



# MELTING the STRESS AWAY



Presented by **Back to Life Bodyworks**

**Stress is something that every single one of us has to find a way to manage in our daily lives.**

Stress is defined by how our bodies respond to stimuli on a physiological and biochemical level. So, whether you are responding to specific short-term things like heavy traffic or fending off an aggressive dog, there are chemical processes that allow us to react instantaneously to what we perceive as dangerous situations. The problem is, all incoming information has a stress response, and culturally, we are "plugged in" 24/7 and never let our bodies come down from that stress response. Stress becomes a chronic state. We're constantly attached to our smartphones and work long, grueling hours; maybe we have repetitive-motion jobs (factory work, sitting at a desk, standing work station). We may feel tired or hungry, but instead of responding appropriately by having a balanced meal or resting, we reach for caffeine or maybe some sugar. Maybe at night or on weekends, we drink alcohol. Perhaps we have stress on the home front, taking care of kids or aging parents. All of these things, while perhaps taken individually may be a natural part of life, combined, however, it creates chronic stress. And stress definitely accumulates as we get older.

Typically, we think of how stress feels on a mental and emotional level. We may get flustered, overwhelmed, or exhausted. But the same things happen on the physical level. As many of us have been taught, we have parts of our nervous system to help us adapt. When our bodies are in a balanced state, the regulators, as we call them in MELT, ebb and flow. Stress comes up and the stress regulator (sympathetic nervous system) responds. When the stress passes, it's the restore (parasympathetic nervous system) regulator's turn to bring things back to homeostasis--peaceful and calm and able to repair. The third, lesser known part of this subsystem is the enteric, or gut, regulator. The gut regulator is what helps us digest and assimilate our nutrients, as well as eliminate what we can't use in the foods we eat. The gut regulator also comprises 80% of our immune system.

Ideally, these systems each get time to be dominant. The stress regulator is mostly dominant during the day. The restore regulator does a little bit of housekeeping during the day, but does most of the cellular repair happens at night. When the stress and restore regulators work well together, the gut regulator functions well, also. Our diges-

tion, immune system, and metabolism all function in a very efficient and balanced way.

But sometimes, we eat or sleep poorly, or we're stressed out by a project at work. Short term our bodies can manage, but when the regulators get out of balance it can take a toll on our overall health. And this seems to be the case for many of us. It's usually only a matter of time before something has to give and our body sends a message to get our attention. Maybe we sit for long periods of time and we feel stiff or achy, have a hard time falling asleep (and staying asleep) or we generally just don't feel "good" like we used to. Maybe we bend down to pick up a pencil and tweak our back or perhaps our relationships, work, or concentration suffer. These are all ways that our bodies are attempting to get our attention. If we know how to help it, it can rebalance itself rather quickly. The problem is, we often don't know how to help that process along. Maybe a day of constipation turns into two or three days. Or you have signs of a hormonal imbalance, or anxiety or depression. These are all signs that you are cellularly dehydrated and have low-grade inflammation. Our bodies aren't able to absorb our nutrients or excrete waste products efficiently. This creates toxicity in our bodies and accelerates the aging process.

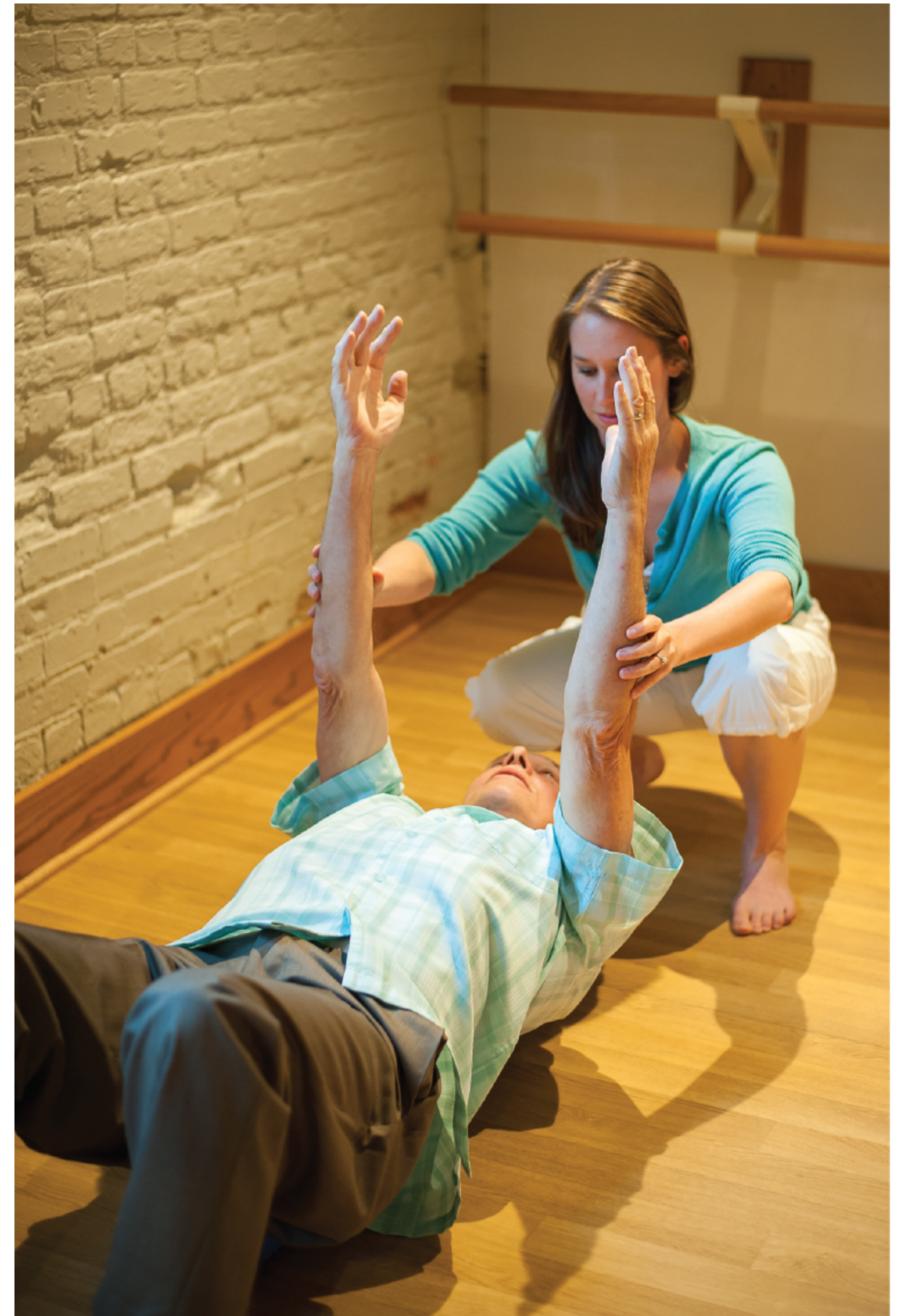


Studies done at Stanford University School of Medicine show that chronic inflammation, not compression or wear and tear is the primary cause of joint damage. Chronically, inflamed tissue in and around the joints are overheated, stiff, and swollen with stagnant chemicals and fluids. The accumulation of these stagnant fluids has a corrosive effect on joints, bones, nerves, tendons, cartilage and ligaments.

**Low-grade inflammation has been nicknamed the "silent killer"** because many of us are living with low-grade inflammation without knowing it. We just know that we don't feel "good". But in this case what we don't know is hurting us. Left unaddressed, chronic inflammation issues can arise, including anything from arthritis to autoimmune diseases and can eventually lead to cardiac distress and cancers. However, when you can recognize that in one way or another, your body is trying to tell you something, that's where things shift from decline to empowerment. Which brings us to MELT. The MELT Method can quickly and easily bring your body to a more balanced state: a resilient body, mind, and spirit, with stress rolling right off your back.

In MELT, we focus on improving the efficiency, health and well-being of all of the body systems with what we call the "4 R's": Reconnect, Rebalance, Rehydrate and Release. Reconnect techniques are assessments to check in on the current state of our body and where we hold dehydration and stuck stress. Rebalance techniques are directly for rebalancing the regulators of our nervous system. Rehydrate techniques are geared toward rehydrating the tissue that has lost its natural fluid-based support structure due to our repetitive motion and poor habits. This is cellular dehydration, so simply drinking more fluid won't help it absorb. It will actually put additional stress on the excretory system, specifically the kidneys. We have to work the tissue, so that it can be absorbed. Think of that old dried-out sponge you find under the sink. It's no longer supple and won't absorb fluid like it used to. You have to move it around, so that it will be absorbed. And that's what MELT does. Although, drinking water consistently throughout the day is very important to help reinvigorate the tissue with fresh, clean hydration. And finally, Release techniques relieve compression in the hands, feet, neck and low back, so there is less friction and irritation to the nerves and other sensitive structures in those areas.

Learning the "4 R's" of MELT and how to safely apply them to your body can have far-reaching benefits for how your body processes and releases stress, even in ways that you may not have considered before: from how clear and focused our minds become, to how much more balanced we feel emotionally, to improved joint alignment and shock absorption within the joint; our sleep can become deeper and more restorative, so we wake up each day with boundless energy. If you're someone who works out, MELT can empower your body to get better results from your workouts, or reduce your risk of injury. No matter what your goal or focus, MELT can help boost the efficiency of all of your bodily systems: muscular, stability, digestion, metabolism, immune system, hormonal, and the repair mechanisms of your body. This literally slows down the aging process and gives you the power to take a proactive approach to your health and vitality.



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**[www.backtolifebodyworks.com](http://www.backtolifebodyworks.com)**

for the schedule of upcoming events, including a **FREE Introduction to the MELT Method.**