

Reset • Evolve • Emerge

TRTP™

Safely and effectively resolves the underlying causes of anxiety, depression, overwhelm, self sabotage and more

Spinal Flow

Release the daily stressors held in your body

Book your
appointment



We all have the power within us to make choices.

I know that some people may not agree with that statement, but you could choose to have grapefruit juice in your cereal, or you could choose what type of milk you prefer. You choose the underwear that you wear, you have the power to choose many seemingly insignificant things throughout your day. You DO have the power to make choices; and you get to choose if this information is for you, or not.

I primarily focus on the body and the brain and on helping people understand that they aren't broken, and that they don't need to be fixed.

Most of what is happening within your body and mind is due to a lifetime filled with events or periods of time that have caused stress on your system. Stress can come from one specific event, but more often than not, it is the compilation of a lifetime of events that you may have learnt to "brush off", minimise or compartmentalise in order to cope/function.

Unfortunately, this doesn't work in the long term and it usually ends up manifesting into triggers and symptoms such as anxiety, depression, total overwhelm and more.

People usually come to see me when they are "over" talk therapy, when they don't want to continue down the path of medication (if it is avoidable and in direct consultation with a

medical professional) or when they just can't work out why they are feeling completely overwhelmed in their everyday life.

Spinal Flow allows you to turn off from the outside world and your everyday stressors. It's a way for your body to fully relax and to finally take a break from life's expectations.

From my experience, I have found TRTP™ a powerful, safe and effective therapy in resolving the unresolved distresses within your life. All without having to deep dive into the details. TRTP™ isn't the "end", it is merely the tool to resolve these distresses and then continue your journey through life without all that "stuff" holding you back anymore.

If there is anything in this booklet that you would like to discuss further, please feel free to contact me.

Yours sincerely
Chris De Paoli



What is Trauma?

Any distressing event or series of events that creates adverse effects on the overall functioning of your mental, physical, social, emotional, and/or spiritual wellbeing is defined as "traumatic".

Some examples include:

- Physical, sexual, and emotional abuse
- Childhood neglect
- Living with a family member with mental health or substance use disorders
- Sudden, unexplained separation from a loved one
- Poverty or financial struggles
- Racism, discrimination, or oppression
- Violence in the community, war, or terrorism
- Betrayal of a loved one

Distressing events can occur across all sectors of society; at any age. Not everyone who experiences a distressing event will have long lasting effects. Every person's experience is unique.

Although distressing events can occur at any age, trauma has debilitating long-term effects on children's developing brains.

When your nervous system is overwhelmed and your body doesn't have the ability to emotionally self regulate and fully process event/s it creates lasting effects on your physical and mental wellbeing.

Some common symptoms of a stressed and unbalanced system include anxiety, depression, feelings of overwhelm, flashbacks, and sleep disruptions (to name only a few).

Some examples of physical signs of stress include:

- Difficulty breathing;
- Panic attacks;
- Blurred eyesight or sore eyes;
- Sleep problems;
- Fatigue;
- Muscle aches and pains;
- Headaches;
- Chest pains and high blood pressure; or
- Indigestion or heartburn.

During extreme stress the body and mind become overwhelmed. This engages the nervous system's sympathetic response.

Common symptoms include:

- Intrusive thoughts, including flashbacks or nightmares
- Avoiding things that remind you of the trauma, including people, places, or objects
- Hypervigilance, or being very aware of danger
- Being easily startled or "jumpy"
- Being activated by triggers that remind you of the trauma, whether consciously or subconsciously
- Changes in how you see yourself, such as believing you are "bad," or feeling excess guilt or shame
- You feel overwhelmed easily or have difficulty controlling your emotions

Once your brain has detected any real or perceived danger it sends a signal to your body. Your body responds by tensing muscles, your heart beats faster and chemicals such as adrenaline and cortisol are released into the blood.

These responses take less than a second; it's your body's automatic way of preparing to respond to danger. You have no control over it, it is completely involuntary.

There are a range of effects that can occur, which are sometimes called trauma responses. These are often known as:

- Fight
- Flight
- Appease (fawn)
- Freeze
- Flop

If your body remains in this heightened state for an extended period of time, adrenaline and cortisol continue to be released. You will experience an increase in blood sugar and blood pressure, which can weaken your immune system. Your heart rate will remain increased, which can lead to pulmonary hypertension. Your respiratory system will remain under stress and you may find it difficult to take deep breaths. Your hippocampus (the cognitive part of your brain) will shutdown and you will find yourself reacting, unable to think logically to respond to situations.

When you have unresolved distressing events quite often you can find yourself easily triggered by situations, smells, sounds, a time of the year, physical touch, being around someone and a range of other things.

If you are unable to release the emotions linked to a distressing event in a timely manner, these emotions can turn into

psychological disorders or physical symptoms, such as neck or back pain.

Some negative experiences can produce deeply rooted disempowering beliefs about yourself. These beliefs are so deeply rooted that your conscious mind sometimes isn't even aware of these beliefs.

Your conscious mind can't access what is deeply rooted in your unconscious mind.

These disempowering beliefs don't only hide within your body, but they can quite often appear in your thoughts as well; leading you to unconsciously create situations which reinforce these disempowering beliefs about yourself.

When you experience distressing events and find yourself re-triggered by them during similar, or even new stressful experiences, you can feel re-traumatised over and over again, returning physically, emotionally and mentally to the original event/s.

There are many scientific studies confirming that disempowering emotions experienced during a distressing event can stay locked inside the body.

When the brain tells the body there is no danger and it can relax now, chemicals such as serotonin and dopamine are released into the blood, allowing your body to calm. Your parasympathetic system is designed to reset your body on all levels, returning you to a calm baseline. This is your homeostatic state.

Both of these systems are designed to work together in your body to keep you safe when there is danger and also to allow you to relax when there is no danger.

To heal from any distressing event, your unconscious and your body need to know that the event from the past is over and you are no longer under threat.

Trauma Responses



Fight

Fighting, struggling or protesting.

Common thoughts:

"It's all your fault"

Common behaviours:

- Intense rage
- Narcissistic
- Outbursts of anger
- Explosive behaviour
- Controlling
- Blaming others
- Being "the bully"
- Gaslighting



Flight

Hiding or moving away.

Common thoughts:

"I need to get out of here"

Common behaviours:

- Workaholic
- OCD
- Over-thinker
- Perfectionist
- Anxiety
- Worry
- Panic
- Fear



Freeze

Feeling paralysed or unable to move.

Common thoughts:

"I can't"

"I don't know what to do"

Common behaviours:

- Difficulty in making decisions
- Feeling "stuck"
- Dissociation
- Isolating self
- Numb
- Trapped
- Helplessness



Appease

Trying to please someone who may harm you.

Common thoughts:

"I need to make you happy"

Common behaviours:

- People pleaser
- Lack of identity
- No boundaries
- Overwhelmed
- Codependent
- Shame
- Hopelessness
- Fear



Flop

Doing what you're told without being able to protest, or your muscles shutting down.

Common thoughts:

You become entirely physically or mentally unresponsive.

Common behaviours:

- Fainting
- Paralyzed by fear
- Tonic immobility may enhance survival
- No perceived possibility of escape

What is TRTP™?

We have all experienced distressing events or periods of time throughout our lives. Often, we can become accustomed to minimising what has occurred; telling ourselves that it is “normal” or it “wasn’t that bad”.

Trauma responses are the involuntary physiological changes that occur within your body and mind when you feel threatened. These responses exist to keep you safe. They prepare you to face, escape, or hide from any real or perceived danger.

TRTP™ is a unique and comprehensive process which resolves distressing events that lead to symptoms such as anxiety, depression, fears, overwhelm, phobias and more.

It achieves incredible and lasting results quickly, effectively and safely in 3 stages. TRTP™ is not talk therapy. During this process, there is no need to deep dive into the dreadfulness of past events.

Experts such as Dr Peter Levine, Bessel van der Kolk, Babette Rothschild and Pat Ogden all agree that trauma (distressing events experienced throughout your life) are stored in the unconscious AND also in your body.

These experts all agree that in order for this to be resolved:

- the person must (somehow) be moved to an empowered position in regards to the traumatic event or events.
- the body must (somehow) know that the event or events are over.

TRTP™ takes this a step further, with the belief that the body and the unconscious must also know that it is safe now; knowing that the event or events are over. Using deep imagination, this process focuses on where distressing events are stored; in your unconscious.

Initially any disempowering unconscious core beliefs you may have are worked on. These unconscious core beliefs are what have kept you stuck in patterns of disempowering thoughts, emotions and/or behaviours.

Then, the emotional charges from past events are removed. Once there is no more emotional charge, your sympathetic nervous system can return to calm. You automatically shift from any current trauma response you may be experiencing into an empowered, self-regulated state. The memory of that event (or events) are firmly placed in the past. Calm returns on all levels and symptoms ease or cease altogether.

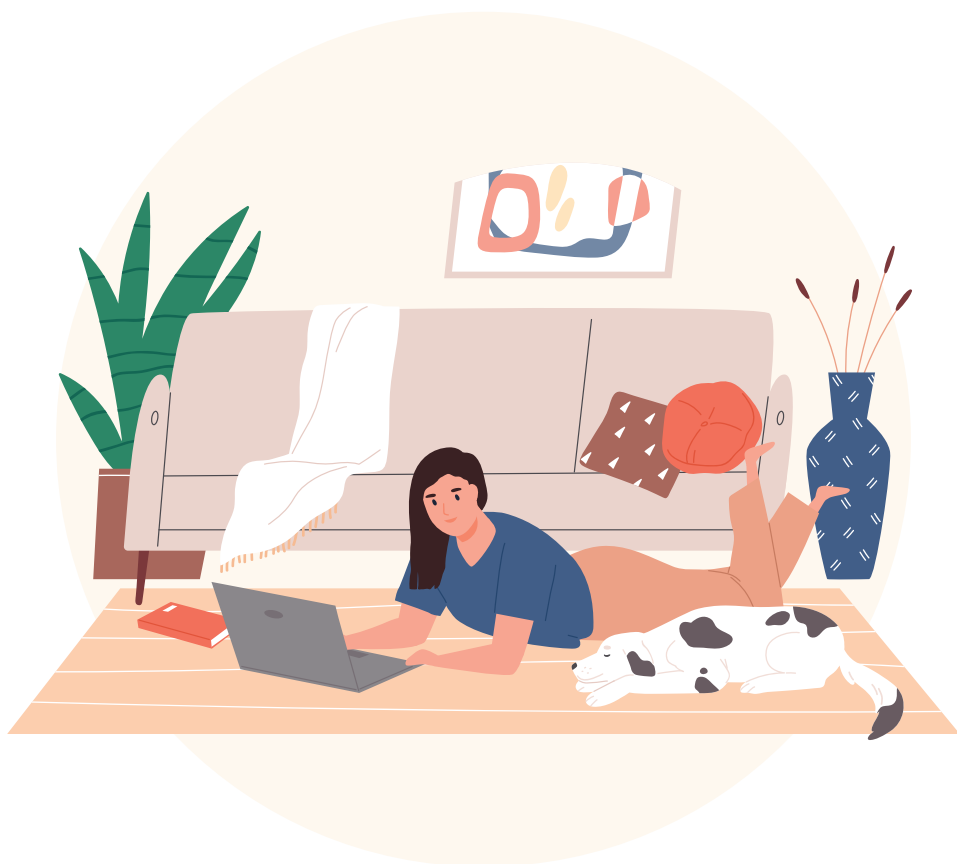
The final stage is experiencing the future! When you are “stuck” reliving past distressing events, you don’t have an opportunity to even think about your future. Now, it’s your time to begin to embrace what your future could be!

TRTP™ isn’t the “end”, it’s merely the beginning of being able to effectively move beyond the distressing events and embrace your life in an empowered state.

TRTP™ is an investment in you. At the end of these sessions you will be equipped with the tools necessary to maintain your well-being. TRTP™ is extremely safe and effective and can be completed either in person or via Zoom.

TRTP™ is highly effective via Zoom due to the use of headphones.

I offer “Discovery calls/chats” as an opportunity to discuss whether or not this is for you.



What is Somatic Bodywork?

Your mind and body are intrinsically linked; distressing events and other disempowering or negative emotions can get trapped inside your body and affect your physical and/or mental health.

Scientific research has proven that we store our memories, our experiences and emotions on a cellular level. Which means, your body holds the information of every experience and it's not "all in your head".

Many somatic therapies have been developed to help you to heal on a cellular level by addressing the feedback loop that continually runs between the mind and the body.

This type of bodywork is different from typical talk therapy. In regular talk therapy, the practitioner engages only the mind. In somatic bodywork, the body is the foundational point for healing.

Some people can experience feelings of "body anxiety" even in the absence of anxious thoughts. It's also why you may find yourself not feeling very safe in certain situations, even if there is no "apparent" reason.

Based on your previous life experiences, distress is carved into your body; not just into your mind. Distressing events can create your body to have deeply-rooted unconscious core beliefs that are not accessible by cognitive approaches.

Disempowering beliefs such as "I am bad", "I'm alone", or "I won't ever heal". More often than not, you may not be aware of these disempowering beliefs that you are carrying until you are confronted with a struggle related to it.

Somatic bodywork has been effective in helping individuals who struggle with all kinds of stressors and in helping them finally experience relief in areas such as relationship, intimacy, those seeking a feeling of security, wanting to feel trust, over/under achievers, people pleasers, parenting skills, managing anxiety, working through depression and other emotional difficulties.

Sometimes, you may be doing all the "right things", but somehow you just aren't feeling any relief. This often happens when the therapy focuses on "brain-based issues", often assuming the mind and thinking style to be causing psychological distress.

What you're experiencing isn't always related to an anxious, depressive or nerve-racking thought. Even if your mind doesn't remember something, your body does.

Somatic approaches are used to engage the relationship between mind, body, brain, and behaviour and they focus on calming your nervous system and creating more ease in the healing process.



TIPS to help you navigate choosing to create a new future
IDEAS to support you as you begin to move from a life of
“reaction” and into “creation”

Get wild...

Start making FUN a priority in your daily life and routine!

Even though tears are a natural way we have of letting go of tension and built-up energy, laughter is equally effective, so start having some fun!

Maybe dancing around the kitchen or chasing each other around the house.

“ Bring laughter and fun into your daily routine! ”

What makes YOU feel alive?

What brings YOU joy?

What FUN things can you do with your family?

So often, we place all the responsibilities of life before we stop and think about what is FUN for us.

I invite you to start to prioritise FUN in your life!

What brings YOU true happiness?

Your environment...

You are responsible for your environment.

What does your environment look like?

Your environment is made up of LOTS of things. It comprises of:

- Your thoughts
- The people you spend time with (your friends, your family, your work colleagues)
- Where you live
- Your workplace
- Conversations you are part of
- Conversations you hear

“ Start to become aware of all the aspects of your environment! ”

Take any necessary time required to consider the following:

“What environment do I need around ME so that I can THRIVE?”

What would that environment look like?
e.g. Physical environment, colours in and around my house.

What is it that YOU need? e.g. Music, peace and quiet etc.

Have fun and get creative, ponder all the different aspects. MAKE IT HAPPEN!

Wholistic Awareness

Your health isn't only the physical or the mental, or even the spiritual.. Your health is wholistic.

There are seven interconnected aspects that can affect our wellbeing: physical, mental,

social, emotional, intellectual, vocational, and environmental health.

Create a habit of reviewing all aspects of your wellbeing. Is there any area that is becoming out of balance?

Are you...

taking time to 'bathe in nature'?

dropping your energy?

incorporating movement into your life?

consciously breathing?

stopping and resting when you need to; without guilt?

checking in with how you are holding your body?

listening to the words you are saying and thinking?

choosing to exercise?

choosing to eat healthy, nutritious foods?

prioritising fun in your life?

journaling?

open to feeling all your emotions?

allowing yourself to be fully present?

happy within your environment?

spending time in the sun?

spending quality time with those you love?

Healthy Communication

Healthy communication is vital to experiencing healthy relationships. Communication is often more about the feelings than the experience.

Don't just hear the noise of a person when they are speaking. Listen to their words. Really listen.

Too often when having conversations, we get "caught up" in our own thoughts, we start thinking of answers before the other person has even finished speaking.

Begin to train yourself to stop the inner dialogue and listen to what they are saying. When they have finished speaking, relay what you heard them say in your own words. Don't just repeat what they said. Tell them what you heard.

If you misinterpreted them, this will give them an opportunity to say it again until you understand what they are telling you.

Use this communication method more and more with everyone.

When you have something important to say, I encourage you to try by starting the conversation by saying something like "I am going to speak for a moment, and I want you to listen to everything I need to say, and when I'm done, I'd like you to tell me what you hear. Not repeating my words, in your own words".

This tool creates better communication and deeper understanding for all people involved in the conversation.

There's no greater communication tool than being mindful. When you're consciously aware of how you're thinking and feeling in a moment, you'll be able to act, not react.

Communication is all about connection. It's vital to connect with the person that you are trying to communicate with.

You get to choose, for all communication, whether you want to be correct or effective. When you focus on being "right", it means the other person must be "wrong", connection is lost and communication doesn't occur.

Ask if the person wants suggestions or advice, or if they just need you to listen to them with an open mind.

Listen with openness, curiosity and willingness to learn someone else's view.

Ask if there is anything that they need you to do to help with the situation?

Ask what they need from you right now?

Effective communication happens when you connect on a feeling level with another person.

Ask them, how are they feeling about the situation?

Sometimes, instead of focusing on the circumstance and putting yourself in that situation, you might need to focus on the feeling and think of a time you've had that feeling. Be in that feeling for just a moment and the connection will follow. Once you are there, communication is easier.

Try going into every conversation without aiming to prove anything, instead try to learn something from every conversation you are a part of!

Emotional Intelligence

Emotional intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you. It also involves your perception of others: when you understand how they feel, this allows you to manage relationships more effectively.

In his book titled *"Emotional Intelligence - Why It Can Matter More Than IQ"* 1995, Daniel Goleman, an American psychologist, developed a framework of five elements that define emotional intelligence:

Self-Awareness

People with high emotional intelligence are usually very self-aware. They understand their emotions, and because of this, they don't let their feelings rule them. They're confident because they trust their intuition and don't let their emotions get out of control. They're also willing to take an honest look at themselves. They know their strengths and weaknesses, and they work on these areas so they can perform better. Many people believe that this self-awareness is the most important part of emotional intelligence.

Self-Regulation

This is the ability to control emotions and impulses. People who self-regulate typically don't allow themselves to become too angry or jealous, and they don't make impulsive, careless decisions. They think before they act. Characteristics of self-regulation are thoughtfulness, comfort with change, integrity, and the ability to say no.

Motivation

People with a high degree of emotional intelligence are usually motivated. They're willing to defer immediate results for long-term success. They're highly productive, love a challenge, and are very effective in whatever they do.

Empathy and Compassion

While both involve responding to other people's emotions, they differ in focus.

- Empathy is our feeling of awareness toward other people's emotions and an attempt to understand how they feel.
- Compassion is an emotional response to empathy or sympathy and creates a desire to help.

Social Skills

It's usually easy to talk to and like people with good social skills, another sign of high emotional intelligence. Those with strong social skills are typically team players. Rather than focus on their own success first, they help others develop and shine. They can manage disputes, are excellent communicators, and are masters at building and maintaining relationships.

Additional Tips and Tricks

When others are highly emotional around you, the best thing you can do is to stay calm. If you are stressed, this can often worsen the situation. Don't minimize the other person's experience, even in your mind.

Instead, try one of these strategies and remind yourself that they are just a human, experiencing a human emotion.

Visualisation

Picture yourself swaying in a storm. Visualise the storm blowing around you and you're just on the sideline, calm and nonjudgmental, waiting

Breathe

Take a deep breath in, hold it for just a moment and slowly breathe all the way out. Imagine the breath is dropping down into your thighs. Allow yourself to feel the strength of yourself. Allow yourself to notice that your thoughts are slowing and you feel calmer.

Repeat this 5 or 6 times. You will "feel" when you are there, when you are centred, grounded, feeling calmer and stronger within yourself.

Put your hand over your heart

Touch, even your own, releases the soothing hormone oxytocin. This simple self-care gesture can help center you to feel more present.

Make some room

Sometimes people need their space. If it's possible, create a cozy "nest" on the couch with books and a blanket or offer some peace and quiet alone.

Listen

Don't get in your head to think of an answer to their problems. Just listen to when the other person needs to say. Sometimes, they don't want you to fix it, they just NEED TO BE HEARD!

Activate your natural dive response

Splashing cold water on your face over your nose and mouth triggers the "dive response" that automatically slows down breathing, calms the body, and, in turn, brings down the emotional temperature.

Your physiology

Did you know that your physiology reflects your emotions, and vice versa, your emotions can be influenced by your physiology (your posture) and by changing your physical posture, you can change your emotions!

Take a moment to notice how you are holding your body. Are you slumping over? If you are, this position increases feelings of negative emotions.

Externally rotate your upper arms (this will help drop shoulders down and back). Your chest will lift, your neck will lengthen and your lungs will expand.

This is your manubrium. It is the hole at the centre of the chest, under the chin, between the clavicles. A small lift to the manubrium changes your posture, creates more space in your heart, chest, lungs, neck and shoulders and you feel taller!

Connect with your Body

Move slowly through your spine and connect with the feelings that present themselves to you.

Are you tight?

Is there more ease and flow?

Allow yourself to connect and be aware of your body.

Place your awareness at your coccyx

Rotate the pelvis up and forward and then rotate the pelvis down, pushing tailbone to the bed / floor.

This is a gentle flexion and extension movement. As you progress, you can begin to clench your bum and then release it, trying to flatten out your sacrum against the bed / floor. Use thrust-like movements to create this range of motion.

Move your awareness into your sacrum

Focus on lengthening one leg and then the other, stretching each leg as long as you can.

As you progress into this movement, slowly try to create a “figure 8” motion into your pelvis. Place your hands under the bony parts of your sacrum (the PSIS) and move your pelvis from side to side, you can even create a flowing “figure of 8” movement in this area.

Move your awareness to your lumbar (lower back)

Try and flatten your lumbar curve, so it appears flat on the surface beneath you, pushing your spine into the bed / floor, and then arch your back like a reverse cat and cow yoga move.

Move your awareness into your thoracic (ribcage)

Push your shoulders back and expand your chest while lifting your sternum up and then fold into the other direction, explore movement in both directions.

Chest up and shoulders back - Chest in and shoulders forward

Tuck your chin in while trying to flatten your neck to the floor or surface underneath you

Try and stretch the area between the base of your skull (occiput) and the first vertebrae of your spine (C1) and then extend your chin all the way to the ceiling above.

Slowly alternate between flexion and extension multiple times.

Chin in - Chin up and stretching out

Place your hands on either side of the base of your skull, just behind your ears

Create a side to side figure of 8 movement, concentrate on making a small figure of 8 using your nose, small and flowing movements will work best.

Connection to your entire body

Allow your body to move, breathe and explore sound with the freedom of not having to do anything. There are no rules, no right way to do this, just pure freedom and openness.

Allow yourself the freedom to feel into what your body wants and needs at this moment!

Observing your Personal Stress

Explore how stress shows up in your life. Without any judgement, be honest and give yourself a score from 0 to 10 for the following (0 = No Stress 10 = LOTS of stress!)

Do you feel stressed...

when you are at work?	when you are socialising?	when you are at home?
when you are alone?	within your romantic relationship?	when you are not in a romantic relationship?
when you are with friends?	when you are with family?	when you are travelling distances?
when you are travelling within your home town/city?	when you find your life fast paced?	when you find your life is going slowly?
when you think about your physical health?	when you think about your mental or emotional health?	when you think about your self-care routine?
when you are with peers?	when you are with superiors?	when you think about money and finances?
when you think about your physical safety?	when you consider the past?	when you consider the future?

Understanding your Body

All of these questions are there for you to consider without judgement.

If stress is controlling your life, there is always underlying causes that are creating the stress to control or trigger you.

Stress isn't just a thought, it is felt within your body. You experience stress in your body as well as your mind.

Stress reactivity is usually so well-worn within our mind and bodies that symptoms such as overwhelm and anxiety have become the easiest, most natural path for our mind and body to choose.

I used to say that my superpower in life was "I get sh!t done". When we live in a constant state of stress, we become reactive and NOT responsive.

When you are stuck in this sympathetic system, three parts of your brain that are responsible for processing stress can physically begin to change.

The front part of our brain, known as the prefrontal cortex, shuts down. This is the rational part where consciousness lives, processing and reasoning occurs, and where we make meaning of language.

Of course, when your prefrontal cortex is shut down then you obviously can't think rationally!

And, in a system that's not in balance, this memory part of the brain can stay stuck in shut down mode for the long term.

Your nervous system operates this way without any thoughts by you. This is your body protecting you and when you are experiencing high levels of constant distress, you are in "survival mode".

When you are in "survival mode" the following changes occur in your brain:

- **The hippocampus shrinks**
(this is the centre for emotion and memory)
- **The amygdala function increases**
(this is the centre for creativity and rumination)
- **The prefrontal/ anterior cingulate function decreases**
(this is the centre for more complex functions like planning and self-development)

Consider this...

- If you can't emotionally self-regulate, you can't expect your child (or children) to self-regulate.
- Almost always, our children and their state of being is a reflection of ours! Instead of looking to "fix" our children, look internally...do YOU need to do some work?
- Sometimes, saying "NO" to other people is really saying "YES" to you. Learning to say NO without experiencing guilt is an important life skill that many don't have because of unresolved triggers.

Phases of Women - The Wheel of Life

The wheel of life experienced as a woman is often referred to from goddess times.

As women grow and develop, there are different life stages experienced.

The different life stages present different energies and, of course, different changes to our bodies and minds. This impacts the things we do and the way we approach our day to day life.

The phases of a woman's life can also be reflected on from the seasons for the Earth.

- Maiden (Spring)
- Mother (Summer)
- Maga (Autumn)
- Crone (Winter)

The seasons of life start at "Maiden". There are two rites of passage during this stage. The first rite of passage is birth, where she begins her life and the second is menarche, which is the initiation of menstruation.

When the menarche transforms a girl to a woman, her fertility and sexuality start to become the rhythm of her life (the season of Spring).

The next season in a woman's life is "Mother" (Summer). This is the time of giving birth to something within her life. It is vital to understand that if a woman does not give birth to a child in this stage, it doesn't mean she isn't in this phase; she still enters this phase as a mother because it is all about the energy.

Following the cycle of "Mother", is the "Maga" (Autumn). This is the time to harvest one's life skills along with confidence, talents, competence, integration, power, abundance, sharing, and knowing of self. The focus shifts from family to community.

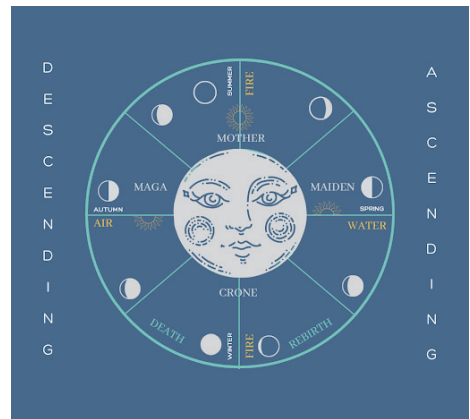
This is generally the time that a woman goes through menopause.

The last phase is known as the "Crone" and this is the Winter in a woman's life.

This is when the busy lifestyle starts to slow down.

Depending on your cultural values and beliefs, the Crone's role is treated and taught differently on both a conscious and unconscious level.

Each person's mindset or beliefs of how this phase should be lived is unique. Take some time to consider what your personal beliefs are about this phase as well as all the other phases and the impact these phases have on your healing, well being and your life journey.



What is Spinal Flow?

Your brain, spinal cord and millions of nerves that exit from the spinal cord are what make up your nervous system. Your nerves connect to organs, glands, muscles, cells and everything in your body.

We have all experienced stressful periods of time or distressing events in our lives and we all have constant, daily stressors. These stressors can be physical, emotional or chemical. The Spinal Flow technique can help detect where these stressors are stored, and help reduce any nervous system “blockages”, creating relief within your body.

Through gentle touch, the Spinal Flow technique guides the body to naturally release those stored stresses from the body allowing it to move from a sympathetic (fight/flight/freeze) state into parasympathetic (rest and digest) state.

When relaxed, your body naturally enhances the integrity of your nervous system.

Many everyday activities, along with daily stressors, can cause your vertebrae to lose their normal position or motion; this can result in nervous system dysfunction and ultimately, ill health.

Your body has learnt to be in its current state of health, and you may have been in this state for years and because of this, results will vary from person to person. Some clients enjoy immediate results; others find that their recovery takes several months or longer.

Pain, discomfort or even a ‘NEW’ symptom can sometimes appear. This is a normal part of healing and is your body identifying an underlying issue. Using this technique we begin to remind your body that it doesn’t need to continue to be in this state of disease.

As you continue to connect to your body and how it is feeling, you will begin to notice changes as your body progresses through your healing process. These can be small or quite significant.

Spinal Flow is unlike any other experience.

The Spinal Flow technique is not the manipulation of any muscles. Through a gentle touch to areas on your spinal and head, this technique encourages your body’s innate wisdom and knowledge to heal.

The Seven Gateways of the Spine

SPINAL AREA

Cranium

NERVES SUPPLIED

Head, Brain and Cranial Nerves

SYMPTOMS OF A BLOCKAGE

Low energy; Spaciness; Dizziness; Memory issues and/ or Brain fog

COULD FEEL LIKE

You don't have enough life force or energy. You can feel disconnected and/ or like you are living a life separate and alone.

*Awaken
Gateway*



*Pause
Gateway*

SPINAL AREA

C1-C2 (the Upper Cervical spine)

NERVES SUPPLIED

Neck; Ears; Eyes; Nose; Sinuses

SYMPTOMS OF A BLOCKAGE

Headaches; Migranes; Colds; Flus; Earaches; Tinnitus; Sinus problems; Sleep disorders; Snoring; Learning disorders

COULD FEEL LIKE

Your head is about to explode and that your thoughts are not in alignment with your body. You are busy thinking and "stuck" in the future.

SPINAL AREA

C3-C7 (the Lower Cervical spine)

NERVES SUPPLIED

Neck; Shoulders; Arms; Throat; Thyroid

SYMPTOMS OF A BLOCKAGE

Neck/ Shoulder/ Arm pain; Sore throat; Thyroid issues; Swollen glands; Food sensitivities; Tiredness after eating

COULD FEEL LIKE

You need to swallow your thoughts and ideas. You may feel as though no one listens and you can not speak your truth.



SPINAL AREA

T1-T12 (the Thoracic spine)

NERVES SUPPLIED

Upper and mid back; Heart; Lungs; Gallbladder; Stomach; Pancreas; Spleen; Liver; Kidneys

SYMPTOMS OF A BLOCKAGE

Breathing issues; Asthma; Chest pain; Heartburn; High/low blood pressure; Gas; Burping; Trouble digesting fatty foods; Indigestion; Kidney problems; Bladder problems

COULD FEEL LIKE

You have the weight of the world on your shoulders. You rarely prioritise yourself and/or you protect your heart.



SPINAL AREA

L1-L5 (the Lumbar spine)

NERVES SUPPLIED

Low back; Colon; Prostate; Uterus

SYMPTOMS OF A BLOCKAGE

Anxiety; Low back pain; Disc problems; Digestive complaints; Reproductive complaints

COULD FEEL LIKE

A sense of disempowerment. You don't have enough drive to get through life. You feel withdrawn.





Foundation Gateway

SPINAL AREA

S1-S5 (the Sacrum)

NERVES SUPPLIED

Pelvis; Groin; Hips; Legs; Knees; Ankles

SYMPTOMS OF A BLOCKAGE

Lower back pain; Sciatica; Hip issues; Groin problems; Knee pain

COULD FEEL LIKE

You feel stuck in the past or can't move forward or can't make a decision. You could feel unsupported in some aspect of your life.

SPINAL AREA

Coccyx

NERVES SUPPLIED

Tailbone; Toes

SYMPTOMS OF A BLOCKAGE

Anxiety; Depression; Nervous system issues; Neurological disorders

COULD FEEL LIKE

Your body is stuck in the fight: flight: freeze response and it's trying to survive, rather than thrive. You could feel ungrounded, as though your feet aren't on the floor.

Base Gateway



Self-care after your Spinal Flow session

After every Spinal Flow session, it's important that you:

Drink water

Try and drink at least 1.5 litres of water for the 5 hours following any Spinal Flow session.

Your body has released a lot of toxins during your session, and this needs to continue to be released via water. If you don't drink enough water you may feel it in various ways.

Walk

I always recommend a gentle walk for 5-10 minutes after your Spinal Flow session.

You have been lying on blocks to balance your sacrum and your body needs time to adjust to this new position whilst also finding its own natural alignment.

If you can't go for a gentle walk, try standing with your feet slightly wider than hip width and slowly move your hips in a figure 8 for 5 minutes.

Avoid toxins for as long as you can

Toxins include alcohol, tobacco, drugs and caffeine. If you have normal medication, please continue to take this at the times required, but for all other toxins, try and avoid them for as long as possible.

Take 5-6 deep, conscious breaths

We take over 20,000 breaths each day, without conscious awareness. Try to focus on 5-6 slow conscious breaths each day. Nice, big, deep belly breaths followed with a full exhale will help calm your nervous system, slow your brain waves and allow you to think with more clarity.

Have a little fun doing figure 8's with your hips

As children, we happily explore our bodies and what movements it can do easily.

As we grow, we are taught that stillness is what we should do. Sit still at your desk, stand still when you're talking, all this stillness creates stagnation within our bodies.

I encourage you to bring a little fun and freedom back into your movement. Doing figure 8's is an excellent way to help muscles relax and find their natural alignment, once we stop thinking about it, the body naturally moves.

Figure 8's assist the range of motion and freedom within your body. Do it while washing the dishes, preparing dinner, whenever you like.

Watch as your body naturally relaxes the more that you move this way!





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Book your appointment

