

## **Injury & Stress Relief**

Removing scar tissue and adhesions from old injuries can reduce physical stress and calm the body. Function visualization can increase understanding of the physical nature of Parkinson's Disease.

Visualization is used for sports performance and can be applied towards improved movement patterns. It can also decrease the anxiety of too many layers of unknown consequences from having been served a prison sentence in your own body.



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**Tibialis**

**Clinical Massage,  
Stress Reduction &  
Function Visualization**

**Parkinson's Disease  
Essential Tremors**

**Mobility**

**Accuracy**

**Control**

**Balance**

**Dignity**

**650.996.7041**

## Reduce Stress

### Stress

Stress is a short-term system override to deal with emergencies. All energy in the body is diverted to the stressor, and non-urgent body functions such as digestion and cell repair are temporarily turned off until the environment is considered safe.

Physical injury along the spine can irritate nerves and muscles creating daily mini emergencies. Unresolved, these injuries can result in a stress system that is stuck 'on' decreasing capacity to manage even simple stressors. Long term, the nervous system gets jumpy and overreactive weakening the physical foundation. Introduce a big stressor, and the nervous system can overload and rewire.

Releasing scar tissue can reduce the physical stress, opening a path for a stronger foundation of stress management.

## Open a path for treatment

### Target Symptom Group

- 1) Voice, Swallowing
- 2) Breath, Sleeping
- 3) Upper Body Tremors
- 4) Shuffling, Leg Weakness
- 5) Dizziness, Balance
- 6) Smell, Vision, Taste

Each session lasts 2 hours targeting a symptom group. There are physical muscles and nerves in the area that are involved with the symptoms. Releasing the scar tissue from old injury or overuse can reduce the intensity of symptoms by lifting trees off the road that are blocking the road to recovery, clearing a path so the treatment plans can have a better chance of success.

## Visualize healing

**Function Visualization** in mathematics involves turning complex equations into graphics. Parkinson's Disease is a complex interaction and of motor system and neurological disorder. The intertwined distress of the body can be untangled along with the scar tissue by visualizing the multi layering of the effects in 3D concepts in the body helping to expose the mystery and decrease fear of the dysfunction.

Price \$100 per 2 hour session

Sessions are not sequential and can be ordered by priority or focused on just one or a couple sets of a symptom group from beginner to advanced stages.