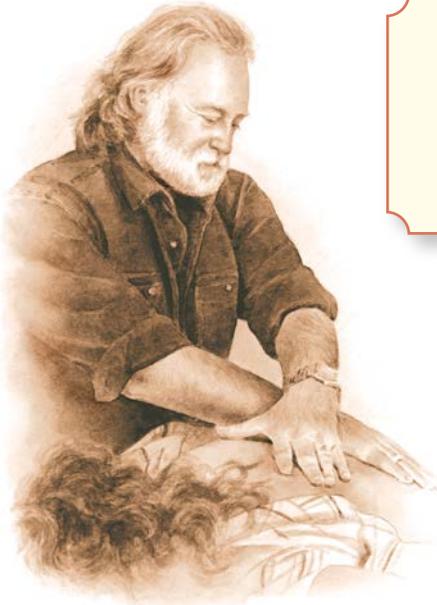


## for Abdominal Discomfort



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Some people complain of digestive problems, constipation, cystitis, tilted uterus, pelvic pain, hip pain, reflux, trouble breathing, urinary incontinence, or sacroiliac pain. Just imagine your belly as a bowl, holding all your vital organs. It is suspended by fascia. When things are suspended, the viscera can get injured and start constricting or twisting and applying undue stress to your organs—not to mention twisting the pelvis and causing one leg to appear longer.

If your pelvis becomes out of alignment, it starts to involve the lower back, then your thoracic, then your shoulders. Before you know it, your neck starts to hurt, then your jaw... sooner or later you may start suffering from migraines. Not everybody comes in with the same complaints. People have different breaking points. Some can ignore a lot of discomfort until they can no longer

compensate and get through the day.

When clients come in to see me for chronic pain, I always start with a full-body assessment. I do a standing, bending and supine assessment. I let your posture show me what's going on. I also check your joint range of motion. A balanced body has symmetry—both sides of the body look, feel and move the same. In most cases, I find asymmetry. The number-one cause is pelvic rotation. (*What came first? The chicken or the egg?*) Whatever the initial cause, it can be reversed—unless there is severe damage and surgery is required. In most cases, there is still a lot of hope. But are you willing to put some time into helping yourself? Your body is like a savings account—what you put in is what you get out.

I start by showing you what I see as we both observe the mirror. I show you the connections of discomfort/stress. I then instruct you in what to do to help yourself. I provide hands-on, manual treatment to the stressed/restricted area. Then I leave it up to you in how much you want to do at home, or how often you want to come in so I can assist you in

your progress. What we do is not rocket science—tissue is just tissue. If it is bound up and not moving, it can cause pain. Remember, bones don't keep tissue in place; tissue holds your bones in place. Our bodies move with a pulley system. And you need adequate space between joints so they can glide. When the space between joints compresses, the "finish" breaks down (arthritis) or the joints become jammed or out of alignment and can cause a lot of pain.

Holistic, alternative medicine is preventive; it's not a chop shop. Some clients that come in for help complain that their symptoms didn't meet the criteria for surgery and that they were given anti-inflammatory and pain meds until they met the criteria (i.e., degenerated enough) for insurance to be able to cover the cost! Consider a holistic approach to your wellness—you're worth it! Consider any of these approaches:

- Myofascial Release
- Acupuncture
- Cranial Sacral
- Reiki
- Chiropractic
- Zone Therapy
- Massage
- Colonics
- Naturopathy
- Homeopathy
- Yoga. ■

