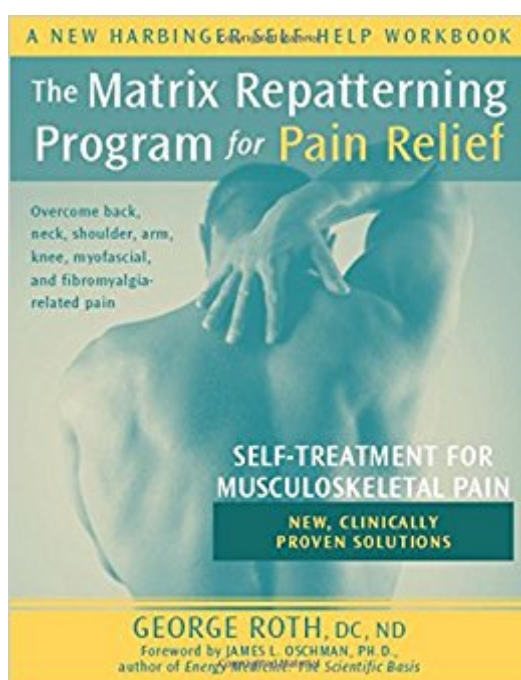


The book was found

The Matrix Repatterning Program For Pain Relief: Self-Treatment For Musculoskeletal Pain (New Harbinger Self-Help Workbook)



Synopsis

Statistics suggest that nearly half of all doctor visits are prompted by pain that defies diagnosis, pain that is most often treated with pain-killing medication that masks or even worsens the underlying problem. In this book, George Roth, a noted chiropractic physician, adapts his revolutionary pain relief technique, until now available only to professionals, for general readers. This innovative system of low-impact body scanning and energy balancing offers readers simple but effective techniques to check the body for stress and tension and to relieve it. Known as the Matrix Repatterning Program for pain relief, Roth's method is grounded in a concept called the tensegrity matrix, an idea that conceives of the body as composed of a single lattice of tissue that extends to the cellular level. When one part of the body is injured or suffers strain or tension, the rest of the body also experiences stress. Pain caused by the initial injury can be referred to another part of the body— even one with no apparent connection to the original damage— while the actual location of the problem doesn't hurt at all. Through this process, stiff necks, back and joint pain, and muscle aches are often caused by injuries and imbalances elsewhere in the body. With an easy-to-follow series of photographs, readers will use this book to learn the Matrix Repatterning Program's three-part process: the body scan, the body check, and the self-treatment program. Relief from chronic pain will follow quickly with regular practice. The book also includes resources for readers who wish to locate professionals who practice the program.

Book Information

Series: New Harbinger Self-Help Workbook

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Customer Reviews

For the very first time, the chiropractor and lecturer who developed the widely acclaimed Matrix Repatterning Program for musculoskeletal and myofascial pain relief adapts his revolutionary low-impact bodywork techniques for general readers.

I was wondering about this technique and so I bought the book. Well written and nicely laid out. Interesting concept, I believe Roth has something here but I did learn more about the application from several you tube videos. I would recommend this book however realize you are getting a fluffer and not an professional course in application. -Dr.SS

The primary focus of this book is two fold. Providing a basic understanding of how this treatment works, and giving the reader a way to easily perform self treatment. It is well written and organized, and the technique is easily applied. I recommend the book highly.

Thank you! Sister Lucy Wynkoop

We love this series (who doesn't?) and look forward to watching it over & over through the years. Quick delivery and arrived in perfect shape!

great info - easy read - it works for me

Very good for personal as well as professional use.

I was introduced to Matrix Repatterning years ago thru a chiropractor who had studied the technique. The premise of correcting the energetic tensegrity structure to gain normal functioning was novel and interesting in itself and I found it to be helpful. Years later I was thrilled to discover that Dr. Roth had written this book, and after purchasing I was able to apply the technique with lots of success for myself and others. My body feels more aligned and coordinated since using the Matrix Repatterning for myself. This is one of the clearest explanations of a bodywork technique I've ever seen, and the method really works. I especially appreciate that, not only is the method simple and straightforward, it's also very non-invasive when applied because it only has an effect when done correctly, so no harm could be done if it's not done correctly. I do have a background as a body work practitioner and so I'm used to working with people. For people who don't have this type of

experience, you might benefit from demonstrations done by Dr. Roth. so you can see how simple and elegant it is. Once you practice it the trust and confidence will build. Roth's website [...] and it has great articles plus videos.

I think what George Roth is on to here is some pretty effective stuff but how everything was laid out into the book wasn't applicable either on myself or others. I know he learnt under osteopathic techniques and that seems to have influenced him heavily in this book, especially with the concept of tensegrity and that previous injuries and/or strains in one part of the body can effect others. This was a concept that arose from Still's philosophy. I would be interested in taking a course later on to see the real clinical impact this might have but cant seem to see the effects of it now. Overall the book was insightful and ok. a good read

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