

Fascia – What is it?

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What and where is Fascia?

Is it relevant to my health?

Good questions!

With explanation and introduction from the book, The Fasciae, written by Serge Paolette, DO, "The fascial matrix or connective tissue constitutes an uninterrupted sheet of tissue that extends from the head to the feet and from the exterior to the interior. This is a perfectly continuous system that is suspended from bony structures to form a fully integrated supporting framework."

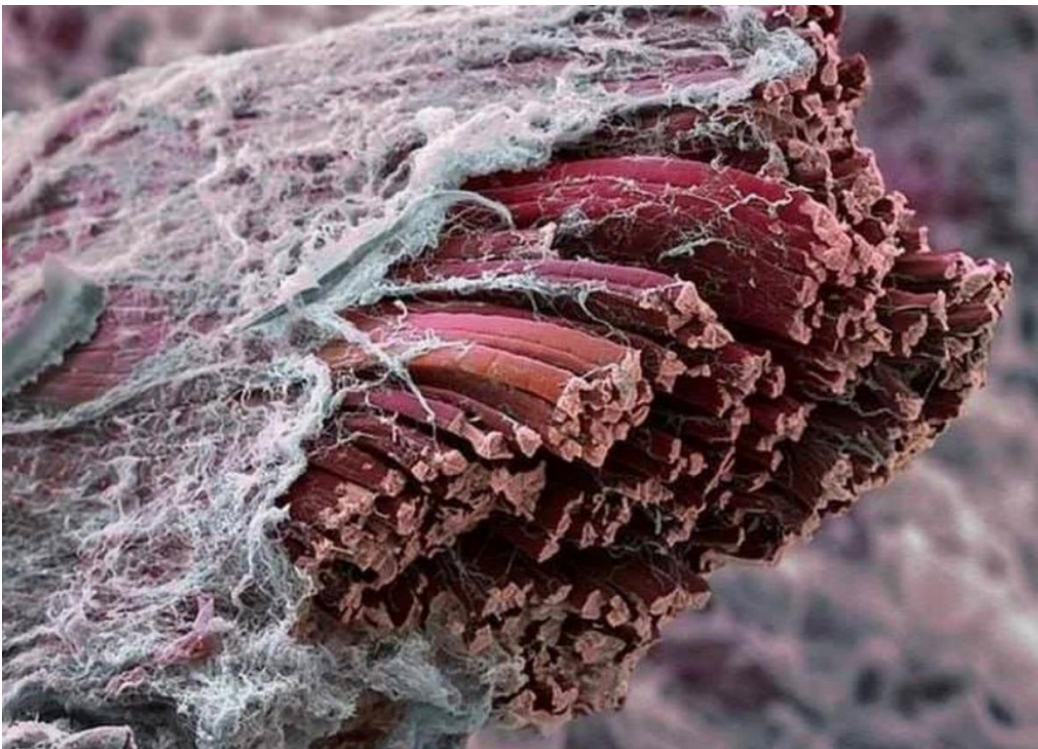
Stated also by the Fascia Research Congress: "Fascia is the soft tissue component of the connective tissue system that permeates the human body. It forms a whole body continuous three-dimensional matrix of structural support. Fascia interpenetrates and surrounds all organs, muscles, bones and nerve fibers. It creates a unique environment for all body systems that function as a whole."

The fascia of the human body is responsible for maintaining structural integrity, providing support, protection and resilience as a shock absorber.

Fascia is endowed with a "cellular memory" derived from embryonic growth which enables it to become the first defensive barrier against external insults and to mobilize the immune system with efficient communication between extracellular and intracellular environments.

The human nervous system is profoundly influenced by the liquid/gelatinous ground substance of the fascial system. Nerves can transmit signals at slightly over 120 meters/second or 275 miles/hour. The ion-transfer mechanism of nerve impulses is too slow to account for the massive amount of information necessary for communication or brain to cell function. It is not possible for nerves to organize and control the trillions of cells of our body that have more than 100, 000 reactions/second.

It is now known that the fascial system functions as a fiber-optic network that



Biodynamic is a life moving or an innately driven process to adapt to the origin of design.

Biodynamic Craniosacral: The subtle rhythms or motilities produced by the body are regarded as fundamental expressions of our health and vitality. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental factor that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and well-being automatically follows.

bathes each cell with information, energy, light, sound, nutrition, oxygen, biochemicals and hormones. It flushes out toxins at enormous speed. Fascia has been referred to as a "superconductor of energy," by quantum physicists. Fascia is the most important conduit for communication in the body for each living cell to survive... and thrive. Therefore, it is the fascia, your liquid-crystalline matrix, that is the major important communication system of your body.

Simply stated, fascia is the continuous connective web that literally holds you together and is the master of communication for the wonder of function and healing!

Please allow your fascial matrix to sit you back on your seat. Read about the importance of the fascia and its role and benefit in the experience of Biodynamic Craniosacral with your healing process in your lifetime.

Fascia is the spiderweb connecting your body



Live a Healthy Lifestyle
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Biodynamic Craniosacral

Fascia is the biological fabric, the connective tissue network that holds you together. You are about 70 trillion cells- neurons, muscle cells, epithelia... all humming in relative harmony. Fascia is the 3-D spider web of fibrous, gluey, and wet proteins that binds you together in the proper placement as a biomechanical regulatory system.
(www.anatomytrains.com/fascia)

Biodynamic Craniosacral and Fascia

“A Biodynamic Craniosacral session allows each person to balance in support of the body’s natural ability to adapt, repair and heal. Inside-out miracles can occur no other way.” JMG, RCST®

Biodynamic Craniosacral-Fascia and You:

Science currently teaches that the nerve system controls, organizes and adapts all cognitive, emotional, physical and neurological function and healing. It controls the development, growth and expression of each child's creative potential.

Craniosacral science teaches that the central nerve system has fluid motilities. There are cycles of motion of cerebrospinal fluid through and around the brain and spinal cord. This cerebrospinal fluid and other motilities are vital for the function of the brain and spinal cord and its function to the body. Cerebrospinal fluid provides essential nourishment and oxygen to the central nerve system. It cleans, acts as a shock absorber and maintains the shape of the brain. Cerebrospinal fluid is vitally important for transmission of hormonal and neurotransmitter chemistries necessary for function.

The central nerve system is protected by structure for resistance to gravity and trauma. The fascia or connective tissue matrix is the first structural frame to develop before birth to protect the embryonic fluid body. The fascial matrix begins with the development of the meninges. The meninges are three structural membranes that enclose the brain and spinal cord, protect the brain internally and contain the cerebrospinal fluid within its design. The fascia then developmentally suspends to cover, protect and connect the human body. Every system, organ, bone, blood vessel, muscle bundle and virtually every cell is sheathed by fascia with a continuity to maintain form. It is resilient to protect the center core, the central fluid dynamics of the nervous system.

The fascial sheaths are continuous with the meningeal membranes. The matrix has the tensile strength to resist the force of gravity and most physical, chemical and emotional injuries. Therefore, patterns of

stress or trauma affecting the fascia in the periphery can directly affect the meninges and the core motion of the cerebrospinal fluid internally. Lack of inertia within the fascial network can also place pressure on the internal organs of the body and affect their function.

If the core insult is beyond what the body can dissipate, the fascia absorbs the injury to protect the cerebrospinal dynamics. It will change the cerebrospinal motilities and affect the neurological balance. This insult to the fascia and function is termed a restriction. The neurological dynamic is now changed for function and healing. This insult may change the optimal potential of growth, development and function at all stages of life.

This can be compared to other systems of the human body. A tourniquet restricts the circulatory system and blood supply to the human body. Reduced breathing capacity of the lungs compromises the respiratory system and oxygen supply to the human body. Fascial restrictions compromise the craniosacral system and motilities of cerebrospinal fluid for best function and healing to the human body. All these constraints can be life changing over time.

The gentle, hands-on Biodynamic Craniosacral experience allows your body to normalize the fascial matrix back to the blueprint of design. The innate design is dynamically driven to orient to its original resilient form. The motilities of cerebrospinal fluid and the nervous system can now return to the optimal best that is necessary for function and adaptation. The implications of this balance are very significant and can be life changing over time.

Healing, function and orientation to the innate design are processes that began before your birth. Your body is designed to adapt back to your original embryonic blueprint with the fascial matrix. Experience the Biodynamic Craniosacral process that you may travel your life journey without restriction. You and your family deserve it!

Biodynamic Craniosacral – Adapt to the blueprint of life inherent within you.

“The future depends on what we do in the present.” -Muhatma Gandhi

**“We have witnessed a miracle before our very eyes with our son... Our family has continued to receive regular Craniosacral care, as we can all benefit from this gentle therapy to facilitate optimal health and healing. We are grateful for our experiences and the body’s amazing God-given ability to heal itself.”
-D. family, Chicago**

Biodynamic Craniosacral is a gentle yet profound non-invasive, hands-on experience for the whole body. Performed on a bodywork table, the client is fully clothed and the contact is to the body’s supportive frame and is generally light and still. The session is focused on supporting the health of the whole person, especially the nervous system. This is the system that dictates all of the body’s functioning, constantly sending and receiving information. (The Biodynamic Craniosacral Therapy Association of Norh America (BCTA/NA))

In 1903 the great American inventor and visionary Thomas Edison said: **“The doctor of the future will give no medication but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”**

“Your body's ability to heal is greater than anyone has ever permitted you to believe.” -Unknown



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Additional:

www.upledger.com
www.fasciacongress.org
Biodynamic CranioSacral Therapy by
Michael J. Shea, PhD.
[The Fascia](#) by Serge Palette, D.O.
[Wisdom in the Body](#) by Michael Kern DO,
RCST, MICrA, ND

The information of this newsletter is not to be interpreted as medical advice. Biodynamic Craniosacral sessions are not for the treatment of disease nor pathology.