

Total Body Balance Through Systemic Pressure Therapy

In today's fast-paced world, stress and tension have become a part of our daily lives. We often find ourselves overwhelmed with work, personal commitments, and societal pressures. This constant state of stress not only takes a toll on our mental wellbeing but also affects our physical health. It is essential to find ways to achieve total body balance and alleviate the effects of stress. One effective approach that has gained popularity in recent years is Systemic Pressure Therapy.

What is Systemic Pressure Therapy?

Systemic Pressure Therapy is a non-invasive treatment method that targets the whole body to restore balance and improve overall well-being. It involves applying a gentle, constant pressure on specific points and meridians throughout the body, promoting energy flow and releasing tension. This therapy combines elements of acupuncture, reflexology, and lymphatic drainage to provide a comprehensive healing experience.

Benefits of Systemic Pressure Therapy

Systemic Pressure Therapy offers a wide range of benefits for both the body and mind. Let's explore some of the key advantages:

Total Body Balance through Systemic Pressure Therapy by Gabriella Kindert (Kindle Edition)

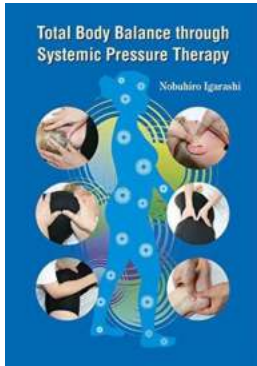
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1. Stress Relief:

The gentle pressure applied during Systemic Pressure Therapy helps release endorphins, the body's natural "feel-good" hormones. This leads to a significant reduction in stress levels, allowing for deep relaxation and mental clarity.

2. Improved Circulation:

By stimulating energy flow and opening up blocked meridians, Systemic Pressure Therapy enhances blood circulation throughout the body. This increased circulation promotes the delivery of oxygen and vital nutrients to cells, leading to improved overall health and vitality.

3. Enhanced Immune System:

The lymphatic drainage aspect of Systemic Pressure Therapy helps eliminate toxins and waste products from the body. By boosting the function of the lymphatic system, this therapy strengthens the immune system, making the body more resilient against illnesses and infections.

4. Pain Relief:

Systemic Pressure Therapy can provide relief from chronic pain conditions such as migraines, back pain, and joint discomfort. The targeted pressure on specific points helps release muscle tension and trigger the body's natural pain-relieving mechanisms.

5. Emotional Balance:

As Systemic Pressure Therapy promotes a sense of deep relaxation and harmony, it can help restore emotional balance. It helps release emotional blockages and promotes the free flow of positive energy, leading to improved mood and mental well-being.

How Systemic Pressure Therapy Works

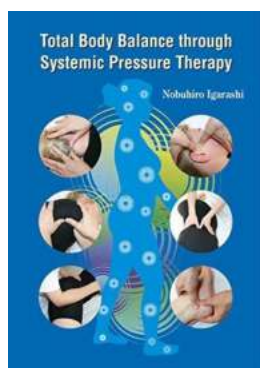
Systemic Pressure Therapy follows a holistic approach to healing, considering the body as a whole interconnected system. The therapist applies pressure to specific points and meridians using their fingers, hands, elbows, or specialized tools. The pressure is gentle and tailored to individual needs, ensuring maximum comfort during the session.

The therapy session typically starts with a detailed assessment of the client's physical and emotional condition. This helps the therapist identify areas of tension, energy blockages, or other imbalances within the body. Based on this assessment, the therapist designs a personalized treatment plan to address the client's specific needs.

During the therapy session, the therapist applies targeted pressure on the identified points and meridians. The pressure is held for a specific duration to allow for the release of tension and the restoration of energy flow. Many individuals report a sense of deep relaxation and a feeling of lightness after each session.

Systemic Pressure Therapy is a powerful tool to achieve total body balance and improve overall well-being. By targeting energy flow and releasing tension, this therapy offers numerous benefits, including stress relief, improved circulation, enhanced immune system, pain relief, and emotional balance.

If you feel overwhelmed by stress or are looking for a holistic approach to heal your body and mind, consider trying Systemic Pressure Therapy. Experience the profound effects of this gentle, non-invasive therapy and unlock your body's natural ability to restore balance and vitality.



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of the book

The main technique used in Systemic Pressure Therapy is the application of pressure to the muscles. Furthermore, pressure is also applied to the tendons at both ends of the muscles, the skeletal structure, and the inner organs. We also apply pressure to nerves and blood vessels, an area which has been regarded as off-limits for practitioners of manual therapeutic technique. But we practice this so as to deal with many different types of

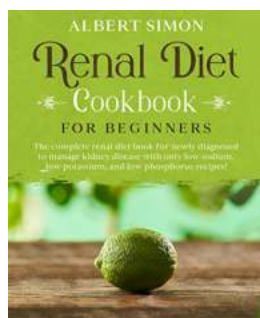
symptoms. Thus, in this case, “Systemic” does not simply signify “the entire body”, but also includes the tissues and organs. Systemic Pressure Therapy has three exceptional features: the unique pressing technique; therapy which mobilizes relations between muscle systems; and a basis in a knowledge of anatomy.

The use of pressure is one of the main techniques of Systemic Pressure Therapy. It includes a particular, special feature called “lateral extension pressure”. While conventional therapy applies vertical pressure to one specific point or to a particular area, in “lateral extension pressure” we apply pressure along the muscles, pushing and stretching at the same time. The reason for this is that in most cases of muscle trouble, the muscles have become stiffened and rigid; thus we apply pressure to and stretch the muscles so that they may recover more effectively. Of course, we also use the conventional vertical pressing method.

The second feature is that pressure is applied to points where a close relationship – this will be further clarified later on – among muscle groups exists. This is a relationship of mutual cooperation, and at the same time it means that if one muscle system gets hardened and less effective, other muscle systems will also be affected. This mutual relationship between muscles is seen not only between adjacent muscles, but also between muscles which are distant from one another. Therefore, the therapy has a much better effect when pressure is applied to all the related muscles rather than to one particular muscle system which has problems.

The third feature is that we take advantage of a knowledge of anatomy, which is the core of Western medicine. This is because when treating the muscles, it is possible to provide a much more effective therapy if we

understand how the relevant hardened muscle works, together with which muscles the relevant muscle works, where the relevant muscle starts and ends, and so on. When treating a neuralgia it is just the same; it is possible to provide much more effective therapy if we understand where the inflamed nerve is located, and so on. In the case of therapy for inner organ symptoms, furthermore, it is possible for us to give a patient much more effective therapy if we understand how the relevant inflamed inner organ works, what kind of relationship the relevant inner organ has with other organs, where these related organs are located, and so on. This means that a knowledge of anatomy is absolutely essential in order to practice Systemic Pressure Therapy.



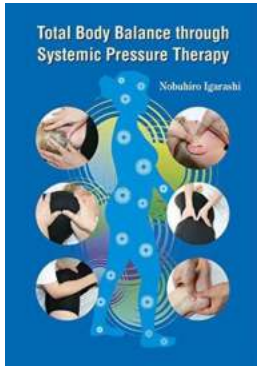
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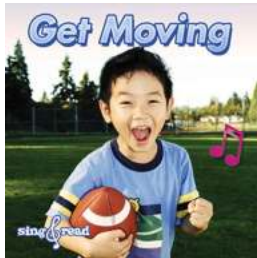
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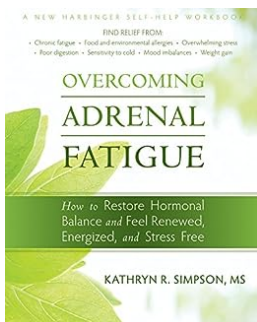
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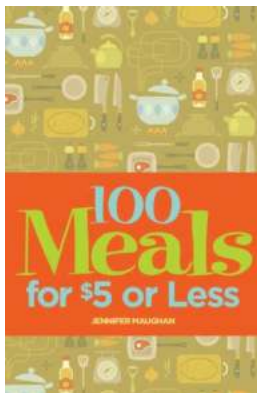
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