



Gentle, Sustained Pressures and Holds Help Children Heal and Feel Safe

by Rowena Cua and Rosemarie Cua-DeLeon

Babies experience a major form of shock when they enter the world from their familiar, fluid-filled space in the mother's womb. During the birthing process or even in utero, they may experience other forms of physical trauma resulting in length differences, joint issues, abnormal curvatures of the neck or back and other structural or behavioral imbalances. When babies or children have any form of illness, chronic pain or noticeable dysfunction, advocates of myofascial release (MFR) under the John F. Barnes approach believe that myofascial restrictions can be a contributing factor.

Our body's connective tissue, also known as fascia, is responsible for our structure as babies, children, teens and adults. It plays a crucial role on physical, mental and emotional levels because it surrounds and protects the entire body, including each muscle, organ, nerve, blood vessel and living cell within them. It is so important that restrictions can place a great deal of pressure on many internal organs and even pull fascia into the brain, causing issues with concentration, behavior and hormonal balance. Unaddressed restrictions in the fascia can impact a child's movement, growth, function and ability to absorb proper nutrients.

MFR is beneficial at any age, but because children are naturally intuitive, they respond very well to this form of treatment. They often excel in the healing process more rapidly than adults because of this early innate intuition and tendency to let go. Babies and children have tissues that are more pliable than adults, so they respond more readily to the extremely gentle, yet effective hands-on, energetic and holistic nature of MFR.

The gentle, sustained pressures and holds of MFR are well-suited for children because it makes them feel safe, and they are never forcefully manipulated. Other techniques involve a rhythmic and soothing rocking motion that helps to alleviate pent-up energy, promote relaxation and decrease pain. Because babies and children have not yet been conditioned in a number of ways that adults have, they are naturally able to distinguish what feels good and what doesn't.

Some common conditions addressed through MFR include constipation, chronic ear infections, colic, torticollis, stomach pain, asthma, auditory/speech impairments, neurological trauma, high or low tone and ADHD. Children often experience relief from discomfort, feel more relaxed, have more focus and are less irritable due to the effectiveness of MFR treatment. Receiving this form of care at an early age can help to not only address a child's current conditions, but also serve as a means of prevention for many common complications in adulthood.

Rowena Cua is a licensed massage and expert level MFR therapist/owner and founder of Body Resonance Myofascial Wellness Center. Dr. Rosemarie Cua-De Leon is a licensed doctor of physical therapy specializing in MFR. The Body Resonance Myofascial Wellness Center is located at 5463 S. Durango Dr., Ste. 120E, in Las Vegas. For more information, call 702-776-8881 or visit BodyMFR.com.

Pine Bark Extract Reduces Perimenopausal Symptoms



Research published in the *Journal of Reproductive Medicine* confirms that pine

bark extract can significantly reduce symptoms of menopause and perimenopause, including restless legs syndrome and hot flashes. For three months, 170 perimenopausal women were given 30 milligrams of Pycnogenol patented pine bark extract or a placebo twice a day. Although a placebo effect was noted, the supplement significantly improved all but two symptoms and was especially effective in improving vasomotor and insomnia/sleep patterns. The severity of symptoms among the Pycnogenol group, as measured by the Kupperman Index, decreased 56 percent more than for the placebo group.

In another study, scientists from Italy's Pescara University gave 70 perimenopausal women a placebo or 100 milligrams of Pycnogenol daily for two months. The supplement group experienced fewer menopausal symptoms and showed improvements with symptoms that include fatigue, insomnia, reduced concentration, memory problems, dizziness, depression and irritability.

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