



Block Therapy For Healthy Fascia

What is Fascia?

Definition Source: Johns Hopkins Medicine website

Fascia is a thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber and muscle in place. The tissue does more than provide internal structure; fascia has nerves that make it almost as sensitive as skin. When stressed, it tightens up.

Although fascia looks like one sheet of tissue, it's actually made up of multiple layers with liquid in between called hyaluronan. It's designed to stretch as you move. But there are certain things that cause fascia to thicken and become sticky. When it dries up and tightens around muscles, it can limit mobility and cause painful knots to develop.

Fascia-Related Concerns

Due to surgery, injury and unconscious posture & breathing, restriction in our body form can adhere to anything in the way - including bone. These adhesions will **pull the body out of alignment blocking cells from blood and oxygen flow, resulting in:**

- Pain - eventually chronic
- Inflammation and stagnancy of flow
- Size gain
- Energy loss
- Poor posture
- Loss of mobility and movement
- Compromised efficiency of your systems
- The list goes on...

What makes it so hard for people to gain control of their fascia system comes down to **not having the correct tools to release the fascia and a lack of knowledge and understanding of how to use the tools correctly.**

Fascia can hold the body out of alignment with a **force of up to 2000lbs per square inch.**

How to Create & Maintain Fascial Health

Stretching, massage and rolling are only scraping the surface of what is actually going on underneath.



[Block Therapy](#) is a safe, simple and effective self-care practice that will help you develop a new understanding and approach to your health.

With regular, proper use of Block Therapy you can achieve multiple health benefits:

- ✓ Pain Free
- ✓ Improve flow and reduce inflammation
- ✓ Manage your size and shape
- ✓ Increase energy
- ✓ Improve mobility and movement
- ✓ Improve and understand correct posture
- ✓ Improve flow to all systems in your body
- ✓ Live a long, lasting, healthy life!

A note from Tammy

Since I've started using these amazing blocks, my body has changed. My face has lifted (my left eyelid used to droop quite a bit), my chronic neck and upper back issues have lightened up and are now very manageable. I may never do another yoga class again – I have gotten so much out of using these blocks that I prefer this over anything else. I feel lighter and have more vitality. It has been life changing.

ORDER BLOCK THERAPY HERE: www.goblocktherapy.com

Order the Starter package with 2 blocks:

The Block Buddy and the Block Baby. You will also receive instructional videos and a 2 week free trial of the members program.

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