

## **Body Stress Release - A Gentle Therapy to Relieve Tension and Pain**

*By Fleur Hupston, Natural News*

Many people suffer continually with a range of health problems that can often be traced to a stress overload. The human body is designed to be self-healing and continuously attempts to deal with all the stresses to which it is subjected. However, when the point of stress overload is reached, tension can eventually get locked into the body, with the result that pain becomes constant. An individual may eventually accept that feeling less than 100 percent, or living with pain, is a normal condition. Body Stress Release is a relatively new technique, designed to assist the body to release tension.

### **Who developed Body Stress Release?**

Body Stress Release was pioneered by a South African couple, Edwald and Gail Meggersee, in the 1980s, in response to Edwald's own crippling condition. This included lower back pain and shooting pains in his legs, an ongoing condition which apparently began when he fell from a tree at the age of five. An industrial chemist, Edwald and his wife, a teacher, decided to train in the USA as chiropractors in order to understand and possibly reverse his worsening condition. While doing so, they met a retired chiropractor, Dr. Richard van Rump, who had researched a different approach to chiropractic manipulation. He talked about listening to the body and using it as a biofeedback mechanism. The Meggersees returned to South Africa and built on Dr. van Rump's methods.

### **How does Body Stress Release work?**

A Body Stress Release practitioner locates areas of the body where stress is located, using the body itself as a biofeedback mechanism monitor. He or she will then apply light but definite pressure to the sites of body stress. A session usually lasts between 15-30 minutes with the person lying down, fully clothed. Several sessions may be required. Thereafter, bi-annual maintenance sessions are recommended.

Stress may be the result of mental, emotional stress or a traumatic experience, such as a car accident. Bad posture, and/or exercising which strains the body can put considerable strain on the muscles. Not to be overlooked is the attack on the human body from chemical pollutants in food and cosmetics. The body may be unable to tolerate certain chemicals, which in turn gives rise to a physical reaction in the muscles, causing a build-up of body stress.

Body Stress Release practitioners are to be found in many parts of the world, including the USA, Canada, Belgium, the Netherlands, Germany, Iceland, Belgium, Sweden, the UK, Switzerland, Namibia, South Africa, Zambia, Japan, New Zealand and Australia.

**Sources for this article include:**

<http://www.becomehealthynow.com/category/chirotechniquednft/>