



# The 4 R's of MELT

80% of Americans suffer from chronic pain.  
The MELT Method can help us stop being part of that statistic.

## *A not-so-surprising look at the health of the average American worker...*

- The National Institutes of Health (NIH) reports that *pain affects more Americans than diabetes, heart disease, and cancer combined*. It is the most common reason individuals seek medical care, costing Americans more than \$635 billion per year, roughly half of which are direct medical costs. *The other half is due to lost productivity*.
- Studies such as those done at the Stanford University School of Medicine show that chronic inflammation, not compression or wear and tear, is the *primary cause of joint damage*. Chronically inflamed tissues in and around the joints are overheated, stiff, and swollen with stagnant chemicals and fluids. The accumulation of these stagnant fluids damages joints, bones, nerves, tendons, cartilage, and ligaments.
- According to the Centers for Disease Control and Prevention, 50 percent of people will develop degenerative joint disease, or osteoarthritis, during their lifetime. The CDC also reports that osteoarthritis is the leading cause of chronic disability in the United States. Current medical treatments don't address the root cause, and joint replacement becomes almost inevitable. Chronic inflammation doesn't just damage joints— it also wreaks havoc on your cardiovascular and immune systems and other aspects of your health, dramatically accelerating the aging process.
- Chronic stress has been linked to such diseases and conditions as diabetes, heart disease, asthma, obesity, headaches, depression and anxiety, gastrointestinal problems, Alzheimer's, accelerated aging, and premature death. The Occupational Safety and Health Administration (OSHA) declared stress a *hazard of the workplace*. 75-90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress costs American businesses more than \$300 billion annually.

## *Here's the good news...*

*MELTing on a regular basis can help.*

Individuals who take a proactive approach to reducing pain and chronic stress have a significantly lower rate of anxiety and depression, are more productive at work and in their personal lives, and seek medical care much less often.

Leading researchers, including experts on connective tissue (fascia) and pain resolution, support the MELT Method's efficacy for increasing the efficiency of all of the body's systems and balancing the Stress, Restore and Gut regulators, *leading to deeper sleep, better digestion, less pain and stress, more energy, as well as slowing the aging process and many other aspects of well-being.*

**Next:** the 4 R's of MELT

## The 4 R's of MELT...

The MELT Length (Basic) curriculum includes over 70 techniques on the roller, plus specially-designed balls for techniques on the hands and feet. The 4 R's of MELT—*Reconnect, Rebalance, Rehydrate and Release* are the "recipe" for getting out of pain or proactively preventing it as we age.

**Reconnect** techniques quiet the nervous system to de-stress the body and heighten the mind-body connection. Taking a moment to self-assess your imbalances allows you to identify which areas need your attention and to sense improvements and whole-body changes, as well as reboot the nervous system. Think of it like updating your smart-phone to work out the bugs in the operating system or apps.

**Rebalance** techniques reset your Autopilot to save energy rather than working inefficiently and exhausting your body's precious internal energy resources.

**Rehydrate** techniques rejuvenate & rehydrate connective tissue and relieve trapped tension in our bodies. Dehydration causes body pain, joint aches, toxicity, poor posture, wrinkles, cellulite, muscle misuse and loads of stress on our minds and bodies. Rehydrate techniques stimulate the sensory receptors in the connective tissue to keep your entire body responsive, hydrated and ready for all life has to offer.

**Release** techniques release the joint compression that contributes to chronic pain, inflammation and discomfort throughout the body. Decompressing your neck, low back, and the joints of your spine, ribs, hands and feet improves range of motion, posture and body communication, so you can maintain a pain-free, active lifestyle.

## MELT in the Workplace...

- Many workplaces enforce mandatory warm-ups prior to the start of shifts. Consider substituting a brief MELT session for what employees are currently doing a few times a week to reduce their risk of injury and improve productivity.
- Whether an employee's position consists of sitting and working at a computer or standing, lifting and engaging in a repetitive motion/posture, learning a few simple MELT techniques can reduce stress and pain, while improving the results of their exercise programs.
- Employees training for the Kalamazoo Marathon/Borgess Run could reduce their risk of injury by incorporating MELT into their training routines.
- Prolonged sitting has been linked to **over 30 chronic health risks** and our *Unpacking the Chair Baggage* series can help those who sit for the majority of their work day, reverse those risks, as well as the imbalances that come along with sitting.

"A little *proactive self-care* goes a long way toward keeping you **pain-free** and **active for a lifetime.**"

~ Sue Hitzmann,  
creator of The MELT Method

