

Your Genius Brain: The Blueprint for Your Health, Vitality and Performance

Mini-Series: Part 2 of 4

Fascia – What is it?

This month we continue on with Part 2 of **Your Genius Brain: The Blueprint for Your Health, Vitality and Performance** and learn about the amazing connective tissue network that lies within each one of us. The fascial design of the human body is important. And guess what, when the fascia of your body and its relationship to your craniosacral system is addressed together during the experience on an Integrative CranioSacral session, the possibilities for your health, vitality and performance become unlimited!

Let's get started!

What is connective tissue or fascia? Where is fascia? How is Integrative CranioSacral and fascia related? These are all very good questions that will hopefully be answered with some basic science and information.

With explanation and introduction from the book, [The Fascia](#), written by Serge Paolette, D.O., "The fascia constitutes an uninterrupted sheet of tissue that extends from the head to the feet and from the exterior to the interior. This is a perfectly continuous system that is suspended from bony structures to form a fully integrated supporting framework."

Stated also by the Fascia Research Congress: "Fascia is the soft tissue component of the connective tissue system that permeates the human body. It forms a whole body continuous three dimensional matrix of structural support. Fascia interpenetrates and surrounds all organs, muscles, bones and nerve fibers, creating a unique environment for body systems functioning." The brain and every nerve of our body lie within and are profoundly influenced by the liquid/gelatinous ground substance of the fascial system. It is a well-known fact nerves can only transmit signals at slightly over 120 meters/second or 275 miles/hour. The ion-transfer mechanism of nerve impulses is too slow to account for the massive amount of information necessary for communication or brain to cell function. It is not possible for nerves to stimulate the trillions of cells of our body that each have more than 100, 000 reactions per second.

The fascial system functions as a fiber-optic network that bathes each cell with information, energy, light, sound, nutrition, oxygen, biochemical and hormones. It flushes out toxins at an enormous speed. Fascia has been referred to as a "superconductor of energy," by quantum physicists.

Fascia is the most important form of communication in the body for each living cell to survive... and thrive. Therefore, it is the fascia, your liquid-crystalline matrix, that is the major important communication system of your body!

Simply stated, fascia is the continuous connective web that literally holds you together and is the master of communication for the wonder of function and healing. Allow you fascia to sit you back and read about the importance of the fascia and its role and benefit in the experience of Integrative CranioSacral with your healing process in your lifetime.

Fascia is the biological fabric, the connective tissue network that holds you together. You are about 70 trillion cells-neurons, muscle cells, epithelia... all humming in relative harmony. Fascia is the 3-D spider web of fibrous, gluey, and wet proteins that binds you together in the proper placement for the miracle of life.

www.anatomytrains.com/fascia

Science currently teaches that the nerve system controls, organizes and adapts all cognitive, emotional, physical and neurological function and healing. It controls the development, growth and expression of each child's creative potential. Craniosacral science teaches that the central nerve system has motilities (or motion). There is a six-eight second cycle of motion of cerebrospinal fluid through and around the brain and spinal cord. This cerebrospinal fluid and other motilities are vital for the function of the brain and spinal cord and its function to the body. Cerebrospinal fluid proves essential nourishment and oxygen to the central nerve system. It cleans, acts as a shock absorber and maintains the shape of the brain. Cerebrospinal fluid is vitally important for transmission of hormonal and neurotransmitter chemistries necessary for function.

The central nerve system is protected by structure for optimum function. The fascia or connective tissue matrix is the first structural frame to develop before birth to protect development and growth. Think of it as the container of the fluid body. The fascial matrix begins with the development of the meninges. The meninges are three structural membranes that enclose the brain and spinal cord, protect the brain internally and contain the cerebrospinal fluid within its design. The fascia then developmentally suspends to cover, protect and connect the human body. Every system, organ, bone, blood vessel, muscle bundle and virtually every cell is sheathed by fascia that orients health to the speed of light. It is designed to protect the center core, the central fluid dynamics of the nerve system. It has the tensile strength to resist the force of gravity and most injuries of life.

The fascial sheaths are continuous with the meningeal membranes. Therefore, patterns of stress affecting the fascia in the periphery can directly affect the meninges and the motion of the cerebrospinal fluid internally. Lack of inertia within the fascial network can also place pressure on the internal organs of the body and affect their function.

Core injuries sustained in life can insult and change the protective matrix of the fascia. If the insult is beyond what the body can dissipate, the fascia absorbs the injury to protect the cerebrospinal dynamics, but it may change the motilities (motion) and its neurological balance. In craniosacral science, this insult to the fascia and function is termed a restriction. The neurological dynamic is now changed for function and healing. This insult may change the optimum of growth, development and function at all stages of life.

In comparison, a tourniquet restricts the circulatory system. Reduced breathing capacity compromises the respiratory system. Restrictions to the fascia of the craniosacral system insult the neurological design for best function and healing. All these changes can be life changing over time.

The gentle, hands-on Integrative CranioSacral session experience allows the body to normalize the fascial matrix back to the blueprint of design. The innate design is driven to orient to its original stronger form. The motilities (motion) of the cerebrospinal fluid and the nerve system can now return to the optimal function and adaptation. The implications of this balance are very significant and can be life-changing over time.

Healing, function and orientation to the innate design are a process that began before birth and continue throughout a lifetime journey. I invite you to the experience of Integrative CranioSacral for the wonder of your design that is within you. You deserve it!

"The future depends on what we do in the present." – Mahatma Gandhi

"A craniosacral session allows each person to balance in support of the body's natural ability to self-adapt, repair and heal. Inside-out miracles can occur no other way." – JMG, RCST®

Integrative CranioSacral is a gentle yet profound non-invasive, hands-on experience for the whole body. Performed on a bodywork table, the client is fully clothed and the contact is to the body's supportive frame and is generally light and still. The session is focused on supporting the health of the whole person, especially the nervous system. This is the system that dictates all the body's functioning, constantly sending and receiving information. (The Biodynamic Craniosacral Therapy Association of North America (BCTA/NA))

Integrative CranioSacral: The subtle rhythms or motilities (motion) produced by the body are regarded as fundamental expressions of our health and vitality. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental fact that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and wellbeing automatically follows.

Let Integrative CranioSacral balance you to the blueprint of life inherent within you!

Sources:

JMG, RCST®

www.upledger.com

www.fasciacongress.org

The Fascia by Serge Paolette, D.O.

Biodynamic CranioSacral Therapy by Michael J. Shea, PhD

Wisdom in the Body by Michael Kern, DO, RCST, MICrA, ND

*This information is not to be interpreted as medical advice. Integrative CranioSacral sessions are not for the treatment of disease nor pathology.

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