

## **Day #1 Welcome to Your Heal.thy Low Back Adventure**

Hello you gorgeous creative, connector, feeler,

I'm so honored to be your guide on your Heal.thy Low Back journey. I lived with chronic lower back pain for fifteen years. One day of that kind of pain is too much. I spent those pain-filled years exploring ways to stop the pain and all my explorations led me to the practice I'm going to teach you.

I've shared the Heal.thy Low Back practices with thousands of students who've fully healed their back pain or significantly reduced the pain level.

### **You can do that too!**

We will spend the next twenty-one days together working through Heal.thy Low Back Builders I, II & III. You will explore your lower back challenges on the physical level, the emotional plane and the creative/spiritual center. Each Heal.thy Low Back Builder takes one week to complete and you will rapidly begin to understand yourself and your lower back pain as a whole system that includes the body, mind and spirit.

The lower back is the sacred cup that holds the essence of you. It is the space where you hold your emotions, gifts / talents, and connection to others. When something goes array for you emotionally, you don't own your gifts / talents or you are having trouble connecting to others -- you will end up with lower back pain. Even if it's caused by an accident -- It's a message for you to pay attention to your feelings, creativity, and connections with others.

You can receive all kinds of diagnoses for your lower back. It doesn't really matter what caused the lower back to go out or become painful -- what is important is that you take a holistic approach to repair this sacred space.

Meaning, we are going to work with you as a whole being and heal your mind, body, and soul all at the same time.

### **So, how are we going to do that?**

The Heal.thy Low Back Practice is broken up into Heal.thy Low Back Builder I, II & III.

## **Heal.thy Low Back Builder I - Opening Your Iliopsoas Muscle & Overcoming Fear to Feel Your Feelings**

## **Heal.thy Low Back Builder II - Opening Your Piriformis Muscle to Let Go Of Guilt & Control to Own Your Gifts and Talents**

## **Heal.thy Low Back Builder III - Opening your Gracilis Muscle & Releasing Anger to Connect Using Your Gifts and Talents**

Each Heal.thy Low Back Builder takes one week to complete.

Within each Heal.thy Low Back Builder you will have five mini-movement practices of 10-20 minutes and one full movement practice of 30-45 minutes. You'll also have downloads to read and lessons to complete.

After completing all three Heal.thy Low Back Builders you'll have a Full Freedom Movement Practice of about an hour.

### **Tools**

A Mat, blanket or beach towel, softball sized ball, swimming pool noodle, and noodle ball (six tennis balls in a tube sock.) A strap, a yoga block, chair or wall space.

The movement practices use balls, noodles, and a noodle ball to release your fascia.

### **What is Fascia?**

Fascia is the covering of the muscle, the bag if you will that surrounds the muscle. The muscle is like hamburger and the fascia like a baggie that separates it into each muscle group. Also, Fascia is the connective tissue that makes up all ligaments and tendons.

Fascia contains brain cells and speaks directly to the mind telling it to let go. If you just stretch without a myofascial release you won't get the tight knots to let go. Nor will you get as deep into the mind/body connection. Working to release the fascia is key to letting go of lower back pain.

## **The movement practices also use breath work**

The breath expands and stretches the body from the inside out. It also brings new energy into the body and releases old energy out of the body. I'll be instructing you to breathe in through your nose and out through your mouth saying, haaaa. We will be focusing on breathing in new energy, I call love, and releasing out the old energies of fear, anger, guilt, and control

## **The movement practices use stretching**

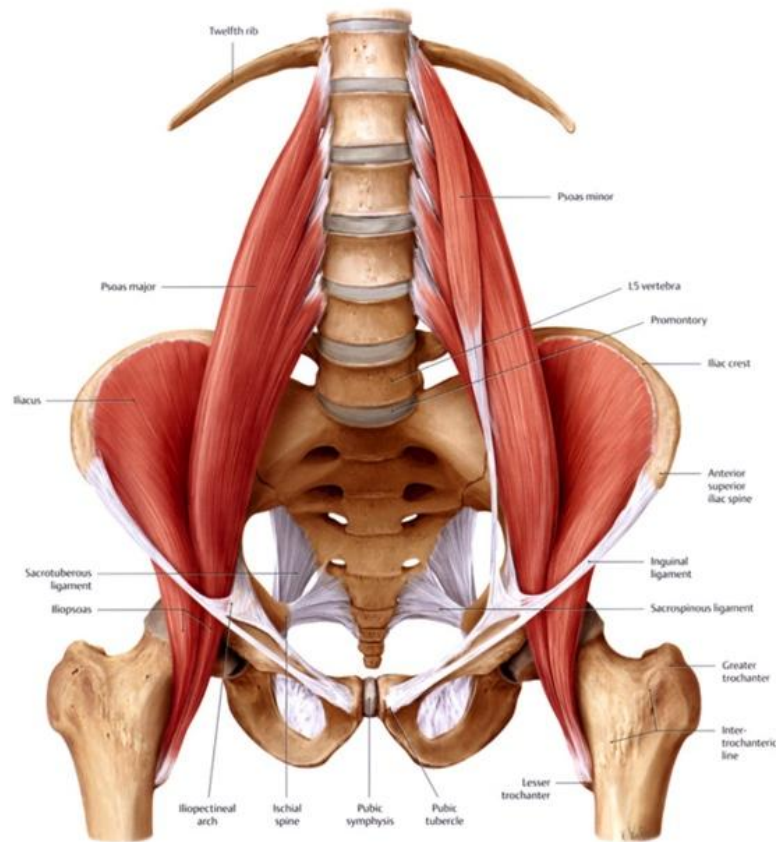
By doing yoga-based stretches the body opens and releases tightness, knots of tension, stuck emotions, thoughts, and beliefs. The practices end with rest to allow the release to be integrated into the body.

## **These movement practices will address three muscles that create the majority of the pain in your lower back**

### **Heal.thy Low Back Builder I Addresses The Fear Muscle -- The Iliopsoas**

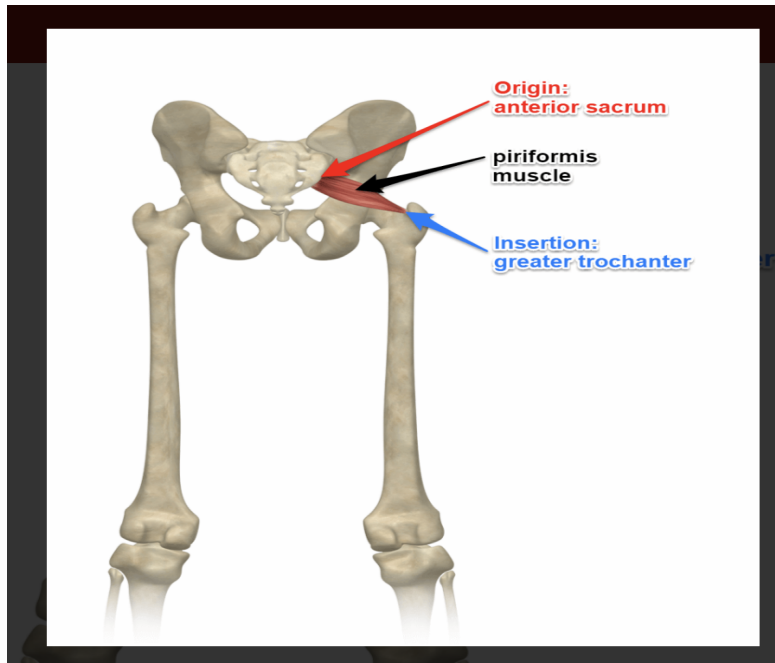
The first series of practices will work to release your fear muscle, the iliopsoas. This muscle is located right beside your hip bone and attaches to your great trochanter (femur bone). It's a continuation of your psoas muscle that all animals have.

When you are afraid -- your psoas muscle brings your shoulders down and the iliopsoas brings your knees up to protect your soft underbelly. When you get stuck in fear the iliopsoas muscle contracts shoving your sacrum up and into your lumbar vertebrae -- creating a trainwreck in your lower back. Most of us are tighter on one side than the other which causes a torque or twist in our sacrum and lumbar vertebrae.



## Healthy Low Back Builder II Addresses The Guilt and Control Muscle -- The Piriformis

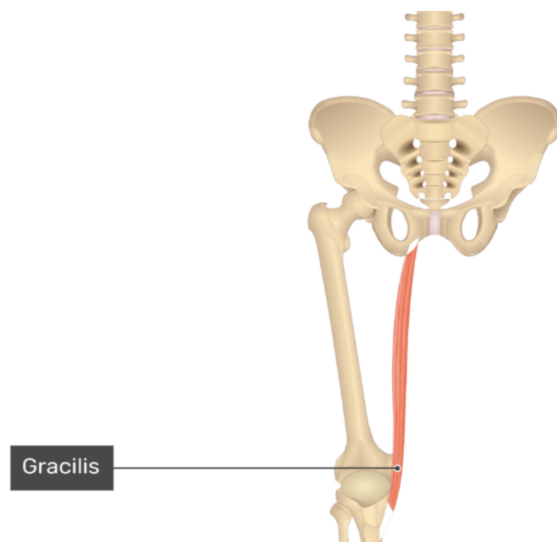
The second series of practices will address guilt and control by releasing your piriformis muscle. The piriformis runs beneath your gluteus maximus (large butt muscle). When you want something to be different than it is in your life the piriformis grabs and shoves your sacrum into your lower back. Your sacrum is meant to rock up on each inhalation and down with each exhalation and when it gets stuck your lower back is unhappy. Your sciatic nerve runs diagonally to your piriformis or in some people right through it so piriformis tension can tangle or squeeze on the sciatic nerve causing sciatica.



### **Heal.thy Low Back Builder III Addresses The Anger Muscle -- The Gracilis**

The third series of practices work where you hold unprocessed anger, your gracilis muscle. The gracilis runs from your inner leg to your inner knee. It attaches at the front of the pelvis on the ishiopubic ramus and inserts into the tibia, the lower leg bone.

This muscle is meant to support your pelvis and when weak, stuck or tight it causes the lower back to be hypermobile causing the pelvis, sacrum and lumbar vertebrae to go out of alignment.



As you work through each module and do these practices your body will release these muscles and the heavy emotions stuck in them allowing your lower back to fall into correct alignment and be pain-free.

## **YOU WILL RELEARN YOUR POSTURE**



You are going to relearn your standing posture which will change your sitting and lying postures as well.

### **Your new open body posture**

Stand with your feet inner hip-width apart, lined up from the inside of your hip bones. Press into the outer edge of your heels, lift and spread your toes, then set them down gently on the earth without gripping. Feel your legs ground.

Allow your sacrum and tail to drop down, your ribs to snap in and down toward your pelvis. Roll your inner arms out and squeeze your scapula together, forming back cleavage. Breathe in and out of your open heart.

### **Heal.thy Low Back Builder I - Begins Your Journey to Reinstate Your Emotional Guidance System**

Emotions are the language of your soul. You will reinstate your Emotional Guidance System (EGS) your feelings and intuition. You'll relearn emotions with a super fun mirroring art experience. Once you've done your mirroring project -- you'll do a daily EGS meditation to understand how to move your emotions up the emotional scale from depression to joy.

You'll never get stuck in the heavy emotions again. From these experiences, you'll know how to feel, what feelings and intuitions are for, and how to use them to guide you through your life. You will begin to trust yourself in a whole new way.

### **Heal.thy Low Back Builder II - Explores Your Creativity**

You were given gifts and talents to connect to yourself and others. You'll have a guided experience that will help you claim your gifts and talents and teach you to own them. Oh yay, you will be rocking out those gifts and talents!!

### **Heal.thy Low Back Builder III - Reconnects You To Yourself And Your Outer World**

You will begin to use your gifts and talents to connect to yourself and others. Through a guided experience you will find confidence within yourself that allows you to radiate out your gifts and talents to others. As a result, you will make deeper connections than you ever thought possible.

## **My story**

I'm doing this because I lived with chronic lower back pain for fifteen years. My back went out in my late twenties. I felt as if I was in my eighties. I was stiff and tight, experienced sciatica, and felt a continuous throb on the right side of my lower back. I had to be careful with every movement because my back would go out if I made the wrong move. When my back went out -- I couldn't walk upright.

During those lower back pain years, I went on an exploration to overcome the pain. I went to Orthopedic Surgeons, Chiropractors, Massage Therapists, Yoga Teachers, Psychotherapists, Acupuncturists, and even a Psychic.

No one had a whole complete answer but I received a bit of information here, a movement there until I put together the practices I teach you in the Heal.thy Low Back practices.

### **These practices healed my lower back.**

It's been my mission to share them with as many people as I can so no one has to live in chronic lower back pain.

The Heal.thy Low Back practices not only worked for me but for the thousands of people I've taught to overcome their lower back pain and tension. My students live with happy lower backs, use their emotional guidance system, rock their talents, and enjoy deep friendships and intimacy -- And you will too!

Now, dive deeper into your Heal.thy Low Back Practices with THE Heal.thy Low Back PLAN download.

And I'll see you tomorrow for your first Heal.thy Low Back practice.

I'm soooooo excited for you!! You'll experience bliss in your lower back soon!!