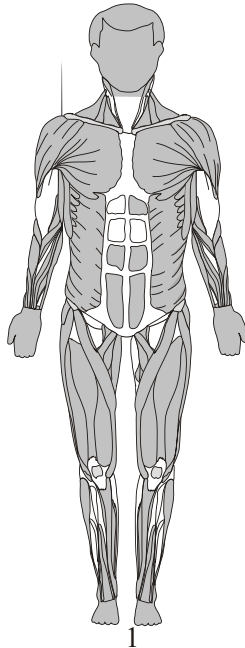


AN
INTRODUCTION
TO
DEEP
MUSCLE
THERAPY



Lewin Press

AN INTRODUCTION TO DEEP MUSCLE THERAPY

By Chris Lewin

This small booklet is designed to give you an overall introduction to Deep Muscle Therapy (D.M.T.). Primarily you will read of the results that people have achieved in relieving their problems using Deep Muscle Therapy. May the reader keep in mind that the majority of muscle problems do not occur overnight. These problems are usually a build up of tension and stress placed on the muscles over a period of time. When this tightness reaches the pain threshold, that is when people first acknowledge that they have a problem, though the problem may have begun long ago.

The basic principle of a healthy body is to have healthy blood which can only be achieved by good circulation. If each and every cell of the body is well nourished and healthy, then so too will the whole body be healthy. Our cells get sick and we get sick.

Surrounding each cell is Lymphatic fluid, obviously the purity of the lymph depends on the quality of the blood and the vigour of the circulation. The cleansing action of the lymph being as important as the nourishing action.

To achieve Homeostasis (perfectly balanced body chemistry), the blood and the lymph must flow freely - rich in nutrients, oxygen and free of unwanted substances and toxins.

One of the major factors restricting the flow of the blood and lymph is tight muscles. When the muscles, particularly the deeper layers, are in spasm there is a 'clamping' effect on the arteries which slows the circulation and inhibits the lymphatic flow. These spasms (and subsequent adhesions) may be present for years, affecting every single organ and tissue in the body - the liver, heart, brain etc..

Most therapies overlook the factor of releasing the deeper layers of the muscles as a priority before trying to enhance circulation. We have a two fold effect that takes place once these deeper layers are released, not only are the arteries released but overall circulation through the muscles is

increased which will build a stronger immune system thus helping our bodies to cope with the pressures of life so much easier.

These are the basic principles on which depends whether a therapy will be successful. With this in mind I'd like to introduce you to Deep Muscle Therapy. As the title implies this therapy treats the deeper layers of the muscles, nerves and major vessels which have been constricted.

Deep Muscle Therapy is not just another therapy that may help. **THE FACT IS THAT IT WILL HELP** and plays a major part in how fast the healing process can take place within the body. Let me explain why I make such a bold statement.

In my younger years I worked at a meat processing plant at Gosford in N.S.W. One of the major things I often noticed was the difference between the muscle fibre of one beast compared to the next beast. As a result of this observation I paid special attention to the cattle and their lot numbers the night before they were killed. The next night I would inspect the carcass. In some sections the muscle fibres were tender, soft, and spongy. The fibres could easily be separated. (These were from the cattle in good condition.) In other sections the fibres were tough, dry, hardened and gristly, the muscle fibres had adhered together and could not be separated. (These were from the older beasts and the ones that were in poor condition.)

As time went by it became clear to me that the answer to crippling problems was in the muscles - not the nerves. I realised that the same thing could apply applied to humans and that people became paralysed for two reasons:

Firstly, the blood supply to their muscles was diminished. Without fresh, oxygenated arterial blood, their muscles degenerated in various ways - becoming hardened, rubbery, mushy, stringy, woody, etc.

Secondly, the flow of lymph plasma is restricted to their muscles. This fluid is vital in lubricating the muscles and it prevents the muscles from adhering to one another. Without lymph, there would be friction, and different muscles would adhere together - as though they were one.

Now after much thought and observation I could see that - regardless of the disease - the same basic muscle problems were involved affecting the circulation.

The only difference from case to case had been that different parts of the muscles were involved. Depending on the case, it might have been the beginning of the muscle (the origin) the middle (the belly), the end (the insertion), or in the muscle coating (the sheath) or in the individual muscle fibres themselves. Aside from this, the problems were the same. I realised working down the muscles would not open the fibres as they needed to be. Working accros the muscles did seem to help but was not completely successful. But by working at different angles was very successful. I knew this single technique would help so many different conditions. I realised that by softening hardened muscle fibres and releasing the muscles that had been adhered, this would restore the Lymph flow between the muscles, and improve the circulation into the muscles.

I thought that I had discovered something new, but as King Solomon, one of the wisest men who ever lived, once said that “there is nothing new under the sun”. I came across a lady who had come to the same conclusions through working with meat in a restaurant, decades before I had. She came to the same conclusions about the fibres and applied the principls of releasing the muscle fibres on people and had wonderful results. Later on in this book you will read of her story and discoveries as it was given by her in an interview when she was alive. And to her, the credit must be given for the principls of Deep Muscle Therapy being revived again in this century. For it was through her work and dedication, that it inspired me, to take Deep Muscle Therapy to greater levels. The results that I achieve with the perfected techniques of Deep Muscle Therapy have been amazing and the results are tremendous.

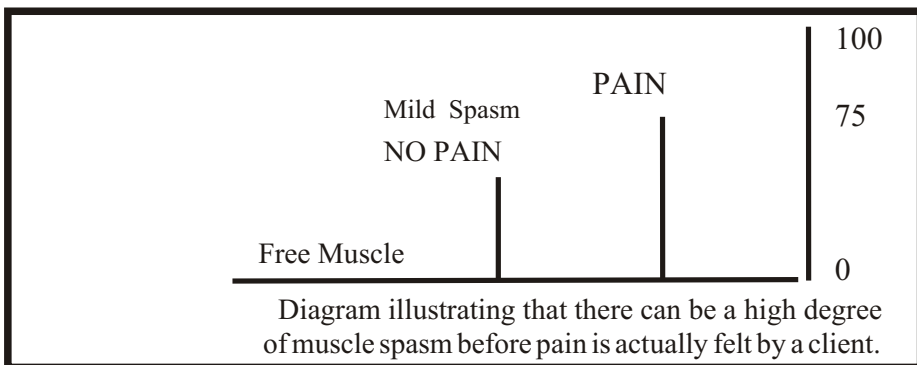
With the overwhelming successes I was having it was not long before other therapists were asking me to teach them the techniques as they saw a need for this kind of therapy. I decided to run workshops around the country to enable me to pass this knowledge on to others, in an effort to help as many sufferers as possible. After two years of running workshops and learning how to become a better teacher, I thought it was time to have a professionally produced Video Training Package on Deep Muscle

Therapy. This has been a great success with many more people in different places now being helped.

If you have read this far I am sure you are beginning to ask yourself “does this therapy hurt”? This is one of the most commonly asked questions by people when you start talking to them about Deep Muscle Therapy. The answer to this question is both Yes and No. An important thing to remember is that Deep Muscle Therapy simply uncovers the pain that is already there. It also depends on the condition of the muscles - the tighter the muscles, the more pain will be felt. The first treatment is always the most intense - as the muscles become free the pain decreases. Clients will often say that they don’t feel that their muscles are tight and wonder why they experience pain.

To best explain this, imagine that there is a scale of 1 – 100. One representing a completely free muscle and 100 representing a totally locked muscle in severe spasm - on the scale we place another marker at 75 this represents the point where pain is usually felt. Under 75 the body will usually tolerate muscle spasms but as soon as that spasm increases past this point, pain will be felt. Many therapies will bring the client under the 75% threshold and claim that the problem is treated, but being under 75% is not enough - the muscles must be completely released or the problem will recur.

Often in this scenario the circulation will be constantly impaired and as previously explained - if the body does not have good circulation the person cannot experience good health.



In whatever therapy being practiced Deep Muscle Therapy is an essential ingredient to achieve optimum results in improving the circulation and therefore maintaining good health.

Each year in Australia 12,000 people die as a result of medical mistakes, 25,000 are permanently disabled in some way and 230,000 patients suffer unnecessary injury, this is according to the Commonwealth Health Ministers' statement on Australian Hospital Care, 1/6/95. Also the Australia Bureau of Statistics in 1990 tells us that almost 20 per cent of Australians visit their doctor in a given fortnight. I am sure that these figures would be mirrored in other countries.

With these figures it is time we put more effort into prevention of illness and started taking responsibility for our own health.

There are many different steps we can take as prevention, but what are some of the most important ones. The first thing we need to remember is that "life is in the blood". If we have good circulation and healthy blood we will be healthy, if not, we will not be healthy. Remember this principle in regard to the food and drink you consume as it will affect your blood. Beware of the poisons you may consume such as alcohol, tobacco, drugs, coffee, tea etc. - these will all have an effect on your body and muscles. This can take its toll on our muscles. Our muscles are like large filters which can retain all this 'garbage' if our systems are unable to cope with the overload created by our modern lifestyles.

With this in mind Deep Muscle Therapy can help many problems before they become real problems. Especially for athletes and those who place large demands on their bodies, it is important to keep those muscles free to prevent injury and other muscle problems. If we look after our muscles better health will be the result.

OTHER CAUSES OF MUSCLE PROBLEMS

In most places in Australia, the good climate means people can enjoy a lot of leisure time and outdoor activity. As beneficial as this is to the health of the average Australian, unfortunately it also means that the risks of injury are increased. Every year, many people receive injuries while playing sport and enjoying their favorite pastime. If our muscles

were kept in optimum condition a lot of these injuries would have less affect on us.

Another big demand on our bodies is work, unfortunately most of us can not get away from this one. It effects us physically with wear and tear on our muscles while mentally it builds up the stresses in our bodies which are stored in the muscles. Often work has a lot of repetitive actions which can result in ‘overuse’ of one group of muscles to the neglect of others. This can throw our whole body out of alignment. Unless we have a good maintenance program this can lead to the slow deterioration of our bodies.

When people start to feel this deterioration they start to look for answers to there problems. Some try operations to no avail while others seek alternative treatments, sometimes finding relief.

LIFE DOES NOT HAVE TO BE THIS WAY!

The answer to their muscle problems can be found in **Deep Muscle Therapy**. I have found it to be a powerful healing tool - that does release those tight muscles, tendons and ligaments. The improvement to overall health with **Deep Muscle Therapy** is amazing, energy levels do come back dramatically and the body is then able to utilise the nutritional value of food and supplements to a greater degree.

Earlier on I mentioned a lady and her discoveries of working deep into the muscles. Her name was Therese Pfrimmer. Her discoveries came by her need and desire to walk again, not only did she walk again, but it has helped countless numbers of other people also to walk again. Below is some of an extract of an interview while she was still alive.

“I was paralyzed from the waist down and when I cured myself I learned how to help others as well.

It happened back in 1946, when I was running a large laundry. I had to do most of the work myself since it was shortly after the war and there weren’t many men available. I repaired machines, lifted heavy loads and carried huge bags of laundry off the large grain ships in the harbor. Frankly, I was overworked. It was wearing me out, and I knew it. But the work just had to get done.

“One morning, I was walking to work when I noticed it was getting difficult to lift my legs. They seemed to be getting heavier and heavier. At first I thought it was the snow that was slowing me down—it was my legs. Something was wrong with them.

When I got to work, I had one of the girls drive me over to the doctor. He tested my reflexes and told me the grim news. He said my nerves were either deteriorating or dead and that the condition would get worse and I wouldn't be able to walk again.

“I just couldn't accept his diagnosis. It just didn't make sense. Whenever a part of your body dies, decomposition sets in. For instance, when the nerve in a tooth goes dead, the tooth turns black and the breath becomes foul from the decay.

So, if my nerves were really deteriorating or dead, then why wasn't decomposition setting in? But my legs looked perfectly fine. I knew the nerves were alive. So the answer lay elsewhere. At this point, I didn't have the faintest idea of what was wrong. But I refused to give up. I was determined to walk again.

“So I did the only thing I could. I manipulated my legs. I had some high school training as a masseuse, and had done it as a hobby over the years. Intuitively, I began to dig deeper and deeper, kneading and manipulating the muscles as I went. I worked especially hard on knots in the muscles, even though they were excruciatingly painful.

“Little by little, things started happening. My legs became stronger each day. After two weeks, I was to the point where I could actually bend and unbend my legs—and that was a big boost to my morale.

“By then, I was sure I'd walk again and sure enough, two weeks later, I took several steps without my crutches. As the weeks passed, I took more and more steps. Let me tell you, they weren't easy. Within three months, I was walking again, although my legs were still a little stiff. After eighteen months, I was completely cured.

When I started getting well, walking even a few feet without the crutches was thrilling. I guess I had always taken my legs for granted. Now, after all I've gone through, I thank God, our Creator, for every step I take.”

She was then asked “What did you do that got you walking again?”

“It was a special way of kneading and manipulating the deep muscles. That’s why I later named it Deep Muscle Therapy.

I went into the second and third layers of muscles—the ones that lie against the bones. These are usually missed by conventional massage techniques, which are superficial and work mainly on the surface muscles—the ones just under the skin.

Asked “Why did it work?”

“Well, basically, it restored the circulation to the muscles.

“You see, my muscles had become extra tight from overwork. They had become so tense that blood couldn’t even get into the muscle fibers. To a large degree, the muscles had become sealed-off from the rest of the circulation.

“Now, as everybody knows, the blood is the lifeline of the body—the muscles included. The blood contains vitamins, minerals, hormones, and most importantly, oxygen. So it’s not surprising that when my muscles were cut off from the blood supply, they couldn’t function.

“So what I did was to go in deep and work the muscle fibers. This released the tightness and let the fresh blood in, and that is how I conquered my paralysis.

“But you have to understand that at the time I had no idea of the theory behind what I was doing. I could feel something going on in my muscles, but I didn’t know what it was. I didn’t know if my recovery had been a fluke or not, or if I would be able to help others who were paralyzed. I was anxious to find out, and the only way to tell was to test out my techniques on others.”

“I had heard of a woman named Ethel Brown, a paralyzed patient who had been brought to the local Goderich Hospital. I approached her doctor and asked his permission to work on her. He consented and so I went up to her room to introduce myself. I had planned to come back the next day to begin treating her.

“When I walked out on her floor, I went over to the night supervisor, a Miss Rosemary McGuire, and asked her about Ethel Brown. She told me that Ethel’s relatives had brought her to the Goderich Hospital to die. Ethel was expected to have, at most, six more weeks to live.

“As I stepped into her room, an overwhelming stench hit me in the face. It was so nauseating I wanted to turn around and leave the room. I looked at Ethel and saw that she was bloated and purplish in color.

“The only movement was in her eyes and lips. She couldn’t speak a single word. When I put my thumb into her hand, it felt like soft grease. It was awful—and her arms and legs felt the same.

“Her condition was so bad it shook my confidence. I said to myself, -what have I gotten myself into?” I knew I had to start immediately, or else I might never have the courage to come back.

“I borrowed some massage oil and a gown from Rosemary McGuire and set to work. That night, I worked on Ethel for four hours. The stench coming from her body was so bad I had to leave the room four times to vomit. I left emotionally and physically exhausted.

“When I returned the second night, I was amazed that I could already see small signs of improvement. Her color was slightly better and she wasn’t as bloated.

“When I returned the third night. Ethel was running a fever. I took that as a good sign, because it told me her system was starting to fight back. Later, I was to learn that my instinct was correct. Whenever any fever develops during Deep Muscle Therapy, it’s a turning point toward recovery. The body is trying to throw off the poisons released from the tissues.

“Whether it was to encourage her or myself, I don’t remember anymore, I said confidently, “Ethel, we are going to lick this condition!” To my surprise, she moved her lips and gasped a feeble, “yes”. Later, I learned it was the first word she had spoken in six months.

“Well, that fever proved to be the turning point. Shortly afterward, her elimination began to work. She began passing a horrible green slime with her movements.

“It was dreadful. My throat was full of the smell, even when I got outside in the fresh air. I later had to bury my own clothes in the ground to get rid of the odor.

“The smell also permeated the draperies and the sheets. Despite repeated washings, it couldn’t be removed. Eventually, everything had to be burned.

“As unpleasant as it was, these discharges were a necessary part of her cure. Once the toxins started coming out, her bloating began to go and her purplish color faded away.

“One month later Ethel’s muscles showed signs of coming back to life. She began to wiggle her toes and move her fingers. A month afterward, she was able to hold a glass in her hands. By March, 1948 three months later, she was sitting up in bed doing some exercises I had designed for her. Her cheeks were pink and the bloating was all gone.

“By this time, the nurses, who had originally been skeptical, began to cooperate. When I had to leave for Chicago for more post-graduate courses, they saw to it that Ethel did her exercises.

“As Ethel got stronger, she began to talk to the nurses. Around this time I designed an exercise board for her, and the hospital carpenter built it for me. We stood Ethel on it while she held her hands to the sides for support. This gave her the feel of standing. It also strengthened her legs.

“Her brother built her a special walking chair and, one day, we tried it out in the hall. She took a few steps, then had to sit down to rest. The nurses were all excited, and needless to say, so was I. “

Three months after this, Ethel was able to walk down the hall, pushing the chair ahead of her for support. Dr. Jackson, Ethel’s doctor, noticed us. He came over and, in conversation, told me that over 25 different specialists had diagnosed her as incurable. They said she had a rare type of Multiple Sclerosis. If I had known this in the beginning, I would have lacked the courage to treat her. Looking back, it was quite an accomplishment and I was proud of what I had done. “

Ethel continued her exercises, and a short time later, was released from the hospital. Although I kept in touch, I never gave her another treatment.

She led a normal life for the next thirty years—even putting in her own garden every spring. She passed away several years ago.”

Asked “What did you do after you had completed Ethel’s treatment? “

By that time, I was already giving treatments in three hospitals, Goderich, Seaforth, and Stratford. I also had my own practice in Goderich. “

The response was overwhelming. I handled all sorts of incurable conditions. They all responded favorably. That proved to me that these conditions weren’t due to nerves, but had something to do with muscles.”

Though she died in 1980, her work lives on through the hands of dedicated Deep Muscle Therapists throughout the world.

She lived and had her clinic about 500 miles from Montreal, up north in the woods of Canada, outside the town of Bayfield (population 500), on a dirt road, which was visited regularly by hundreds of people with incurable paralyzing diseases.

The patients came from near and far—from Canada and the United States, and from England, Australia, New Zealand, Israel and Japan. It was not unusual to see them come on crutches or wheelchairs.

The patients swore that she cured supposedly incurable diseases such as Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, and other crippling conditions.

She said “Your muscles comprise 70% of your body’s weight and are solely responsible for all body movement. So you’d think that it would be obvious that when body movement stops, that is to say, when crippling begins, that a muscle problem would be the prime suspect. “

Yet for some reason I’ll never understand, orthodox medical doctors always seem to attribute paralysis to brain damage, disorders of the nervous system or anything but muscle problems. And their treatments generally don’t get too far at all. “

Here at the clinic, however, we treat the muscles—and believe me it works. With Deep Muscle Therapy which I developed and I use

exclusively here, we get our patients' muscles to function properly. By doing that, we correct one crippling condition after another.”

The late Mrs. Pfrimmer had no academic or medical credentials to speak of. Her knowledge of anatomy came from courses at high school and at the Swedish Institute of Massage in Chicago. Her methods of Deep Muscle Therapy grew out of her background as a masseuse. Her understanding of the theory behind Deep Muscle Therapy grew out of her practical experience with actual patients, not out of scientifically-controlled laboratory experiments. It's hardly a background to take the medical profession by storm.

Indeed, as Mrs. Pfrimmer puts it... “My success will never appear in the medical journals. My beginnings are too humble: I don't have a long string of letters after my name, and my research wasn't done in laboratories. I learned Deep Muscle Therapy directly on people. First on myself, when I became paralyzed from the waist down. After that, on other people whose muscles were either cramped, spastic, flaccid, excessively weak, or just plain paralyzed”.

Unfortunately things have not changed much in the nineties - orthodox medical doctors still seem to attribute paralysis to brain damage, disorders of the nervous system or anything but muscle problems. Below is a list of conditions where Deep Muscle Therapy has proven effective.

Common conditions where Deep Muscle Therapy has proven effective

Arthritis

DMT moves toxins out of the muscles and joints, moving out edema, and inflammation, as well as pain. It often improves the range of motion of the joints.

Carpal Tunnel Syndrome

DMT moves congestion from the median nerve area of entrapment.

Constipation and Digestive Distress

DMT improves tone in limp, flaccid muscles of the colon wall contributing toward improved peristaltic action.

Headaches

DMT releases adherent factors in the neck, improving blood flow to the brain, as well as relieving a major cause of headaches: stress.

Heart Problems

DMT relieves congestion from around the heart and improves the tone in muscle walls of the blood vessels, as well as muscle pathways leading to the heart.

Joint and Muscle Pain

DMT releases adherent muscles so they can once again freely glide over one another. This also relieves the pain produced by a buildup of metabolic substances within the muscles. It improves range of motion and lubrication within the joints.

Neck and Back Pain

DMT releases adherent back and neck muscles, restoring their ease of motion and reducing the incidence of spasm. It helps spinal adjustments to hold more successfully.

Occupational Injuries

Occupational injuries often result from overuse of a muscle in a repetitive movement, causing muscle strain, dryness and restriction. DMT restores the muscle's blood and lymphatic flow so it moves freely and without pain. Inflammation caused by cumulative trauma disorder (CTD) or repetitive strain injury (RSI) can be dispersed in the same way.

Paralysis

DMT opens muscular pathways so that fresh oxygenated blood can reach muscle cells thereby improving the function of the nerve in the motor unit. (If the muscle is too dry, the supply of freshly blood is inadequate, contraction cannot take place, and the nerve seems non-functional.)

Poor Circulation

Often damaged muscles deep in the body will press on blood vessels impairing blood flow. DMT helps cold hands and feet, dry skin, varicose veins, old injuries which are slow in healing and other circulatory problems to improve.

Sciatic Pain

Sciatic pain is often caused by tension or spasm in the piriformis and/or psoas muscle, resulting in entrapment of the sciatic nerve. DMT resolves this irritation along the nerve pathway in the specific areas of entrapment.

Sports Injuries

DMT releases muscle restrictions thereby helping to balance the stress on weight-bearing joints. It also improves joint range of motion and reduces spinal subluxation. DMT contributes to the effectiveness of chiropractic, orthopedic and sports medicine treatment. The technique has been acknowledged in sports medicine to be effective in hastening recovery and giving the athlete the added edge.

Tendinitis, Bursitis

DMT reduces inflammation and congestion surrounding bone, cartilage, joint capsule, joint spaces and bursae. It isolates and relieves restrictive muscle which is pulling on the joint and causing pain in the soft tissues.

Trauma and car accidents

When injuries don't heal in the normal time frame, there is often underlying muscle distress, resulting in a cycle of chronic pain. DMT interrupts the chronic pain cycle with corrective muscle work. Joint limitations resulting from old fractures can often be corrected.

Whiplash

Whiplash can cause damage to the minute fibers of the muscles, tendons and ligaments of the neck and back. It often also results in congestion and tension in the sub-occipital and sublingual/throat muscles. DMT removes the congestion and tension from these injured areas, relieving restricted movement and pain.

Deep Muscle Therapy Helps the Body Systems

Muscular system

- Corrects damaged muscles and separates adherent fibers.
- Allows nutrients and medicines to reach the cellular area and wastes to be removed.
- Softens hard, fibrous muscles and relieves pain.
- Relieves congestion and inflammation.

Skeletal system

- Clears deposits and debris from old bone injuries.
- Restores damaged ligaments and tendons at bone attachments.
- Improves joint range of motion.
- Enhances effectiveness of chiropractic and osteopathic treatment.
- Allows for improved posture and stronger stance.

Nervous system

- Releases entrapment of nerves in soft tissue.
- Reduces inflammation and congestion along nerve pathway (neuritis, radiculitis, neuralgia, etc.)
- Relieves neuromuscular conditions.
- Improves conditions resulting from brain injury.

Integumentary system

- Improves circulation to the skin, thus moisturizing dry, scaly skin and improving tone.
- Reduces bed sores, acne and other skin eruptions.
- Excellent for geriatric skin problems.
- Regular treatment can improve the appearance of cellulite.

Endocrine system

- Opens up dry muscle cells so endocrine hormones can reach their end sites through improved circulation.

Cardiovascular system

- Contributes to the improvement of sclerotic blood vessels.
- Relieves congestion in the chest for congestive heart patients.
- Improves general health so that heart patients can maintain self through exercise.

Lymphatic system

- Releases entrapment of lymphatic vessels.
- “Drains” sluggish nodes.
- Improves integrity of lymphatic blood vessel walls.

Respiratory system

- Releases restrictions in the muscles that aid in breathing.
- Promotes postural improvement thereby reducing “crowding” of lungs.
- Removes old congestion in lung/rib area.

Other Common Conditions Deep Muscle Therapy has also been demonstrated to aid in the improvement of:

- ALS (Lou Gehrig's Disease: Motor Neuron Disease)
- Brain Injury
- Bell's Palsy
- Cerebral Palsy
- Fibrositis and Fibromyalgia Syndrome
- Lupus
- Memory Loss
- Multiple Sclerosis
- Muscular Dystrophy
- Neuralgia
- Neuritis
- Parkinson's
- Polio
- Scoliosis
- Strokes
- TMJ - Tempromandibular Joint Syndrome

With the previous list of conditions being treated successfully I would just like to share a couple more of Mrs Pfrimmer experiences because I found them extremely inspirational.

We will know read of just a few of Mrs Pfrimmer's experience's. "There is a case of a little girl who is suffering from Cerebral Palsy. Her name was Emmanuella. Her parents, Mr. and Mrs. Le Febvre traveled over 500 miles each month—all the way from Montreal, so that Emmanuella could get treatment.

Mr Le Febve said that she was completely spastic. "Her legs and feet were rigid and they couldn't pull her legs apart. Her muscles were as hard as those of an athlete."

He said at the time: "after coming for a few months, already her muscles are beginning to loosen up and her arms and legs are straightening out.

She can sit on the side of the bed with her legs hanging down, and she couldn't do that when we first brought her here.

“She can also lift her head up, and she is starting to gain a sense of balance. I have just started to teach her how to ride a tricycle and she is doing so nicely. We are both real proud of her.”

Children usually respond well to the treatment. After all, they haven't suffered as long as adults and it is easier to get their muscles working again. For example, one of my students in Wisconsin is now successfully treating a thirteen month old baby who is suffering from Krappe's Disease.

It's a rare condition where the brain hardens due to lack of oxygen. At least that is what the doctors say it is. Only five babies are born with it each year.

When the baby first came in for treatment, it only had two months to live. The little boy named Gabriel had been a human “vegetable” since he was 3 months old. Doctors felt nothing could be done, and wanted to take the baby from the mother, put him in an institution, and run experiments on him. The mother refused, and instead tried various nutritional approaches.

She tried special vitamins, Herb's, Homeopathy, Chiropractors (up to four treatments a week), and even Cranial Chiropractors—who work on realigning the bones in the skull. However, none of these therapies seemed to help much at all.

When the mother, Mrs. Helen Dagel, brought Gabriel in, his head was pulled back tightly against the top of the back. You couldn't even see the neck from the back side. Also, his hands were frozen up into a fist. He howled with pain when you touched his extremities.

No amount of exercise or physical therapy can cure a crippling condition. That's a fact.

But the response was tremendous. The night after the first treatment, his mother noticed that Gabriel could close his eyes. Before, he had slept with his eyes open because the eyelids were in spasm.

After the second treatment, you could touch Gabriel's hands and legs and he wouldn't cry. He seemed to enjoy it. By the third treatment, which

is all the child has had so far, he could kick his legs for the first time. The most noticeable improvement was that you could see the baby's neck. Before treatment, you couldn't even insert your small finger between the head and shoulder. And now, Gabriel can move his head in both directions and can even touch his chest with his chin. After the third treatment, Mrs. Dagele took Gabriel to a local doctor for an examination. The doctor couldn't really believe Gabriel had an incurable condition—that is how much better he was!

Maybe now you can understand, why so many people say that Deep Muscle Therapy is the “last Stop” for them. I get patients who have been abandoned by regular medicine and who have tried every unorthodox therapy from A to Z. They are desperate, because, in spite of it all—nothing is working.

Without Deep Muscle Therapy, little Gabriel and thousands of other crippled children like him have no hope of ever living a normal life. That is why I'll never give up. I know what it's like to these kids, and I know there is no reason for them to suffer. They can be helped, and I know it for a fact, because I've proven it again and again.

But no two cases are alike, even if both patients have the same disease. There are so many variables; the person's age, their heredity, their diet, how long it took for the condition to develop, and so forth. So there is no way you can tell in advance.

For example, I once treated a five-year-old polio victim named Sharon. Her arms were paralyzed, and supposedly, her nerves were dead. I worked on each arm for ten minutes. Then I asked her to move her arms and bend them. She did, and looked up at me and said, “Oh! Now I can hug my Mommy and Daddy again!” Her physical therapist, Dorothy Fish, who was standing by the bed, started to cry and so did one of the women doctors who was watching.

Obviously, Sharon's case was unusual. For one thing, she had just recently contracted Polio, so it was easier to treat her. For another, I had only given her a preliminary treatment. She needed a lot of work before you could honestly say she was well. Other cases can take far longer before we see substantial results.

When you loosen up the outer layers of muscle, the inner layers sometimes pull harder to compensate. Eventually, the outer layers strengthen, taking the burden off the inner layers. But in the meantime, the patient gets worse and thinks the treatment isn't working.

When the deep muscles become tight, they squeeze the arteries, and, in effect, put a clamp on them. This cuts down the flow of blood—not only to the muscle itself—but to every single organ and tissue in the body: the liver, the heart, the kidney, the brain, and so on.

So you can see how the deep muscles have a direct and powerful effect on your circulation, and therefore, on your entire health. That's why it's so important to release those deep muscles. Because once you get the blood flowing, the muscles heal themselves, whether you've got Polio, Multiple Sclerosis, Muscular Dystrophy, Parkinson's or anything else.

The question that is often asked “Does your treatment still work if the nerves are dead?”

If the nerves are really dead, then there is not much hope. However, in all these years, I've yet to see a case of truly dead nerves. Many times doctors will say the nerves are dead or damaged, when really they are only inactive.

Here's what happens: When the muscles become sealed off from the circulation, they don't work. Therefore, the nerve going to that muscle may send signals, but nothing happens. Since the nerve has nothing to do, it weakens and becomes inactive. This happens to any part of your body that is not used regularly. However, as soon as you release the deep muscles and get the blood in, the muscles—and the nerves—come back to life. The muscles begin to work perfectly—without any retraining or physical therapy.

It's interesting to note that some members of the medical profession are beginning to realize, in a round-about way, that the answers to crippling diseases are in the muscles—not the nerves.

Then there is a man with Parkinson's. The man came because he was allergic to Leva-Dopa, the standard medication for Parkinson's. At first, he drooled excessively and sat on the edge of the chair like a zombie. He had a mask-like expression. Now, he has pretty much stopped drooling,

he relaxes in the chair, and he talks more and laughs, too—a good sign of returning health. Also, his speech is clearer and not as muffled and indistinct as it used to be.

When asked “If you and your students are getting all these results—then why hasn’t the medical profession investigated your therapy?”

She answered I think it’s just plain difficult for them to accept me or my methods. And I can understand their skepticism. Let’s face it. I’m not a medical doctor. I have no Ph.D. in physiology. I’ve never looked through a microscope. I don’t even know many of the fancy scientific terms that scientists use.

I’m just a masseuse. For all I know, they no doubt associate masseurs with massage parlors. The whole field has gotten a bad name in recent years. In any event, it hardly seems to be a profession that would come out with a major medical advance.

And look at my methods. Any scientist worth his salt would probably cringe if he saw the clinic. I don’t take X-rays, I don’t run lab tests, and I don’t even make diagnoses. All I do is put people on a wooden table and start working on them, no matter what they have.

I know what to do just by feel. My hands are educated by years of experience. What I do is really an art. How can I explain it scientifically, except in general terms?

Look, I can accept how doctors might feel about my lack of credentials or about my methods. I can accept that.

But what I can’t accept is that people come here afflicted with several disorders, and after the appropriate number of treatments, walk away on their own two feet—and the doctors don’t even take the time to investigate. They don’t even call me and ask questions.

For years, I’ve invited them to visit the clinic, just as I invited you. Yet they’ve never come. They’re not even willing to judge me by my results. And that is something I’ll never understand.

Though the initial results people will generally feel all washed out. All they want to do is sleep.

They also feel stiff and sore for several days. This is to be expected, because I've been working on muscles that haven't worked properly in years.

During the first three days following a treatment, the body does a lot of house cleaning. Stagnant wastes empty into the bloodstream from the muscles. So, as a result, patients may feel nauseous, feverish, or just plain miserable. People also notice that their urine becomes darker and that the stools become especially foul-smelling.

I tell patients what to expect, so they don't get frightened. Once they understand, they actually look forward to these symptoms, because they realize it's a sign they're getting well.

Just before we leave Mrs Pfrimmer I would like you to hear her response when asked about chiropractic treatment?

“Chiropractors have had some excellent results in treating lower back pain. However, from what I've seen, the improvement doesn't last and the patient has to keep coming back. I've known many chiropractors who had to have their patients come in two to three times a week, week after week and month after month.

A chiropractor can place the spine and pelvis back into position. But if the muscles are tight, they will pull the bones right out of position again.

One prominent chiropractor told us that if the spine was in complete alignment, the muscles would receive proper nerve impulses, and could never remain tight.

Mr. Chassell, who has seen over eight different chiropractors in the last five years, found when he came to me he was still wincing and in terrible pain. After one Deep Muscle Treatment, he was free of pain.

Wayne Tuckey, a former patient of mine, was in a similar situation when he came to the clinic. I'll show you the letter I received from his wife.

“Dear Mrs. Pfrimmer,

I would like to say how pleased we were with the Muscle Therapy Treatments that Wayne had on his back and legs. In 1953, X-rays showed

three vertebrae or discs out of place in his back. The doctor advised that he would be unable to work without first having an operation. Instead we tried a chiropractor. After many treatments his condition wasn't any better.

One day a neighbor of my parents saw Wayne struggling to get to the chiropractor's office and told him of the results he had from treatments at the Pfrimmer Clinic. You discovered that the muscles in the back of his legs were pulling the discs out. After one treatment Wayne was able to touch his toes. Today, Wayne is well and holding a full-time position as well as helping his father with the farm work."—M T., Exeter, Ontario

Chiropractors have helped many people recover from back problems—even permanently, when the muscles are still somewhat loose and pliable, there is no question chiropractic can help.

But when the muscles become too tight, they won't respond to chiropractic treatment.

Without fresh oxygenated blood, the muscles can't respond to nerve impulses. So you can adjust the spine all day long and still have back problems. The secret of correcting back problems is to release your muscles and let fresh oxygenated blood flow into them. That's what Deep Muscle Therapy is all about.

When asked "how long does it take for your treatment to work?"

She replied "there is no way to tell in advance. In general, many people get relief in the first few treatments.

For example, I treated a man named Harvey who hurt his back by jumping off a diving board. After seventeen years of back pain, he got dramatic relief after the first one hour treatment.

Another patient was Mr. Hickman from Detroit, who was injured when a steel cable snapped and fell on him. After his first treatment, he got off the table and walked effortlessly—the first time in more than two years.

However, there was Mr. Murison, who suffered for more than thirty years after he damaged his back splitting wood. He took longer, about seven treatments, before he got relief.

So no one, even myself, can really tell in advance how many treatments a particular person will need. The main point is that whether it's one treatment or seven—the treatment works!

When asked about curvature of the spine?

She responded “Curvature of the spine is caused by tight muscles which pull the spinal column out of alignment. Muscles always take the road of least resistance. When they are tight, they just pull on whatever it is they are fastened to.

But once muscle tension is released, the spine gradually begins to correct itself. Given a chance, bones tend to return to their natural resting place.

For example, one of my students Ted, treated a girl who had severe Juvenile Scoliosis—which is a corkscrew curvature of the spine. Viewed from the back, the girl appeared normal. But from the side, you could see that her spine was rotated almost 45 degrees.

Juvenile Scoliosis is a serious condition, because when nothing is done, the curvature gets so bad that the spine presses against the sac that contains the heart. This cramps the heart, which can become irritated and inflamed. Victims are prone to heart disease and may die of it by the time they are in their mid-forties.

The medical solution for severe Juvenile Scoliosis is to operate on the spine and fuse all the vertebrae together, and then to insert a steel rod on both sides of the spine. It's certainly not an operation to look forward to, not to mention the thought of living with a spine that can't bend an inch.

Once more, this is symptomatic treatment.

When Ted began to work on her, he noticed that one particular muscle in her abdomen—the Lateral Oblique—was pulling the spine out of alignment. It took some time—about a year of treatment— but he was able to relax the muscles and eliminate most of the curvature. Today, the girl is out of danger.

Sciatica is also defined as an excruciating pain in the lower back and legs which is caused by an inflammation of the Sciatic nerve, which runs from the buttocks down to the ankle.

I don't agree with this definition. To me, Sciatica is nothing more than tight Gluteal muscles—the muscles in the buttocks. As soon as the Gluteal muscles are released, the Sciatic pain vanishes.

One person we helped was Bill Burt, who developed Sciatica over a five year period after he slipped on some grease at work. He used to have to stand on his right leg to ease the pain on the left leg. After four Deep Muscle Treatments, his pain was gone and he felt more like himself again.

Plenty of my patients have found relief from lower back pain by using Calcium tablets and vitamin C, among other things.

Furthermore, people who follow a good nutritional program respond faster to Deep Muscle Therapy. This is something you have to expect.

But I don't want to disappoint you: Once the muscles get too tight, no amount of good nutrition or supplements will relieve lower back pain. No matter what a person eats or takes, very little will get in.

There are special exercises that will help a person with lower back pain.

For the first, bring one knee at a time up to your chest and hold it there for a few seconds. Repeat this five or six times with each knee.

- This stretches the Hamstring muscles and can bring a small measure of relief. However, it's by no means a cure. Once the Hamstrings are tight, they will not remain loose without continual stretchings. Only Deep Muscle Therapy can help them permanently.

The second is leisurely walking. This should be beneficial, provided the patient is not in continual pain. If they are it would be better to wait until after treatment.

Once the patient has obtained relief, brisk walking is the best exercise for preventing further pain. Walking pumps the lymph through the muscles, flushes out your kidneys, improves your circulation, and is good all over.

And while we're talking about exercise, there is one exercise fad I'd like to warn against. I'm referring to jogging. I know what I have to say may displease a lot of your readers, but I have to tell them what I think. In

my judgment, jogging and running tend to jar the body and cause the muscles to become excessively tight. Brisk walking is far better.

But vibrators are one of the worst things you could use. This is probably hard to understand, because I know how stimulating and relaxing they feel.

However, in the long run, vibrators pack the muscle cells closer and closer together. This causes the muscles to become tighter and harder.

If vibration was good for muscles, then driving long hours in a car or truck would feel refreshing. Clearly, this is not the case—even when your vehicle has plenty of leg room. We all know that when you drive for hours you get stiff and sore all over. So stay away from vibrators.

Also electric heating pads might feel good but in the long run they will make your problem far worse.

Electric heating pads tend to dry out the muscle fluids.

However, there is one way you can use a heating pad and benefit. What you do is make up what I call a vinegar pack. To do this, you spread a large towel on your bed. Then place the heating pad (turned to the low setting) over it and place a plastic sheet on top of that.

Over this place a washcloth which has been sprinkled with vinegar. Then lie down so that the vinegar pack is directly under your worst pain. Do this for half an hour each day if necessary. You can also place a vinegar pack directly underneath the Hamstring muscles in the same way.

The purpose of the cider vinegar packs is to steam the muscle with vinegar. The acid in the vinegar, combined with the heat, softens the muscles and increases the circulation. It's a great self-help measure to speed your relief from lower back pain.

We will leave Mrs Pfrimmer now, but I know if she was still alive many would like to thank her very much, for her efforts in helping to relieve so much suffering.

Below are a couple of old fashion remedies that are inexpensive.

APPLE CIDER VINEGAR

One thing we often recommend to our clients after a treatment is the following:

Add one cup of Apple Cider Vinegar to a moderately warm to hot bath and soak for approximately 20 minutes. Excellent for easing pain and reducing bruising.

Vinegar can also be used in “pack” form by heating a wet cloth in the microwave and adding Vinegar to it. Wrap the cloth around the affected body part.

LEMON IN METHOLATED SPIRITS

Excellent for Arthritic pains.

The following method is used to help reduce build up of calcium anywhere in the body.

To a jar with a lid (pickle jars are excellent) add 2-3 whole unpeeled lemons - fill the jar with Metho till the lemons are covered.

Leave this for 10 days. Then while keeping the lemons in the mixture use this blend to rub on aching joints 3 times a day.

Mrs Pfrimmers experiences have been great to look at as well as the inspiration that is gained by the people she has helped. In my own life and experience with Deep Muscle Therapy I can not boast of getting people out of wheel chairs but I have prevented a lot of people from ending up in a wheel chair. I have helped people with walking aids to walk normally again, hundreds of people with bad backs and countless numbers with a whole range of other conditions. I know what I do and teach is working very well, for I am continually receiving calls and letters from the people I have trained telling me of the wonderful results that they are achieving as well.

I would like to tell you about one of my clients which is a good example of what happens when the muscles lock up. When this lady came into the clinic you could see that she was completely depressed and in pain. As we began to talk she told me that she had been in pain for thirty years and particularly with headaches and neck pain. She said that she felt like

somebody had placed ropes around her body and that as time went by they were getting pulled tighter and tighter. This all began thirty years ago after a bad fever. Her nervous system was shot and had no energy. She could not cope with very much at all, could not even sit at a sewing machine. She had tried everthing but could not find relief.

Within three treatments the pain was gone from her neck and within the next three treatments she felt no pain at all. She is now enjoying life to the full doing all the things that she has missed out on for thirty years. She had become a prisoner within her own body. Many people are in this same state today just waiting for somebody to unlock their bodies and let them free. Deep Muscle Therapy has many keys to many problems.

But Deep Muscle Therapy is not a cure all. There are a couple of other things that I need to mention that complement Deep Muscle Therapy due to the toxins that are released when working on the muscles at these deeper levels. These are things that the person being treated can do to help to obtain the results they are after.

Bodily Cleansing

As people grow and develop throughout there lifetimes, their bodies absorb a great deal of toxins. From the air you breathe, to the processed foods you eat, from the cigarettes you smoke or the prescription drugs you take, to the water you drink (not to mention the natural toxins your own body produces), your body over time becomes a dumping ground for many different types of toxins. What effect does this have on your body? Some effects may include feeling tired, headaches, muscle aches and tightening, bloating or even arthritic like symptoms. The toxins that flow through your blood stream are deposited into your muscle tissue.

Eventually, the muscles will deposit them either into your colon to produce fecal matter or in your bladder to produce urine so that you may eliminate these toxins. But what happens when your body receives an overload of toxins or the colon is not functioning properly? It is then that these toxins become trapped in your muscle tissues and lymphatic system. When this happens, it is time to give your body a helping hand.

Distilled water is an excellent form of water for removing toxic waste from the body. It is a most powerful solvent. When heated a little above blood heat - about 38 degrees. Taken in small quantities, it passes easily through the linings of the internal vessels. In this way it is most effective in dissolving that which requires to be removed and only cleansing that which requires to remain. It is not recommended to drink Distilled water all the time. I use the Tesla's water kit to balance my water for all uses.

Bodywork & Smokers

There are three types of muscles in the human body. They include voluntary muscles (those you move consciously), involuntary muscles (those that your body moves for you without you thinking about it), and cardiac muscles (those muscles which make up the human heart.)

I have been a Therapist for many years, and I know how important it is to cleanse a body thoroughly in order to make it well. This involves many things, including what has already been discussed in previous chapters

It also means eating simple, unprocessed foods, little to no sugar, and avoiding things with added artificial colors, flavors or preservatives. Daily exercise is very important, and so is drinking purified water. After all, everything you put into your body is what your body is made up of.

If I had to name one thing that has proven to be a constant frustration for me in helping a person to gain strength, agility and mobility with muscle problems, it is smoking. In my mind, nothing causes the body to become more toxic than smoking, and a toxic body is one whose muscles will continue to re-adhere as long as toxins keep surfacing in them, no matter how much muscle work you do.

When I know that I have a client who is a smoker it is very frustrating for me. I find that I will release a muscle during one treatment, and the next time they come to me, that muscle is re-adhered. It is a constant uphill battle to work on these people unless they are prepared to quit smoking.

Do not misunderstand me. I do not refuse to work on people who smoke, but I do tell them what will happen to their muscles because of their smoking.

In the news, we are hearing more and more about the other results of smoking besides lung cancer and heart disease, including that it leads to premature aging. Have you ever looked at someone who has smoked for several years? They actually have a smokers' face, often with deep lines and a greyish complexion. These visible outward signs of damage from smoking are just the tip of the iceberg. I am sure that future research will reveal more about the internal damage done to the other muscle tissue in the body besides the cardiac muscle.

After working as a Muscle Therapist for several years you will be able to tell the difference between the muscles of a toxic person and one who is less toxic. I have found that body work is a very enlightening experience as well as a tremendous adventure for most people. That is why some of my theories and concepts may seem strange or foreign to you at first. But I do know that it works. From my experience with Deep Muscle Therapy I would have to say that I run at about an 80% plus success rate in alleviating my clients' problems. Also a great number of the Therapists that I have trained are achieving these same results.

The choice is now yours after reading this little book. You can either contact some-one and organize an appointment for Deep Muscle Therapy or you can do nothing and keep heading down the same path that you are on. Life is full of choices. I hope you make the right one.

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Or Alternatively this book has been given to you by a Deep Muscle Therapist whose details are below.

