

NO HANDS®

The New Massage



A note from Gerry Pyves - the creator of *NO HANDS* Massage

In this issue we look at *STRUCTURAL ALIGNMENT* as a reason for Massage.

Keeping the muscles and bones of the body in proper alignment is one of the more well known reasons for having a Massage. We only seem to 'clock' the importance of looking after alignment when something goes 'out'.

If you've ever had your back spasm and go 'out' of alignment, then you know exactly what I mean. Suddenly EVERY movement hurts. Having regular Massage is far preferable to experiencing the many problems that misalignment can cause.

A REASON FOR MASSAGE: STRUCTURAL ALIGNMENT

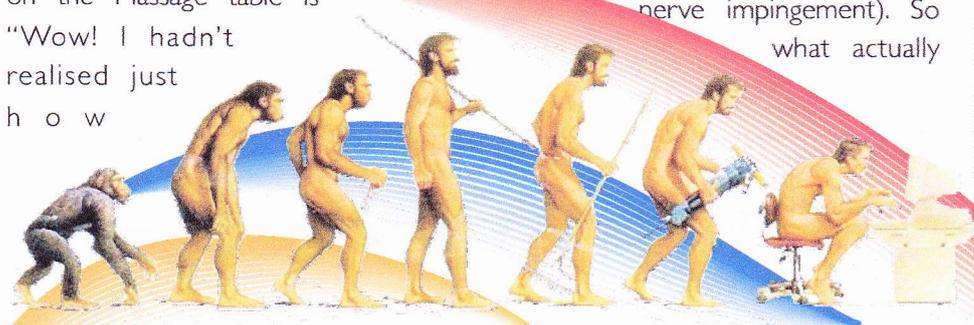
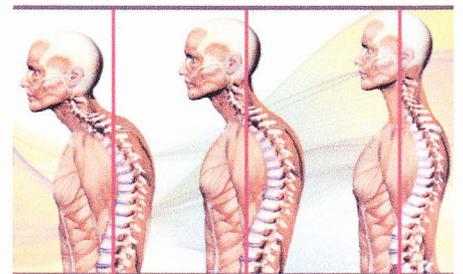
Did you know that the body has over 600 muscles, 200 joints and 200 bones? It's no wonder we all need regular Massage - just keeping all that lot in order!

Structural imbalances can develop without us even noticing. The body is such a miraculous and complex creation and we place so many different demands upon it, that there is always a need to do whatever we can to achieve structural re-alignment.

One of the most common experiences on the Massage table is "Wow! I hadn't realised just how

tight I was there." Areas that we didn't even realise were tense can easily be loosened by Massage. Because we are all so good at just 'getting on with life', we let these little tightnesses become a normal part of every day. This is OK for a day or so, but over weeks and months, this is what causes imbalance.

Structural imbalance is when our bones go out of alignment. This in turn can cause a whole host of problems from the subtle (slight reduction in speed of nerve impulse transmission) to the gross (the excruciating pain of nerve impingement). So what actually



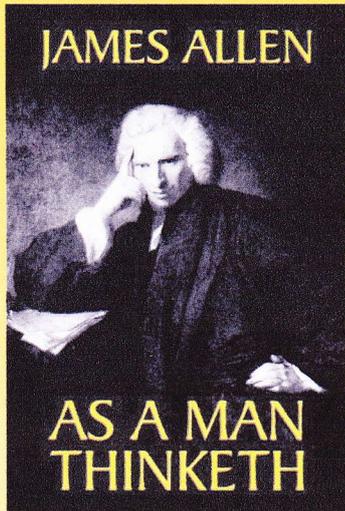
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FEATURED BOOK:
AS A MAN THINKETH...

By James Allen

"Our life is what our thoughts make it. A man will find that as he alters his thoughts toward things and other people, things and other people will alter towards him."



This timeless classic by James Allen (1902) laid down the fundamental truth that what we think and believe and picture inside our heads is exactly what we become. I thought this fitted rather nicely with our focus this month on the postural key of SHIRE.

Health is not all about the physical. Our thoughts have a massive impact on our health. Just spend the whole day giving in to the seemingly effortless ease with which homo sapiens can be miserable and negative. Notice how you feel after just 12 hours of that!

To take charge of our lives and our thoughts is so easy to write. Doing it, however...

Now there's a very good reason to read this inspirational little book. Of course Allen says it all far more eloquently and in a few more words than that. It is a great little book and you can download it for free (it passed 100 years of copyright protection in 2003). Definitely a good read....



controls the position of your bones?

Your muscles.

One way to understand this is to think of a tent - one that hangs off the main central poles. The guy ropes pull on either side to hold those central poles in place. The pole is like your spine. The guy ropes are your muscles - holding the spine just right. Have you ever seen what happens to the tent pole when one guy rope is shorter than the other? We can tolerate this 'tilt' for a short period of time, but if left to become chronic then problems can appear. Most of us just get used to this tilt and 'normalise' the imbalance. After a while problems occur that are 'unaccountable' - because



we have forgotten about the tilt. First it might be tiredness, then stiffness and irritability and finally pain. This is why it is often only when we are actually being massaged that we even realise how tight we have become.

I have written about how Massage can energise us. Well, one of the reasons it does that is because we don't have to waste any more energy trying to hold up a 'wonky tent pole'. It is 10 times more exhausting holding a 'tilt' in the spine, than when the spine is nicely balanced.

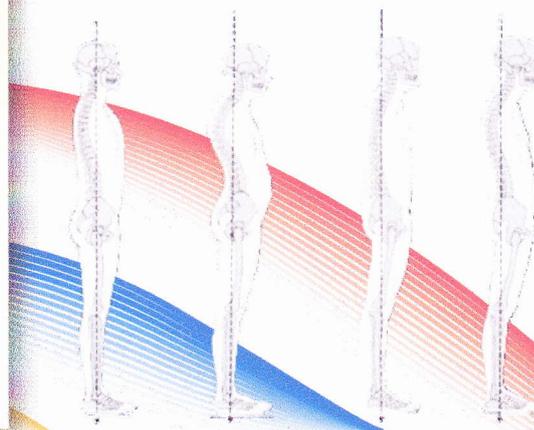
Through Massage, your whole body musculature can be pleurably stretched and all these restrictions released. The guy ropes readjust and your spine stands straight and free again. This is why regular fortnightly Massage is



something every human being will get for free when I am elected Prime

Minister! The reduction in costly back pain and depression drugs alone, will easily pay for the small cost of Massage treatments.

Even more importantly, as a result of this structural realignment each human being can walk through life with dignity, balance and poise. That is how we were born.

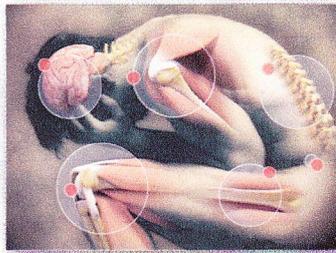


RESEARCH: MASSAGE REDUCES PAIN AND ANXIETY

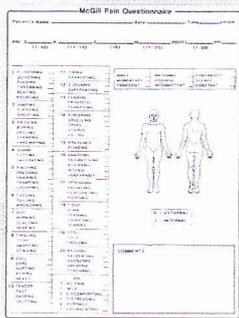
One of the reasons we feel so good after Massage is that it seems to soothe any anxieties we may have and it actually reduces pain. 'Rubbing it better' was probably the first therapy on the planet. People have done this for millennia because it actually releases chemicals that help reduce pain. This study highlights this aspect of touch and Massage.



At the RCN Research Institute, School of Health & Social Studies, University of Warwick, a simple but effective trial took place which proves very effectively that Massage provides pain relief potential. The aim of this study was to determine the effectiveness of a single session of nurse-administered Massage for the short term relief of chronic non-malignant pain and anxiety.



METHOD: A randomised controlled trial design was used, in which the patients were assigned to a Massage or control group. The Massage group received a 15 minute manual Massage and the control group a 15 minute visit to talk about their pain. Adult patients attending a pain relief unit with a diagnosis of chronic pain whose pain was described as moderate or severe were eligible for the study. An observer blind to the patients' treatment group carried out assessments immediately before (baseline), after treatment and 1, 2, 3 and 4 hours later.



ASSESSMENT: Pain was assessed using 100 mm visual analogue scale and the McGill Pain Questionnaire. Pain Relief was assessed using a five point verbal rating scale. Anxiety was assessed with the Spielberger short form State-Trait Anxiety Inventory.

RESULTS: 101 patients were randomised and evaluated, 50 in the Massage and 51 in the control group. There were no statistically significant differences between the groups at baseline interview.

Patients in the Massage but not the control group had significantly less pain compared to baseline immediately after and one hour post treatment. The difference in mean pain reduction at one hour post treatment between the Massage and control groups is 5.47 mm to 24.70 mm. Patients in the Massage but not the control group also had a statistically significant reduction in anxiety compared to baseline immediately after and at 1 hour post treatment.

CONCLUSION: Massage is effective in the short term for chronic pain of moderate

to severe intensity.

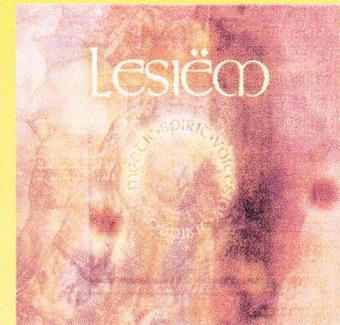
A randomised controlled trial to assess the effectiveness of a single session of nurse administered Massage for short term relief of chronic non-malignant pain. Seers K, Crichton N, Martin J, Coulson K, Carroll D. BMC Nursing July 2008



FEATURED CD:

LESIËM

Each issue I will feature one of my favourite healing music CDs. The music I write about is music I have worked with in my Massage treatments for thousands of hours, yet it still inspires and uplifts me every time I hear it anew. The best place to get these CDs is the web site www.nohandsmassage.com as so many are imports.

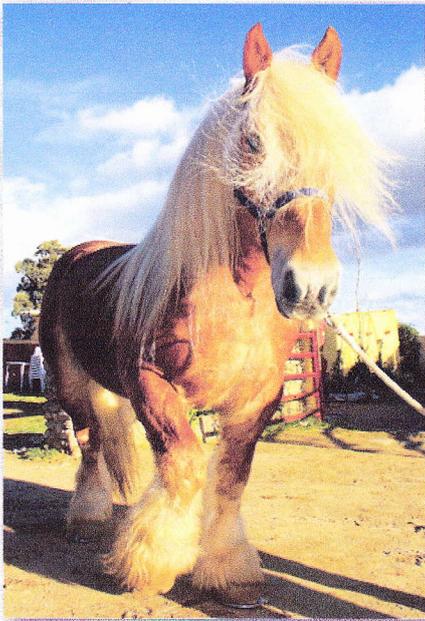


MYSTIC SPIRIT VOICES

This CD is part of what I call the 'Monk Rock' stable of music that I feature. Because we are dealing with the idea of Massage as a way to release tight muscles and realign our structure, I thought I would feature one of the pieces of music most often used for this type of NO HANDS Massage treatment.

Lesiëm differs from the other two 'monk rock' albums in that it has enormous diversity. Sometimes it is really still. At others really flowing. When I am using it during a self healing time I often choose it because I have had enough of my other favourites and I want something with real diversity. Like all the others, I find this music both uplifting and powerful. Definitely not wishy washy dolphin music!

POSTURAL KEY: SHIRE



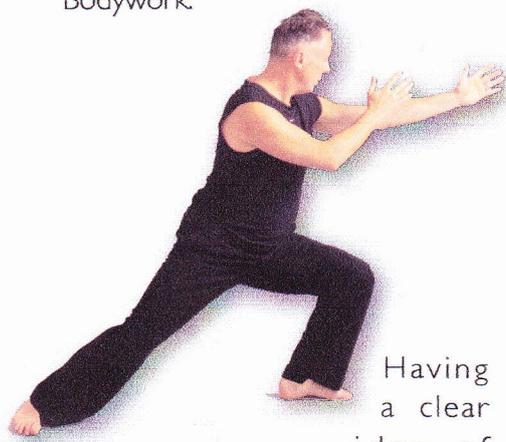
Every *NO HANDS* practitioner is trained in 7 different ways of moving their body and energy in order to give you the most powerful treatment possible. One of the reasons our therapists don't talk during treatments is to focus fully on their own movements - giving you the very best treatment they can. This is what makes it so mesmerising to actually watch a *NO HANDS* treatment. What we discovered was that these 7 postural keys weren't just valuable for movement, but were important principles of life. This month we focus on our seventh postural key, SHIRE...

This postural key is based on the simple power of the shire horse. Famed for their strength, these horses pretty much ploughed all



the fields of England before the internal combustion engine made tractors possible. The shire horse was not only strong but had this ability to just walk in a straight line, which is just what you need in ploughing!

For you to experience an effective Massage, every practitioner needs to be clear about 'the line' of their movements. If we are going to loosen and release tight muscles, we are going to need a lot of power. Understanding the vector of our movements and focusing the whole of our body behind that one direction is one of the major reasons for the sheer power of *NO HANDS* Massage when compared with other styles of Bodywork.



Having a clear idea of

the direction that we are moving in before we start the movement is also a very powerful 'life key'. It is all about our clarity of intention and purpose. Otherwise we end up expending all our energy running around like a chicken!

Living an effective life means having lots of SHIRE. This clarity of direction creates great power.

How do we develop this key? In the Massage treatment it is all

about taking a moment before each stroke to be sure that my whole body is aligned behind my chosen direction of movement. In life it is the same. Take some time to stop and breathe. Sit still so you have time to see clearly where you are going - before you move. THEN, having got clear about your direction, put everything you have into getting there!



That is the power of SHIRE - focus and direction.

MESSAGE TIP:

Two tips, really:

- 1) Ask your practitioner for a *NO HANDS* structural treatment. Some practitioners may even offer you two 30 minute sessions in one week for the same price as a single one hour session.
- 2) Try booking your 30 minute structural sessions in as early in the day as possible. You will be amazed at how much energy is released for the day, once you no longer have to hold your body on a 'tilt'.

