

Freedom Bites™

Tiny Resets for Comfort, Confidence & Mobility

A Companion Guide to the 3C Freedom Blueprint



By Darla McCann

Welcome

If you're reading this, there's a good chance you've noticed changes in your body.

Perhaps you're feeling:

- Stiffer than you used to
- More cautious with movement
- Less confident on stairs or uneven ground
- Tight after sitting
- Frustrated that your body doesn't always cooperate

First, let me reassure you:

This is not always "just aging."

Often, your body is doing exactly what it was designed to do.
Protecting you.

Unfortunately, sometimes that protection stays turned on longer than necessary.
Over time, protection can begin to feel like:

- stiffness
- tightness
- achiness
- restricted movement
- decreased confidence

That's where Freedom Bites™ come in.

A Freedom Bite™ is a tiny reset designed to help your body feel supported, safe, and capable of moving more comfortably.

Most take less than two minutes.

Many create noticeable changes immediately.

And all of them are simple enough to fit into real life.

Let's begin...



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Information herein does not constitute medical advice. Please always seek medical advice from a qualified medical professional.

Why Freedom Bites™ Work

Every Freedom Bite™ uses one or more of three powerful ingredients:

A. Breath

Your breath tells your body whether to brace or relax.
Most women inhale plenty.
Very few fully exhale.
A longer exhale often helps the body release unnecessary tension.

B. Skin

Your skin constantly sends information to your brain.
Gentle touch, support, and skin movement can sometimes create surprisingly fast changes in comfort and mobility.

C. Support

When the body feels supported...
It often stops working so hard.
And when it stops working so hard...
Movement becomes easier.



Dar's Note:

One of the biggest mistakes women make is trying to fix the symptom while missing the pattern.

Patterns create lasting change.



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Head & Jaw

Freedom Bite™ for Jaw Tension

What To Do

1. Place two fingers lightly on your jaw muscles.
2. Let your tongue rest gently on the roof of your mouth.
3. Inhale comfortably.
4. Exhale slowly and completely.
5. Imagine your jaw softening.

Repeat three times.

Why It Works

Many women carry stress in their jaw without realizing it.

When the jaw relaxes, the rest of the body often follows.

Want This Result To Last?

A Freedom Bite™ can create an immediate shift.

Lasting change often comes from understanding why your body is protecting itself and creating a personalized plan that fits your life.

That's exactly what we explore in a Complimentary Strong & Mobile Breakthrough Session.



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Freedom Bite™ for a Stiff Neck

What To Do

1. Turn your head comfortably.
2. Notice where you stop.
3. Place your hand below the opposite collarbone.
4. Gently pull the skin downward.
5. Slowly turn your head again.
6. Add a long exhale.

Why It Works

Support plus breath often helps the body feel safer and move more freely.

Small Shift. Big Possibility.

Many women experience quick relief from a Freedom Bite™.

Sustainable change comes from repeating the right resets at the right time for your body.



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Shoulders & Upper Back

Freedom Bite™ for Reaching Overhead

What To Do

1. Place one hand over your upper chest.
2. Inhale gently.
3. Exhale slowly.
4. Raise the opposite arm comfortably.

Why It Works

Sometimes the shoulder isn't the problem.
The body simply feels guarded.

Your Body Is Unique

What works beautifully for one woman may not be
what your body needs.
That's why personalized support can accelerate
progress.



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Freedom Bite™ for Computer Shoulders

What To Do

1. Sit tall.
2. Rest your hands on your collarbones.
3. Take five slow breaths.
4. Let your shoulders soften.

Why It Works

Long periods of sitting can teach the body to collapse forward. This reminds the body there is another option.

Small Shift. Big Possibility.

Many women experience quick relief from a Freedom Bite™. Sustainable change comes from repeating the right resets at the right time for your body.



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Breathing & Ribs

Freedom Bite™ for Feeling Stuck

What To Do

1. Place your hands around your lower ribs.
2. Breathe into your hands.
3. Exhale slowly through pursed lips.

Repeat five times.

Why It Works

Movement begins with breathing.

When breathing improves, movement often improves too.

Why Some Women Improve Faster Than Others

It's not because they're younger. It's not because they're stronger.

And it's not because they have more willpower.

The women who experience the greatest changes usually have three things:

Clarity

They understand what their body needs.

Calmness

They stop fighting their body.

Confidence

They trust themselves to take consistent action.

Together these create lasting results.

I call this the **3C Freedom Blueprint**.

And it's the foundation of the **Strong & Mobile Breakthrough Session**.



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Low Back

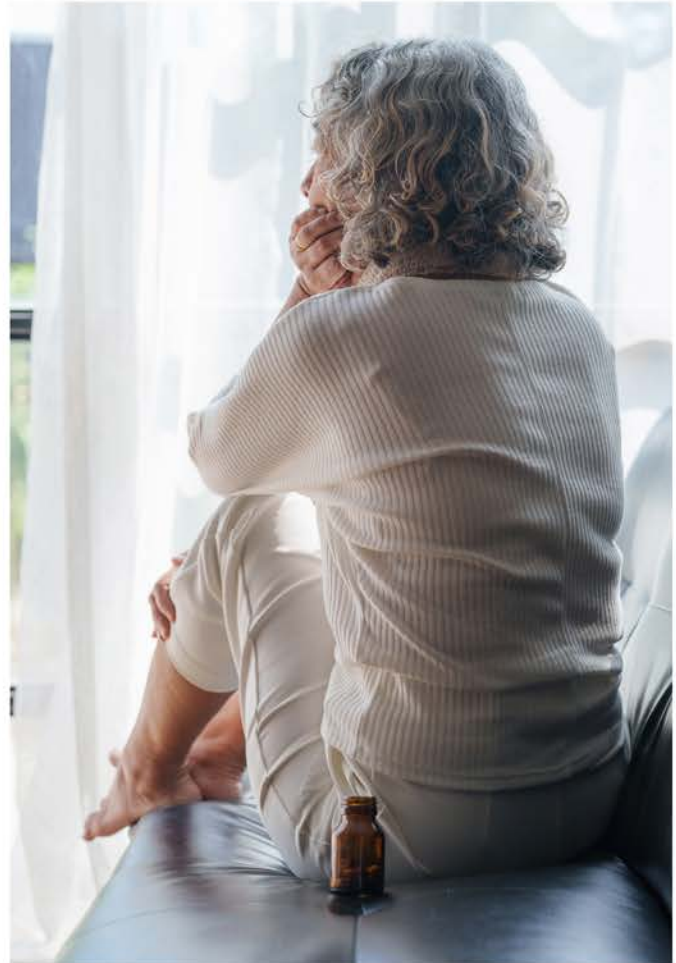
Freedom Bite™ for Morning Stiffness

What To Do

1. Sit near the edge of a chair.
2. Place your hands on your thighs.
3. Gently rock your pelvis forward and back.
4. Add a long exhale.

Why It Works

Small movements often prepare the body better than aggressive stretching.



Dar's Note:

Relief feels wonderful.

Freedom comes when relief becomes repeatable.



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Hips & Glutes

Freedom Bite™ for Tight Hips

What To Do

1. Sit comfortably.
2. Press hands gently into thighs.
3. Press feet gently into the floor.
4. Hold for five seconds.
5. Release.

Why It Works

When the body feels supported, it often stops gripping through the hips.

Freedom Bite™ for Walking Comfort

What To Do

1. Sitting tall, gently squeeze both glutes.
2. Hold three seconds.
3. Exhale as you release.

Repeat five times.

Why It Works

This reminds important muscles to participate again.

What If This Isn't The Real Problem?

Sometimes the hips aren't the problem. The hips are compensating. Sometimes the place that hurts is not the place that needs the most attention.

That's why personalized guidance can be so valuable.



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Hamstrings

Freedom Bite™ for Tight Hamstrings

What To Do

1. Sit near the edge of a chair.
2. Extend one leg slightly.
3. Flex your ankle.
4. Exhale slowly.
5. Lean forward only a tiny amount.

Why It Works

Gentle movement often works better than aggressive stretching.

KNEES

Freedom Bite™ for Getting Up From Chairs

What To Do

1. Place your feet firmly on the floor.
2. Press through your feet.
3. Tighten thighs gently.
4. Exhale slowly.

Why It Works

Preparation creates confidence.

Confidence creates easier movement.



Ankles & Feet

Freedom Bite™ for Better Balance

What To Do

1. Sitting comfortably, draw slow circles with one ankle.
2. Add a long exhale.
3. Switch sides.

Why It Works

Your ankles constantly provide information about stability.

Freedom Bite™ for Foot Fatigue

What To Do

1. Place both feet flat on the floor.
2. Feel:
 - a. heel
 - b. base of big toe
 - c. base of little toe
3. Exhale slowly.

Why It Works

When the feet feel supported, the entire body often relaxes.



Dar's Note:

The goal isn't perfect movement.

The goal is confident movement.



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Sleep & Recovery

Freedom Bite™ for Sleeping Through the Night

What To Do

1. Place one hand on your heart.
2. One hand on your belly.
3. Inhale gently through your nose.
4. Exhale longer than you inhale.
5. Repeat five times.

Why It Works

A longer exhale helps the body settle before sleep.

Many women discover they fall asleep easily but struggle to stay asleep.

Helping the body unwind before bed can support deeper, more restorative sleep.

Freedom Bite™ Evening Reset

What To Do

1. Place both hands on your upper chest.
2. Slowly glide the skin downward.
3. Add three long exhales.

Why It Works

This simple reset helps signal to the body that the day is complete.



Final Freedom Bite™

What To Do

Take one slow breath.
Exhale a little longer.

Then ask yourself:

"What would feel supportive right now?"

Because lasting mobility is not built through force.

It is built through thousands of small moments where the body learns:

"I am safe."

"I am supported."

"I can move."

What Could Be Different One Year From Now?

Imagine:

- ✓ Walking comfortably
- ✓ Getting out of a chair with ease
- ✓ Sleeping through the night
- ✓ Traveling confidently
- ✓ Trusting your body again
- ✓ Feeling less dependent on medications and more connected to your own strength

You don't have to figure this out alone.



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Complimentary Strong & Mobile Breakthrough Session

In this personalized session we'll uncover:

- What your body may be protecting
- Where you're compensating
- Which Freedom Bites™ are most important for YOU
- And how to use the 3C Freedom Blueprint to create results that last Because relief is wonderful.

But lasting freedom comes from Clarity, Calmness, and Confidence.

Schedule Your Complimentary Session Here

A Final Thought from Dar...

*Small shifts.
Consistently applied.
Can completely change your future.*

*And sometimes...
A single Freedom Bite™ is where that
journey begins.*

***With warmth,
Dar McCann***



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