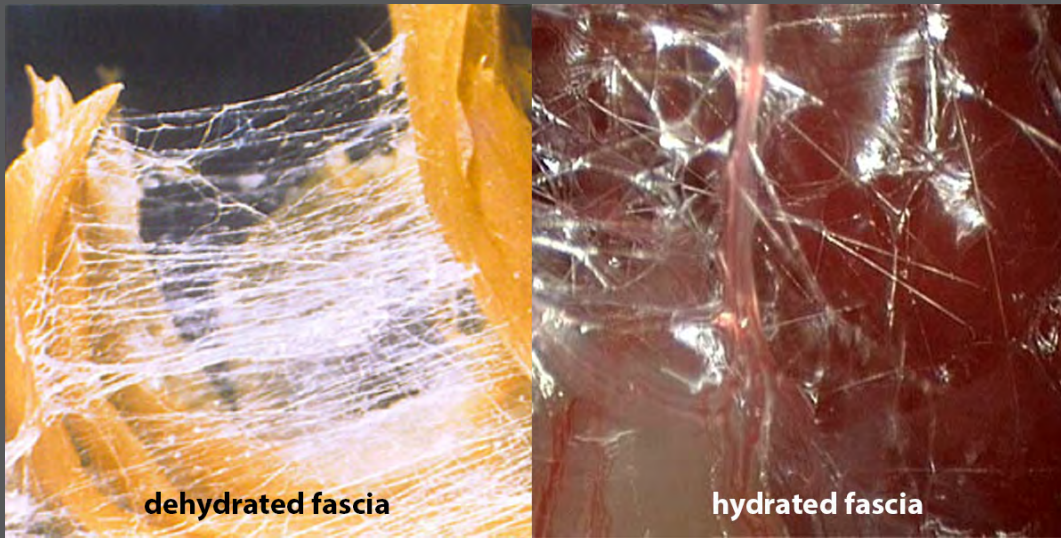


# THE HOLY GRAIL OF HEALTH AND VITALITY: CONNECTIVE TISSUE

I admit, the title line is a bold one, but it's one that I stand behind.

You see, recently Connective Tissue researchers, like Helene Langevin, M.D., Tom Findlay, Ph.D., M.D. and Robert Schleip, Ph.D., M.A. have revealed that what used to be considered passive packing material in the body, the Connective Tissue (CT), also known as fascia, is much more important than we could've imagined.

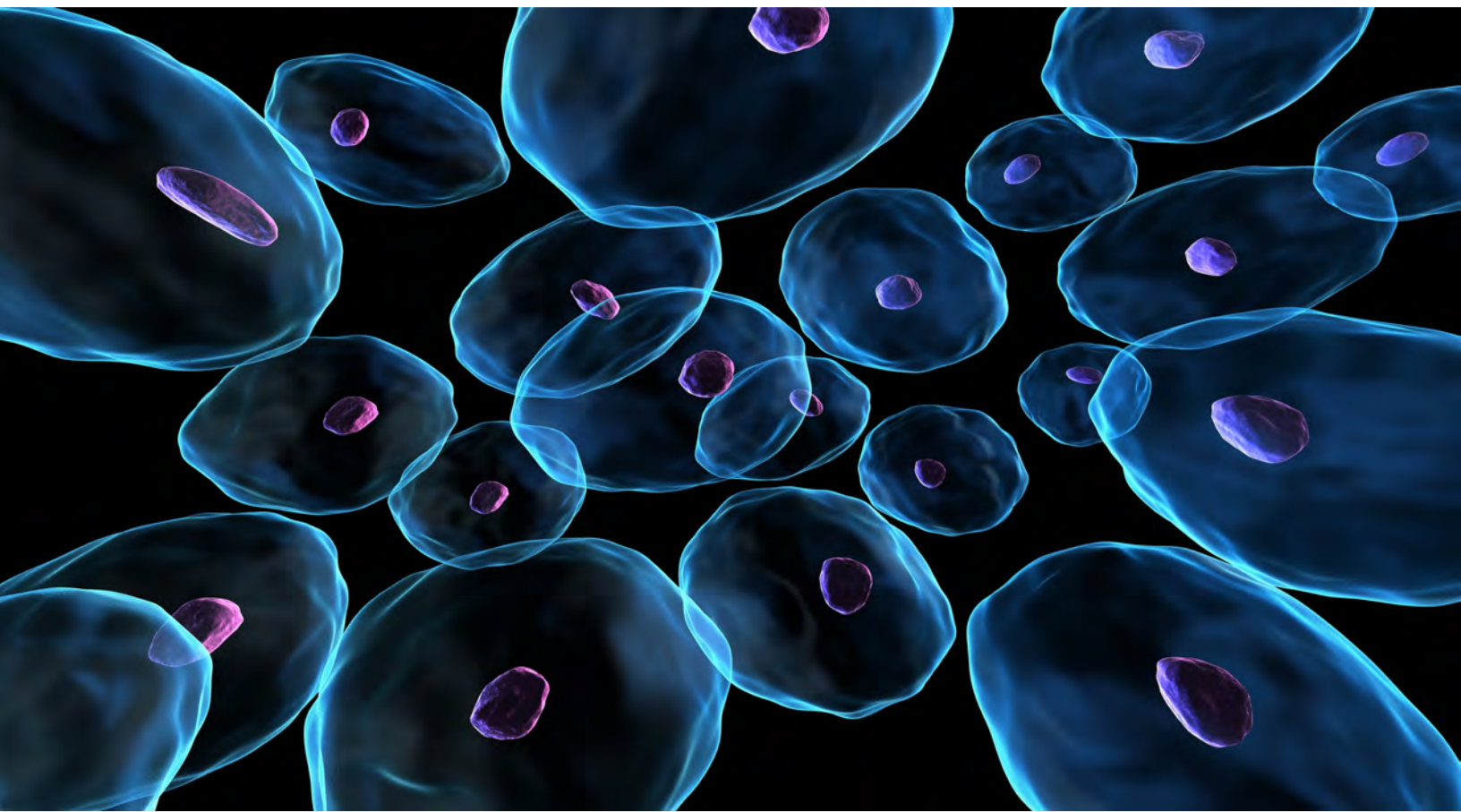


Connective Tissue surrounds, protects and stabilizes every aspect of our bodies and all of its systems. It envelops every tissue from our skin down to our bones, and each and every cell.

Healthy hydrated CT plays an important role in nearly every bodily function including:

- Keeping our skin toned
- Our muscles balanced and responsive
- Giving our joints shock absorption
- Promoting proper skeletal alignment
- Facilitating the production, transfer and communication of important chemicals, neurotransmitters and hormones to our organs and throughout our entire system
- Protecting nerves and keeping neurological communication accurate and efficient
- Supporting our lymphatic system's ability to eliminate toxins, so that inflammation doesn't become an issue. Inflammation has been linked to many serious conditions, including autoimmune disorders, cardiovascular disease, Type 2 diabetes and many forms of cancer.

Recent studies have revealed that due to our repetitive motions and postures, our CT becomes chronically, cellularly dehydrated. This type of dehydration goes beyond the simple need to drink more water.



On a microscopic level, CT dehydration triggers a protective response in cells. Our cells form a seal around themselves to try to preserve the fluid inside when the fluid environment outside is stagnant or lacking.

Unfortunately, this means that essential nutrients, minerals, and available fluids are blocked from getting into the cell. Without these necessary cellular building blocks, hormone and enzyme production, cell-to-cell communication, and metabolism are all hindered. This leads to bone and muscle loss, increased fat storage, and premature cell death, all of which [accelerate the aging process!](#)

When chronic dehydration is present, your body has to work harder to maintain the function of its organs and systems and can have consequences including:

- Aches and Pains
- Increased Risk of Injury
- Headaches and Migraines
- A Weakened Immune System
- Anxiety and Depression
- Insomnia or poor sleep quality
- Hormone Imbalance
- Weight Gain
- Digestive Issues

Even Type 2 Diabetes and many cancers have been linked to Connective Tissue dehydration.

The compelling thing is, that same research has proven that CT is an active and renewable resource within our bodies, that we can influence with purpose using soft tools and a gentle approach.

Simple and gentle self-care techniques, like the MELT Method have been shown to reverse Connective Tissue Dehydration.

Spending just 10 minutes a few times a week can have profound effects on how your body looks, feels and functions!

# MELT



The New Art of Self-Care

The MELT Method or MELT for short has been supported by CT researchers as a highly effective technique for addressing CT dehydration and preventing the health issues that come along with it.

If you'd like to learn more, please visit [www.backtolifebodyworks.com](http://www.backtolifebodyworks.com) or join me for a class and feel better than you have in years!