

How to Make Your Body Work Better ... and Do More for You

Structural Integration Bodywork

for Increased Physical and Mental Well Being

300 easy-to-understand pages

by Lou Gross, School Certified Master Postural Integrator

20 years successful track record louisryoshin@yahoo.com

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& get to talk personally with the author
about your own situation

OVERVIEW

Wouldn't it be nice to have a physical body that, at any age, is very flexible, moves around easily, stands up straight without effort, relaxes deeply, feels light and alive, and is free of back, neck and shoulder stiffness and pain? It has happen for thousands of people because they had Structural Integration Bodywork. Their faces also looked younger and less stressed.

This book tells people in all walks of life how their bodies work in ways that, probably, nobody ever told them, but in language that most folks can relate to. There are two big chapters, of almost 30 pages, that explain how to contact, interview and use practitioners in this field, or use practitioners in other fields, to make our bodies work, feel and look much better than most folks have thought they could.

Many people who already know about improving their body's abilities, like professional athletes and advanced yoga students, will find that here's a treatment that really does the kinds of things they've been looking for. They can even use know how they read in this book to make their own stretching and other self help practices more effective.

The Structural Integration approach does more than just lengthen one area here and one area there. It is an systematic approach to the whole body, and it improves physiology as well

as structure. The body works better and does more for what we want it to do. Getting even just a few hours improves many aspects of athletic performance and expressiveness for both sports and the performing arts. Getting the whole body done with the organized series of "steps" does a lot more.

This book addresses specific concerns of tightness, and tightness caused pain, like arms, legs, backs, necks, shoulders, breathing, and so forth. And also talks at length about the ability of this unique method to actually transform the entire body in how it looks, feels and operates.

For stress reduction, the Structural Integration treatment gives us a release of tension and tightness far beyond massage and relaxation tapes. But once done, it also empowers massage to do more and the tapes take one into a deeper state of relaxation. Plus, once people have been treated, they were a lot less susceptible to stress.

This treatment creates a bodymind, or body-mind, improvement. It has cleared out a large amount of long term tension and accumulated emotional stress. In fact, people's stressful behavior attitudes were diminished, too, because they were now in a much less stressed condition. And at the same time it removed the stress and tension, it made people more flexible, lighter, and more aware.

So this is a very informative book. It's packed with useable information on almost every page.

Besides being very helpful for lay people who want to be healthier and do more in their lives, it contains a lot of specific information that can be used by body therapists, like massage therapists, athletic trainers, yoga teachers and personal coaches, to improve the way they help their own clients with their particular techniques.

This information has already helped chiropractors and sports medicine doctors, too. And its bodymind psychology and professional expression chapters can be a help to psychotherapists and counselors, too.

My specialties include

1.) **improving athletic performance** of professional, Olympic and recreational **athletes, and dancers**, and **improving the expressiveness, range of voice and speech, presentation and "bearing," of actors, singers, musicians & other performing artists.**

- 2.) **fixing back** pain and other **pains**, and removing both recent and long-term, built-up **tightness**
- 3.) **helping** the **elderly move** around better,
- 4.) **stress reduction** and **creating** a more **stress resistant** condition,
- 5.) **enhancing personal growth (or personal development) and psychological therapy, and improving the state of people's bodymind.**
- 6.) **improving** the quality of **expression** for **creative artists**, removing blocks, increasing their clarity,
- 7.) **improving** the **meditation positions** and **energy generating** abilities of **meditators, and increasing yoga abilities and benefits.**

My Professional Bodywork Training: I was trained in Postural Integration by the founder, Jack Painter PhD, and certified trainers Jack Haer PhD & Marv Treiger PhD.

I also took classes and workshops in Structural Integration and Integrated Movement with Rolfer Roger Pierce PhD and Rolfing Movement Teacher Alexandra Pierce PhD, developers of Movement Enhancement. I had a workshop each with Joseph Heller, developer of Hellerwork and Ted Looyen, P.I. trainer and developer of Looyenwork.

Besides a lot of P.I., I've had Rolfing & the whole Hellerwork series.

A NOTE FOR BUSY, YET INTERESTED PEOPLE:

If you don't have enough time right now to read this whole book, you can still get the major points and explanations by just reading the bold face type on every page. It explains all the points, only in less detail than the whole text does.

I have purposely written "a book within a book." The bold face type at the beginning of most paragraphs reads flowingly from first page to last. And at the same time, it's part of the entire detailed text. As you read the bold face, you can "stop off" anywhere and read more of the details of that interesting subject.

WHO CAN BENEFIT FROM THIS PERFORMANCE ENHANCEMENT BOOK ?

INTRODUCTION - from the book

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Are you an athlete who wants to improve your performance? Athletic or not, do you have aches, pains or tightness? Have you been injured and the pain and debility haven't gone away, even after a long time? Would you like your children to do better athletically?

Do you want to improve your quality of health and well being? Are you an elderly person who'd like to move around better? Or are you interested in maintaining your aliveness and flexibility even when you become elderly? And does your face look old or stressed?

Are you blocked in your psychological therapy or caught in self-sabotaging patterns? Are you a performing artist or business person who'd like to increase your level of expression and make your presentations more effective and alive? Are you stressed? Do you get stressed easily? And would you like to become more centered and focused?

If you answered yes to *any* of these questions, this book is for you. All of these problems or concerns involve, to a large degree, accumulated tightness in your physical body, even the ones we think are only mental and emotional.

This book will tell you

- 1.) how these tightnesses develop,**
- 2.) the problems they cause,**
- 3.) how to get rid of them, and**
- 4.) the good things that happen when you do.**

How is this so? A few hours after we're conceived in our mother's womb, our single fertilized egg has become three different kinds of tissue. One, called ectoderm, develops into our brains and nervous systems. A second, called endoderm, becomes our internal organs. And the third, called mesoderm, becomes our muscles, blood

and a bunch of things all technically known as connective tissue, but also going by the names of tendons, ligaments, cartilage and bones. So mesoderm relates to our physical structures.

Almost everything we hear about improving our physical structures relates to muscles, bones, joints and improved cardio-vascular circulation. So we work out, stretch, eat well, and even get chiropractic, massage and physical therapy. What we're told to do along these lines, and especially what we actually do along these lines can be very good for us.

But just by themselves, they're not enough. Many people who are athletic and eat well, and go to good physicians and therapists, still have some of the problems or concerns I listed. And the folks who don't do any of these also have them.

So what's wrong? One of the things that's wrong is that another kind of connective tissue, a very large part of our physical structures, is not being addressed, usually not at all, and otherwise not enough.

This tissue is called fascia (fah-sha) and this book explains

- 1.) how we address it, and
- 2.) how wonderfully it helps us when we do.

A note for busy, yet interested people: If you don't have enough time right now to read this whole book, you can still get the major points and explanations by just reading the bold face type on every page. It explains all the points, only in less detail than the whole text does.

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PLEASE NOTE: THIS BOOK IS NOT A DIAGNOSIS NOR PRESCRIPTION FOR ANYONE. IT IS MEANT TO BE AN INFORMATIONAL REPORT OF MY FINDINGS WITH ACTUAL PEOPLE OVER THE PAST 20 YEARS. IF YOU HAVE PROBLEMS, YOU MIGHT WANT TO SEE AN APPROPRIATE HEALTH CARE PROFESSIONAL, EVEN JUST TO MAKE SURE YOU HAVE NO ACTUAL INJURY, LIKE A MUSCLE, TENDON, LIGAMENT OR CARTILAGE TEAR, OR A FRACTURED BONE, PINCHED NERVE OR MISALIGNED VERTEBRAE. BUT YOU ALSO MIGHT WANT TO LOOK INTO THIS KIND OF BODY-IMPROVEMENT TREATMENT AS WELL.

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by Lou Gross, School Certified Master Postural Integrator
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INTRODUCTION

**What are our problems &
Why haven't they been corrected?**

WHAT CAUSES BACK PROBLEMS & Why Other Methods Fall Short

All the many back problems I've seen in the past 20 years have come from shortness in other parts of the body, not just the back. This section explains what those shortnesses are and describes the tensing we automatically do that creates back pain.

OVERVIEW: STRUCTURAL INTEGRATION BODYWORK & ITS BENEFITS

What is Structural Integration Bodywork?
What does it do?
How long does it take - and - How long does it last?
How does it compare to other treatments and benefit them?

SECTION I: IMPROVING INDIVIDUAL AREAS

This section looks at the treatment as a therapy, to correct specific problems such as occur in arms, legs and shoulders, and how to greatly increase flexibility and breathing capacity. It explains how tightness accumulates in the body and how this treatment is exceptionally effective in detecting and correcting it.

This section points out that tightness is not just a local condition, but that, because our muscles and bones are all interconnected, tightness anywhere in the body creates tightnesses in many other areas, too. It then explains how this treatment corrects the causing tightnesses as well as their painful effects.

- Chapter 1:** The Basics: How Muscles Work & How Connective Tissue Plays It's Part
- Chapter 2:** Fixing the First of 2 Basic Things That Go Wrong: "Bunch-up"
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- Chapter 8:** Increasing Torso Flexibility, Expanding Breathing & Benefiting Our Nervous Systems

SECTION II: IMPROVING THE WHOLE BODY

This section describes the whole-body effects of Structural Integration. It takes the treatment beyond the level of therapy for any specific problem to show us how we can systematically transform the entire body structure so it functions at a higher level: less pain and stiffness, greater agility, more endurance, shorter recovery time and a lower level of stress.

From a therapy viewpoint, this section describes how many back, neck and shoulder problems are not just local stiffness but are caused by a structural misalignment in the whole body. And we learn how improving the whole body as a unit improves all the individual parts much better than trying to do a group of local treatments only.

This section includes an explanation about how the treatment improves body physiology and metabolism as well as structure. And it describes the steps of the actual process along with what improvements occur from its different phases.

- Chapter 9:** Fixing the Second of 2 Basic Things That Go Wrong: Mis-alignment

- Chapter 10:** Improving Metabolism & Respiration,
& Faster Athletic Recovery Time
- Chapter 11:** Fixing Backs, Shoulders, Necks & Heads
by Improving Structural Balance
- Chapter 12:** Creating a Very Efficient
and Stress Resistant Body Structure
- Chapter 13:** The Increasing Benefits
of the 10-Step Bodywork "System"

SECTION III: GETTING WORKED ON

This section begins by summarizing the key points and unique features of Structural Integration. And it gives you background information about its origins and the training and specialties of practitioners. It will give you some information about me, too. It then provides you with very helpful information about how to locate practitioners and suggests what to ask them in order to find one who's good for you.

This section also includes a long chapter that describes any discomforts or pains people might have during the work and how you can do things for yourself before, during and after a session to make it comfortable and get good results. This chapter also explains how you can develop your abilities, to better sense what is happening in your body, and then to articulate what you're experiencing in your expression to others. As part of this development, you can also improve your interpersonal communication skills and self-confidence.

- Chapter 14:** Where Did This Originate
and How Are Practitioners Trained?
- Chapter 15:** My Own Training and Application of the Work
- Chapter 16:** How to Find and Check Out a Practitioner
(and Learn More)
- Chapter 17:** How to Make Your Bodywork Treatment
Comfortable & Effective

SECTION IV: HOW TO USE STRUCTURAL INTEGRATION WITH OTHER THERAPIES, AND FOR PERSONAL AND PERFORMANCE DEVELOPMENT

This Section describes the differences between Structural Integration Bodywork and some other tension releasing treatments: massage, trigger point therapy, acupressure and acupuncture. It explains some of their unique features and benefits, and tells you how to use them in combination with this treatment.

It specifically points out that they don't lengthen fascia much, nor create structural alignment, but what they do accomplish can help us get structurally aligned with the Bodywork easier, and "tune us up" afterward. Conversely, after we've had the Bodywork, these other treatments are more effective; they can do more of what they're designed to do.

This Section also describes how Bodywork is compatible with chiropractic, surgery, psychotherapy and movement education. In fact, it points out how it makes them more effective, too. And it even explains how Bodywork helps with headaches, colds and other physical problems caused by tension. In many cases of back pain, it can eliminate the need for surgery.

This Section concludes with two chapters that go into detail about personal development and self-expression. Bodywork, all by itself, significantly improves psychological well-being, it increases our powers of verbal and movement expression, it improves intuition and creativity, and it enables us to get more out of personal growth workshops and business seminars. I've briefly introduced some body oriented psychotherapy techniques, some movement education methods and some awareness development processes. These can be done both to increase the benefits we get from the Bodywork, and to take advantage of the improvements that the Bodywork has made in our physical structures and energy flows.

Chapter 18: How Structural Integration Bodywork is Different from Massage and Trigger Point Therapy

Chapter 19: How It's Compatible with Chiropractic, and Increases Its Benefits

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Chapter 22: How SIB Helps Us Psychologically, with a Brief Summary of Body Oriented Psychotherapy Techniques

Chapter 23: How SIB Helps Us Express Ourselves Better, and Accomplish More in Our Work, Easier, with a Brief Summary of Movement Education Techniques

SECTION-BY-SECTION & CHAPTER-BY-CHAPTER SYNOPSIS

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This book is organized in four sections. The first two describe the treatment and what it can do for you. The third gives you information pertaining to getting the treatment. And the fourth compares the treatment with other therapies and explains how they're complementary.

The section and chapter titles are very descriptive. So you can see what's in the book just by reviewing the table of contents.

GENERAL ORGANIZATION OF THE BOOK

I describe the method of Structural Integration Bodywork in two phases.

Section I describes the treatment as a therapy to remove tightness in different parts of the body. That's a good frame of reference to start with because that's what most people are familiar with.

Section II describes the treatment in how it creates a new organization, or alignment, in the *whole* body, from head to toe. This is a new concept for most people.

So Section II is written as an extension of Section I, and a lot of what I say in Section I prepares you for Section II.

At the beginning of each Section there's a short introduction that leads you into the chapter text. It tells you what you're going to read about. At the end of each Section, a short conclusion links you from that Section to the next one. There are also comments at the end of a chapter that introduce the next chapter.

This book goes into detail and covers many points. It should be able to help a lot of people. But it addresses

audiences with different levels of familiarity about the subject, and with different degrees of interest toward reading a large amount of text. So I've designed the book with these considerations in mind.

Anyone who wants to read or study it in its entirety may want to go straight through, with the whole text, from front to back. Bodyworkers would probably fall into this category. But they might also want to flip ahead and give it a scan.

Many people won't have time to read the whole text right away. **This is a book that can be used to interest people in the work by sending or giving it to them. Or they might buy it themselves if they think it's a fast read.** Professional athletes, their coaches and trainers, and business and government executives might fall into this category. In fact, managers are used to receiving summaries.

So I've written the book in a way that it can be summarized. Yet it'll still give the reader a very good understanding of the material, just not as much as when they read the whole text. It can also be summarized to different degrees of detail. This kind of flexibility has already been appreciated by many people.

One way to summarize is to start with the 10-page Introduction and Overview. Read that and you learn a lot. This will also help newcomers to the Bodywork field; they'll understand what the book's going to tell them.

Also, you'll notice that at the beginning of many paragraphs the text is bold-italic and underlined. This text is a sub-book contained within the whole book. It cuts the size down by over 50%. All these sentences flow with each other, and they flow as part of the whole text, too. They cover the points very clearly, yet eliminate a lot of details you can get lost in. **If you read just these lines in Sections I and II, you'll understand almost all of what the treatment does, since the last two sections are more focused on telling you how to use it. This cuts the reading to 25%.**

You can also summarize the Introduction and Overview, which will give you the gist of how Structural Integration can help you, in just four pages worth. That's nice when you're browsing in the bookstore.

SECTION I: IMPROVING INDIVIDUAL AREAS

This section looks at the treatment as a therapy, just as massage and other forms of physical medicine are therapies. It explains how this treatment, which I refer to as "the Bodywork," corrects the problems due to accumulated shortness and tightness better than other methods because of the hands-on method it uses and the whole body, interconnected approach it takes. It provides in-depth information and treatment tips for other body practitioners including other Structural Integrators.

Chapter 1: The Basics: How Muscles Work & How Connective Tissue Plays Its Part

Muscles are really bundles of long thin muscles fibers surrounded by and held together with a putty-like fibrous connective tissue called fascia (fah sha). While the muscle fibers are the active elements that make the muscle move, it is the fascia that bunches up, and thereby accumulates and holds shortness and tightness in the body.

Chapter 2: Fixing the First of 2 Basic Things That Go Wrong: "Bunch-up"

Fascia bunches up from athletic and non-athletic physical activities and from emotional stress, falls, injuries and repetitive movement habits. Although your activities might be giving you strength and accomplishment, their negative side effect of bunching up fascia is simultaneously creating worse and worse limitations and restrictions. Even children and teenagers get it. This treatment removes these negative side effects and even improves your condition so it's better than it's been in years.

Bunch-up also accumulates on our faces. They show the emotional tensions and stresses we've accumulated most of our lives. We often look and feel stressed, and old. Bunch-up even creates wrinkles. Emotional blockages to expressing our feelings, like anger and sadness, can also be seen. They create a lot of ongoing tension. And those feelings get stuck in the muscles of both the face and the body. This treatment clears up a lot of all this stuff.

Chapter 3: Why Stretching Alone Doesn't Correct These Problems

Stretching alone doesn't correct these problems for a few reasons: **because of the hardness and other properties of the bunched-up tissue, and because of the way most stretching is done.** However, stretching, including yoga, and the Bodywork are mutually supportive; doing each enables the other to do more.

Chapter 4: Creating Better Overall Ease & Range-of-Movement by Lengthening Interconnected Groups of Muscles

Shortness and tightness are not, however, just local issues of individual muscles bunching up. There are many interconnections of muscle and fascia from one part of the body to others. Tight areas can only release easily and lengthen fully when all the interconnected areas are also lengthened, otherwise they will hold the area you're trying to lengthen tight. This chapter describes a number of the more significant sets of interconnections and explains some general guidelines on how we approach "the interconnected body" in general.

Chapter 5: Preventing Injuries Before They Happen with Structural Body Reading

As an aid to our hands on manipulations, practitioners can actually see shortness and misalignment in the body, often before the person knows it's there him or herself. We're trained in Structural Body Reading. We can also see what part of an interconnected set of muscles is holding the rest tight. This guides us in doing more precise and efficient hands-on work. And we can take Polaroid photos to show you what we see and explain why we work in each part of your body. Body reading, including from videos of performance, is very helpful, because it can lengthen tightness that could cause an injury, before it happens.

Chapter 6: Fast & Deep Hamstring Lengthening & Leg Loosening, to Create Better Mobility, Remove Pain & Help Injuries

This chapter describes the obvious and not so obvious causes of accumulated leg muscle shortness, what physical and even psychological problems they cause, and how the Bodywork can correct them. It explains how we can prevent injuries from happening and help heal them if they have. It indicates how the corrections improve an athlete's performance, an elderly or

injured person's mobility, and a stressed or restricted person's relaxation and expressiveness. It gives information about which muscle tightness causes what kind of problems. So it can help body therapists of all kinds do a better job.

Chapter 7: Fast & Deep Arm & Shoulder Lengthening & Loosening, to Create Better Flexibility & Remove Pain

This chapter points out how the arms are really part of a big body suit that fits over the torso and how arm bunch-up causes tightness throughout the torso as well as in the arms. This includes the arm bunch-up that most of us don't feel. The chapter describes a few ways the Bodywork helps arms and shoulders, and this, too, can be used by body therapists in their work.

Chapter 8: Increasing Torso Flexibility, Expanding Breathing & Benefiting Our Nervous Systems

The Bodywork can lengthen and loosen muscles a lot more than people imagine they can. When applied to the torso, it significantly increases flexibility and agility and increases the ease and volume of deep, full breathing, even for elite athletes and smokers. This much fuller breathing improves physiology in other ways besides increasing the amount of oxygen. It massages the internal organs, it activates the rejuvenating parasympathetic nervous system and it pumps cerebral spinal fluid to the brain. Here, again, are tips for the body therapist.

SECTION II: IMPROVING THE WHOLE BODY

This section describes the whole-body effects of Structural Integration. It takes the treatment beyond the level of therapy for any specific problem and shows us how we can systematically transform the whole body structure so it functions at a higher level.

It also explains, in quite some detail, why many back, shoulder and neck problems are not due to local tightness or simply spinal misalignment, but rather to a total, systemic misalignment of the entire body's bones and muscles. It describes just how this treatment makes the improvements and corrects the pains, even down to what we do in each step of the

sequential process. And it describes the increasing benefits we get as we go through the organized series of treatments.

Chapter 9: Fixing the Second of 2 Basic Things That Go Wrong: Mis-alignment

Accumulated shortness in the fascia creates misalignment in the joints. This decreases performance and can lead to injury. Further, because of shortness and improper movement habits, the body also develops significant misalignments in the whole structure, making our legs, torso, neck and head zig-zag front to back and side to side.

These misalignments decrease athletic performance and even restrict the quality of everyday activity, and they use up body energy. Structural Integration Bodywork (and any stretching methods that take these conditions into account) correct these distortions in our structures. And body therapists can use this information about the whole body to expand on the localized treatments they already do.

Chapter 10: Improving Metabolism & Respiration, & Faster Athletic Recovery Time

By improving the consistency of the fascia and removing tightness, we also improve the metabolic properties of the fascia and both blood and lymph vessels. More nutrients can be carried to the cells and more waste products will be carried away from them at any time. This benefits athletes, people under stress, senior citizens, and improves general health. This physiological benefit, combined with the improved structural benefits, has repeatedly shown to increase endurance and significantly shorten recovery time for athletes of all ages.

Chapter 11: Fixing Backs, Shoulders, Necks & Heads by Improving Structural Balance

This chapter explains an almost universal misalignment, which I call the Basic Imbalance. And it explains how the many kinds of back, neck and shoulder problems we develop have their cause in this condition. In the Basic Imbalance, the legs lean forward, the torso backward, and the head and neck just forward again. It's a zig-zag.

There are also three general variations of added tightness on top of it, and they cause other kinds of pain and difficulties.

Neck and shoulder tensions also develop because of certain work habits and lower back pain can come directly from some athletics. Arm and head tension, even when it's not felt, can cause back tightness and pain. This chapter analyzes all these conditions and explains how the Bodywork can correct them. Like the other analyses in this book, this will help other body practitioners in their own work.

Chapter 12: Creating a Very Efficient and Stress Resistant Body Structure

If we take lengthening, aligning and integrating a step further than these explanations, we can see how to make the whole body work better, between all its parts and with relation to the constant force of gravity, both when we move and when we stand still. This condition works on the principle of balancing all the forces of tension, created by the muscle and fascia lengths, with the elements that resist that tension, the rigid bones.

This is a system called tensegrity, which allows us great flexibility at the same time it provides great stability. This balanced kind of system also works like a well erected tent where our bones are the tent poles and the muscles and fascia are the guy ropes. A well balanced body lifts upward from its interaction with the force of gravity; it doesn't get pulled down nor feel heavy.

All these features are built into our unique 2-legged structure, which has great advantages over 4-legged ones. The Structural Integration process brings out these qualities. They are inherent in our biology, but the way we grow up with all our shortnesses and misalignments keeps them from happening.

Chapter 13: The Increasing Benefits of the 10-Step Bodywork "System"

The basic Structural Integration process is a 10 to 20 hour program that is performed in a series of 10 steps, each of which treats a particular area, or muscle group. This series of sessions can take place over a two to four month period, but can also be condensed to under a month and even less.

Right from the beginning, people feel looser and more

relaxed, and some aches and pains go away completely. Others are reduced. As the process continues, the degrees of flexibility, relaxation, pain removal and performance enhancement become greater, as does the quantity and quality of energy in the body. As more of the interconnecting parts of the whole body become better organized, the whole body comes into better and better alignment. And the better aligned it is, the more it tends to stay that way. After the first 10 steps, advanced sessions can work deeper and do more.

SECTION III: GETTING WORKED ON

This section does three things. First, it gives you background information about how Structural Integration Bodywork was developed, where and how it is taught, and how well established it is. **Second, it tells you how to locate practitioners and what to ask them about** to find one who's right for you. **Third, it describes, in detail, things you and the practitioner can do so you get more out of the treatment** and enjoy it as much as possible. These are helpful hints for other Bodywork practitioners as well as clients.

Chapter 14: Where Did This Originate and How Are Practitioners Trained?

This chapter summarizes the major, and often unique benefits of this treatment, how they were developed and how and where they're taught. It puts the process *I've* described into its larger and well established context. Contrary to the initial guessing of many people, this treatment was not developed in the orient. It was developed by an American woman, a PhD physiologist and biochemist, who lived in Brooklyn, NYC, and also did research in countries around the world.

Chapter 15: My Own Training and Application of the Work

If you know about me, my background and how I developed my specialties, it'll give you a professional context from which you can appreciate the information I've written in this book. What I say is based on my 2000 hours training and 15 years experience. It will also give you some ideas about what kind of background or experience in a practitioner you would want to look for, what kinds of questions you would ask, and how different practitioners could help you.

Chapter 16: How to Find and Check Out a Practitioner (and Learn More)

This chapter tells you some effective ways to find practitioners in your area, or whom you could travel to, and then gives a descriptive list of what to ask them about, including experience, specialties, lengths of sessions, house calls, fee structure, insurance coverage, discomforts from their work, if any, and so forth.

Chapter 17: How to Make Your Bodywork Treatment Comfortable & Effective

This is a very long chapter that gives you the benefit of my 15 years experience as both a practitioner and recipient. It goes into detail to include methods both you and the practitioner can use to: increase enjoyment, decrease pain, improve body awareness, enhance psychological development, and get the most effective physical release. This information is, of course, helpful for practitioners as well as clients.

SECTION IV: HOW TO USE STRUCTURAL INTEGRATION WITH OTHER THERAPIES AND FOR PERSONAL AND PERFORMANCE DEVELOPMENT

The first chapters in this section describe the differences between the Bodywork and other forms of body therapy. It points out how this treatment is different. Those methods are predominately muscle, bone and joint oriented, and locally focused in their approach. Structural Integration manipulates the fascia, and has a structural alignment approach. And because of what it does, the Bodywork is complementary to all the other treatments and enables them to do what they do better.

The last two chapters describe how the Bodywork significantly improves personal development work: psychological therapy, self awareness and self expression...for performing artists and business people, for spiritual growth and for social interaction.

Chapter 18: How Structural Integration Bodywork is Different from Massage and Trigger Point Therapy

The major difference in correcting tightness is that massage and trigger point therapy release *muscle fiber*

contractions and the Bodywork lengthens fascial shortness and corrects overall misalignment. Massage will also move accumulated blood and waste matter out of the muscle. And trigger point therapy is good at releasing reflex tightness, especially that caused by metabolic disturbance.

Getting the Bodywork will help massage and trigger point therapy do more of what they're good at doing. Myo-fascial manipulation, while moving connective tissue, does not accomplish the alignment and organizational results that Structural Integration does, unless the practitioner is also trained in many of the same principles.

Chapter 19: How It's Compatible with Chiropractic, and Increases Its Benefits

Chiropractic and this Bodywork combine well together. The reasons they do, and a few ways to combine them are described. While many chiropractors use massage therapists in their offices to loosen tightness before they adjust, the Bodywork will create even more looseness and length, in both the back and the other, very important, interconnecting muscles of the arms, legs, head, chest, abdomen and pelvis. In general, Bodywork makes adjustments go in easier and last longer. More adjustments, that were jammed tight before, can also be made.

Chapter 20: How It's Different from Acupuncture, and Increases Its Benefits

Acupuncture and acupressure are parts of Traditional Chinese Medicine and also, Japanese systems of body therapy and medicine as well. In a few ways, these treatments have the ability to relax muscles, similar to some of the things massage and trigger point therapy do. But these, too, do not lengthen much fascia nor do they have Structural Integration and whole body alignment as a goal. Like other therapies that manipulate bones, muscles, blood & lymph flow, and energies, acupuncture and acupressure treatments do more after a person's had the Bodywork.

Chapter 21: How this Work Helps People Undergoing Orthodox Western Medicine, for Orthopedic and Other Surgery and for Headaches, Colds and Other Typical Ailments

Even in cases of protruding and partially disintegrated disks, the Bodywork can correct the pain, for a long time and even permanently, and eliminate the need for surgery. The same can be done for leg, shoulder, arm and other back problems, caused by significant shortness in the muscle bodies. This includes tendon and joint pain. When surgery is necessary, the Bodywork can help both before and after, because of its physiological as well as structural benefits. Bodywork also helps with common ailments like colds, headaches and abdominal organ problems due to tension.

Chapter 22: How SIB Helps Us Psychologically, with a Brief Summary of Body Oriented Psychotherapy Techniques

Even just the removal of physical pain and tightness due to stress almost always improves a person's demeanor. However, psychological trauma also gets caught in our bodies, both by actually impressing the energies of the incidents into the "organic crystal" collagen fibers and by making our muscular structure held in and shortened.

This physical condition, formed in the midst of the incidents, stays with us until it's changed. So no matter what we do mentally and verbally, we'll continue to experience a movie of the original upsetting events, both consciously and unconsciously, until it's removed. Besides mental memories, we carry the emotions and terror of these dramas around with us as components of our physical bodies and "crystallized" energy patterns.

Bodywork improves both these conditions at the same time it improves the physical structure. Other verbal and breathing kinds of treatments enhance the benefits, and traditional psychotherapy can do a lot more because the person's no longer physically stuck.

Chapter 23: How SIB Helps Us Express Ourselves Better, and Accomplish More in Our Work, Easier, with a Brief Summary of Movement Education Techniques

Physical restrictions and tensions in our movement, speech, emoting and awareness abilities, limits the effectiveness of our expression. This affects newscasters, performing artists, business people, fine artists and interacting family members. Psychologically generated fears to expressiveness also

cause problems. So do the hyper or excessive compensations we make.

The Bodywork helps a lot to remove all of these limitations and distortions, in the same way it helps with psychological therapy and in removing stress. A person becomes more balanced, integrated, centered and open. Concentration and Insight Meditations, Body Awareness Techniques and Movement Education can teach us how to move and carry ourselves in more effective ways. They do more after we're transformed with the Bodywork because they can take advantage of our improved capabilities. This training will also improve many kinds of verbal expression, and reduce our accumulation of tension.