past traumas (i.e. still points), has to do with the flight, fight, or freeze response [and of course there is no research for this, just outstanding results].

It seems that human beings have two basic responses to threat or injury and that is to contract in fear or to have the "feeling intelligence" leave at that moment of threat or injury in order to "numb" the person and to help them to get through the ordeal. But these reactions are only meant to be short term. So, when a person goes into this survival mode, the blockage of the flow of energy, consciousness, or the resultant fascial restriction alters the body's energetic flow. This blockage of energy then alters the body's physiological processes, which over time dampens or inhibits the inflammation phase of the healing process. With this alteration in the body's physiology, the ground substance tends to solidify, which over time can create many of the symptoms that our patients describe. From our experience, it is a major factor in the why many people's healing process becomes blocked.

A quote in Dr. Carol Davis' new book, "Complementary Therapies in Rehabilitation" (3rd Edition-<http://www.slackbooks.com/view.asp?slackCode=48661>), by Dr. James Oschman would be appropriate here. "Inflammation is best described as an energetic problem and is inexplicable without considering energies. Chronic inflammation is the story of electric charge, since it arises from the persistence of free radicals. These are highly charged toxic molecules that can only be neutralized by providing them with an electron. It is their lack of an electron that makes them so destructive to pathogens and that enable them to break apart damaged cells. There is only one way to prevent their destructive character from damaging healthy cells near the site of injury: providing electrons. This, of course, brings us to the realm of the physics and biophysics of energy."

Myofascial Release can help the mind/body complex regain this vital energy, the healing process then can commence and complete.

It would be interesting to hear others responses and experiences on this topic.

Thanks.

John

BOOKMARK



John F. Barnes, PT, LMT, NCBTMB is the President of the Myofascial Release Treatment Centers and International Myofascial Release Seminars. For more information call 1-800-FASCIAL (327-2425) or visit www.myofascialrelease.com.

Categories: General

2 responses so far ↓

- **Carol M. Davis** // Nov 25th 2008 at 1:34 pm

Dear John:

Here is how I understand how myofascial release may impact inflammation.

What is happening now that is very exciting is this: Soft laser, we now know is an anti-inflammatory. It is the only non pharmaceutical anti-inflammatory that we know of – and it works simply by adding, not electrons, but photons to the inflamed area, and these sub atomic particles hook on to the ions or free radicals and balance them so that they no longer need to capture electrons or particles from healthy tissue and the body/mind comes back into balance. D. Church writes, in *The Genie in Your Genes: Epigenetic Medicine and the New Biology of Intention* (Santa Rosa, CA. Elite;2007,pp.67-68) :

“A normal cell has an electrical potential of about 90 millivolts. An inflamed cell has a potential of about 120 millivolts, and a cell in a state of degeneration may drop to 30 millivolts. By entraining the electrical fields of the cells within its range to the magnetic pulses emitted by the PMS machine, [Pulsed Magnetic Stimulator] cells can be brought back into a healthy range.”

This is exactly what a soft laser does. Apparently the DNA and messenger RNA takes the photons from the laser and for a dying cell, will use the photons to jack up the vibration to 90 from 30 millivolts. That same laser’s photons will be used by the DNA and messenger RNA of an inflamed cell to slow down the vibration. One of my PhD/PT colleagues who does laser research has been quoted as saying, “This is the nearest thing to a panacea that we have ever witnessed in health care.”

Now...here is the real message.

James Oschman believes that what is transmitted from the hands of those who do manual therapy healing is really photons. The energy we emit in “Channel 3” work may well be photon energy with the intention to help, or to heal, or to bring into balance, or to do the good, or whatever our positive intentional thoughts are at the time. We may be little lasers when we do this work, and the cells of those with whom we work are taking in our photons, and using them to balance inflammation, and to “melt” fascial restrictions so that cells can re-hydrate, plump back up and

vibrate for their own healing, and then communicate with neighbor cells to get back into balance.

It may be as simple as that.

Stay tuned!! We are living in very exciting times.

[reply to this comment]

- **Sheila Walker** // Nov 25th 2008 at 6:57 pm

Hi Carol,

That is very exciting!

I've heard of biophotons. I have read of a biophoton theory which proposes there is biophoton light within the nuclei of DNA molecules...and it is 'a dynamic web of light constantly released and absorbed by the DNA which may connect cell organelles, cells, tissues and organs within the body and serve as the organism's main communication network and as the principal regulating instance for all life purposes.'" (Marco Bishcof: Biophotons - The Light of Our Cells.)

As we find fascia surrounding and infusing every cell...each and every of the trillions of cells which communicate effectively to co-exist to function as one being...that seems to answer how consciousness...or light, flows through the microtubules of the fascia...the bioenergy or the mind. So, perhaps rather than an exchange of photons from therapist to patient as offered by James Oschman, with healing...it is through resonance as you mentioned in 'Channel 3'...that allows each strand of DNA to expand (rather than contract in fear), to reveal more light...biophotons...and allow improved bio-communication...within the patient.

Of course our 'jobs' then, as therapists...is to be able to resonate in Channel 3, which for many who have never truly understood what John has been saying for 40 years...might miss. 😊

Thank you Carol.

Looking forward your revised book!

Sheila

[reply to this comment]

Leave a Comment

Name

Mail

Website

Anti-spam word: (Required)*

To prove you're a person (not a spam script), type the security word shown in the picture.

