



A “RADICAL”

APPROACH TO HEALING

Many of us complement our healing with a regular massage or bodywork session. This is good. This helps us to maintain our equilibrium and centeredness through the chaos that may transverse our lives. Sometimes this is not enough. Often we must take even more drastic measures to insure our healing. For that reason I propose the *Radical Approach to Healing*.

What I propose to those who seldom seem to be able to relax or the same chronic tensions still nag at you is to receive 10 massage or bodywork sessions in a 4 week period. You could space out the sessions, perhaps 3 the first week, 3 the next, and followed by 2 sessions the following two weeks. Or you can begin the first week with 5 in a row, and graduate down to 3 the next week and one each of the following two weeks. You can decide what best fits your schedule.

Why is this so important?

Most people who receive a massage feel good right afterwards and then many times this peaceful feeling will last for a day or two. This all depends on other factors in your life, like work, family, finances, etc. Most of us live the majority of our lives in our Stress Response, or Flight or Flight. A massage will briefly take you out of Fight or Flight. Unfortunately, we quickly return to our Stress Response when our daily activities catch up with us. We lose our ability to relax almost instantaneously.

Several massage sessions in a row keeps you away from your Stress Response for an extended period of time. You begin to learn how to relax. Your body goes into a healing mode. You do not let things bother you so much. You are no longer in your Fight or Flight Response. Instead, you have entered into the Relaxation Response. Your body is getting a memory of what relaxation feels like. It is almost as if you are on a mini vacation. Each session will take away more layers before you return back to feeling stress. You will not see-saw back and forth from relaxation to stress as quickly. Your body will have an opportunity to begin to heal chronic problems.

Radical changes often require radical measures. If you are feeling that one massage a week or once a month is just not enough then you might try this approach. Many are concerned because this radical approach requires a substantial financial and time commitment. You can spend the time and money now *and enjoy it*, or you can wait until some deadly stress related disease takes over your body and then see how much money and time you will be spending on trying to get healthy. After all, aren't you worth it.

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