

Home Ideas

How You To Can Feel Good Every Day From No
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Dennis Bartram

How You To Can Feel Good Every Day From Now On

You See, when we move, we squeeze muscles.

So, any form of manual pressure, an ancient man's press, dogs lick themselves, and sheep go against the fence.

All that kind of pressure is a stimulus. And there's a system called mechanical transduction, which basically translates it.

If you press tissue, it behaves in such a way as to turn that stimulus into a chemical reaction.

That chemical reaction means more oxygen, better blood supply, and better cleansing of tissues. Lym fact, it's clear, and with lactic acid and things of that nature.

So, any pressure achieves that. But once you understand the places where the points on Meridian systems are open, they are where growth centres are.

So if you press them, you get much more of a stimulus through the whole channel and the organ it relates to, uh, and if you were to strip down a muscle, you can stretch it.

You can make it more facially elastic. But you, if you're pressing down the channel in the way I'm showing it, move through those things.

Using that mechanical transduction approach to strip it. It doesn't affect the organ, the system, the muscles, or the block points, which also shows that the nerve channels use the same roots.

So, it does have a much more significant effect. And it's all basically down to the simple fact of pressure producing a mechanical Transduction effect on the body.

And that's how the body heals through movement, exercise, pressure, or a practitioner doing. Are you doing it?

And a little bit of knowledge Knowing where to press, You can achieve maximum results with minimum effort because all you're doing is encouraging, and then you can use vibratory tools or needles or pieces of wood.

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But there's nothing more than your hands; it's enough to produce the mechanical transduction to make the change.

And what's the result that you get? If you do it well, you eliminate inflammatory markers because any inflammation is the body's response to an Injury.

So it puts inflammatory things in cases of cut and sepsis and all that kind of thing, and then the lymphatic system clears that out constantly.

But if we exercised more and were fit enough to remove those toxins. The build-up in the muscles.

So the next day or the day after, you'd be stiff.

So when you're mechanical transduction, you're changing the quality of the water base of that tissue, which becomes clogged.

One of the channels clears it, but it has a remote effect on the organs and the muscles related to that channel. And also, the points become unclogged.

And, as I say, the nerves glide freer, and your joints become more flexible because the whole capsule is affecting the fascia; your channels are opening up.

So, the muscles working along that glide have less pain, less inflammation, and more considerable flexibility without ever doing a stretching exercise.

What you're doing is making the bodywork from the inside, so it's never tight and doesn't need to be stretched as a rehabilitation.

It just needs to be moved as a qualitative expression movement. Is life all done from points that are exaggerated because they want growth? Centres.

And so when you put pressure on those areas, you stimulate the T cell's memory of how that tissue should have been repaired. So if you've got an ache and calf muscle, you could free that off.

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Absolutely. And even if you didn't know any of the points, just a manual, Press it with your thumb, just press it in and find the most painful.

I would call it a nodule. It feels like a nodule on your finger, and most people would be Oh, yeah, I press that.

Should I be doing this? Should I be doing that on a healthy leg? You know, if you didn't have something like phlebitis or varicose veins or something of that nature.

So, we talk about healthy tissue responses to these pressures, and so that that's safe to do. That's just a disclaimer.

But as you're pressing that out, those knots, the covering of the muscle, which is called fascia, that's got kind. And when it gets kinked, things don't pass through, And pressure on kinks. The tissue.

That's all that is required. So, all the discomfort would go to discomfort. The discomfort is there because it's crinkled, holding those toxins and blocking the energy. So pain is for two reasons.

One, The medical opinion is that it is pressure on a nerve. The Eastern opinion is it's a blocked energy pathway. The good news is they occupy the same channels we're opening up. And the better news is pressure affects both. And if we'd like to see this wagon, have you done a video of that?

Yes.

We've done videos. We've actually written a book showing the points, with lots of QR codes in it, so you can be delivered manually how to work through the body from top to bottom. The whole programme will take you about half an hour. What we do is we teach it over six weeks.

So you just do your feet, work up through your body, and then find your key points to the point that after six weeks, it would take you 10 minutes a day to maintain a simple 10 minutes a day to Maintain.

So it's in print. Yes, It's in print, It's in visuals. Yes, it's visual, and it's in video. And if you go to this site, What's the site? Active balance.co.uk Right. The active site is <https://active-balance.co.uk/> Click this link Above Because You Have Just found out - How to feel good every day from now On.