**MYOFASCIAL RELEASE GIFT BASKET**

Fascia is the tough connective tissue surrounding every cell of the body from Head 2 Toe/Soul like a three-dimensional spider web. Injury, trauma, poor posture or impaired biomechanics may cause the fascial system to tighten, putting abnormal pressure on nerves, muscles, blood vessels, bones, organs and the brain. This can result in a variety of symptoms including pain, restriction of motion, and structural misalignment, impairing both daily functioning and athletic performance.   
  
Myofascial Release is a treatment technique which follows the principles of using sustained pressure and elongation into restrictions in the fascia for at least 3-5 minutes and/or until a release occurs. It results in permanent lengthening of the body’s connective tissue and can dramatically improve health and quality of life. This can be done by the touch of a therapists hands, or using tools like those included in this basket.

***Gratitude Journal*:**

Research has proven how Gratitude changes us positively - both mentally and physically. Gratitude is proven to bring about a quicker more powerful healing. I have experienced this personally since incorporating a Gratitdue Practice into my life daily, but also I have seen astounding results professionally as well. Incorporating a Gratitude practice in your life daily is one of the most simple but rewarding change you can make on your journey of healing.

<https://www.painfreelivinglife.com/tools-chronic-pain/emotional-health/the-power-of-gratitude-for-pain-management/>

***Doterra essential oils Lavender/Peppermint/Lemon:***

Introductory Kit includes a 5 mL bottle of dōTERRA's CPTG Certified Pure Therapeutic Grade® [Lavender](https://www.doterra.com/US/en/p/lavender-oil), [Lemon](https://www.doterra.com/US/en/p/lemon-oil), and [Peppermint](https://www.doterra.com/US/en/p/peppermint-oil) essential oils. The benefits of these oils can be appreciated by diffusing them in the air for an aromatic experience as well as by being taken orally.

**Lemon** provides cleansing and digestive benefits and supports healthy respiratory function.\* When diffused, Lemon is very uplifting and energizing and has been shown to help improve mood.

**Peppermint** also helps alleviate occasional stomach upset and promotes healthy respiratory function when taken internally.\* It has also been known to reduce headache symptoms when applied to back of neck or temples, and can create a ‘cooling’ effect on the body when placed in these areas.

In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume.

Its calming and relaxing qualities, when taken internally, continue to be **Lavender**’s most notable attributes. Applied topically, Lavender is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck. Add a few drops of Lavender to pillows, bedding, or bottoms of feet to relax and prepare for a restful night’s sleep.

***4” Therapy Ball:***

Your ‘NEW BEST FRIEND!’ as many clients call it since they take the ball everywhere and use it everywhere on their body for their self care needs. ☺ You can purchase a Myofascial Release Stretching book for illustrations & explanations of many ways to use the ball and other tools for myofascial release stretching (see below). You can also go to [www.head2soul.net](http://www.head2soul.net) and under resources you will find pictures and video demonstrations of use of the ball.

***Half Dome Stretching Tool:***

The half dome is my FAVORITE tool for stretching the calves, and even the hamstrings. It is also a great tool for supporting your head, bolstering your knees, and much more.

Check out this link to learn how to use it properly, and a podcast for why having flexible calves is so important key to alignment in the body.

https://alignmentmonkey.nurturance.net/2013/using-your-dome/

https://www.nutritiousmovement.com/the-calf-stretch-podcast-episode-88/

***Castor Oil Pack:***

Castor oil has been used in cultures around the world for over 3,000 years for its many reputed healing properties! Castor Oil Packs have been recommended by elders, doctors, holistic practitioners & Edgar Cayce "to enliven, through the activity of the absorption.” Naturopaths, massage therapist, physical therapists and other body workers and holistic healers recommend Castor Oil Packs for abdominal use for scar release, pain/inflammation, menstruation pain & issues including fibroids and irregular periods, as well as upset stomachs and constipation.

Directions:

Apply Castor Oil Pack over the abdominal area or area of scar tissue. Place the pure unbleached wool flannel on top to help whisk away toxins. Place a heating source over the wool flannel, moist heating pad or hot water bottle both work. Make sure to monitor heat so you do not burn yourself! Medium heat for 30-60 minutes often works wonders.  
Wipe clean with alkalizing Castor Clean™ Towelettes to remove impurities.

***Body Salve:***

Muscle and joint issues run deeper than just physical pain. Soreness, range of motion loss, and an inability to do the physical activities you love can take a toll on your emotional psyche and mental well-being.

Directions: Bring balance to your body by massaging this incredibly powerful botanical salve liberally into your skin, muscles and joints. Repeat as often as desired.

Experience an immediate warm and comforting sensation upon contact. Brimming with 1,000mg of organically sourced cannabinoids and a bevy of botanical extracts, Body Therapy by PrimeMyBody can ease aches, strains, and tension on-the-spot.

***Hemp Oil Sample Packs:***

These hemp oils are completely free of THC (the cannabinoid that gets you ‘high’) as well as any ethanol which is often present in tinctures/oils. No high, just HEALTH. Visit [www.echoconnection.org](http://www.echoconnection.org), [www.projectcbd.org](http://www.projectcbd.org) or just google hemp oil/CBD/CBG benefits to see research on the use of cannabinoids for how they support your Endocannabinoid System (ECS) and therefore your health.

The ECS is a vast signaling network of CB receptors interconnected thorough the body’s organs, glands, and tissues. It modulates and regulates nearly all physiological and cognitive processes including the immune system, nervous system, detoxification pathways and many more. Research has shown when adhesions of tissue are released in the body, the body’s receptors function more efficiently.

***Recept/Focus Oil:***

##### RECEPT delivers a broad spectrum of seven active terpenes and multiple phytocannabinoids including the highest amounts of CBG (cannabigerol) in a hemp extract on the market today. Using a proprietary Sonicated Nano-Technology™ delivery system, each drop of RECEPT is formulated for rapid absorption that promotes fast-acting, long-lasting therapeutic benefits for the mind & body.

This oil is packed full of CBG known for its bone, gut, and neuro-regenerative health. This oil can give a brain boost of clarity & energy so try just a few drops initially, and increase as feels right for your body.

***Calm Oil Sample Pack:***

##### Formulated specifically for rest and sleep, CALM is crafted with a bounty of botanicals including organically sourced hemp phytocannabinoids and terpenes, a proprietary relaxation-inducing herbal extract blend, and neurotransmitter nutraceuticals.

This oil is a great oil to take at night for a restful, deeper sleep but also be taken during the day to help decrease stressful moments. Its suggested to start with 5 drops at night and then increase as needed. During the day 1-2 drops might do the job without adding sleepiness.

***Nox CBD & Nitrious Oxide Facial Serum Samples (FREE Samples!):***

##### **Full Spectrum Hemp NOX™ breathes life into your skin—flushing impurities and delivering antioxidant-rich CBD and Vitamin C & E directly into the dermis. NOX is the world’s only hemp-infused, nitric oxide skin rejuvenation system that uses progressive technology to help your skin naturally purify and revive itself.**

##### **Nitric oxide is one of the most important molecules the human body depends on to sustain natural beauty and allure. Without a healthy presence of nitric oxide, the skin begins to wrinkle, discolor, and becomes brittle over time.**

##### **As critical as nitric oxide is to skin and face health, your nitric oxide production decreases by upwards of 10 to 12 percent per decade due to aging, oxidative stress, poor diet, and lack of physical activity. That’s why nitric oxide supplementation is an absolute for skin restoration and maintenance.**

##### Hey, sometimes when we look our best we feel our best, right? ☺

\*\* Please visit [www.head2soul.primemybody.com](http://www.head2soul.primemybody.com) for more information on each product.\*\*

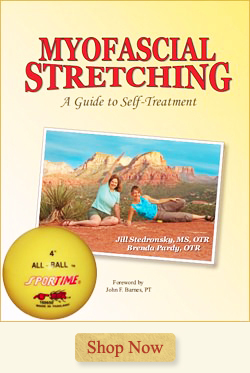
***Recommonded Books for a better understanding of mfr:***

* Patient’s Guide to MFR
* Therapist’s Guide to MFR
* Myofascial Release Healing Ancient Wounds: The Renegade's Wisdom  
  John F. Barnes, PT
* Myofascial Stretching (w/fascia ball):

This book was written for both the lay person who has chronic pain, muscular tightness and/or postural dysfunction; and also for Clinician's to give their patients for home exercise programs. It can benefit anyone with pain or tightness from serious and weekend athletes to office workers and therapists with repetitive strain symptoms. The authors, Jill Stedronsky and Brenda Pardy, are both Occupational Therapists in Denver, Colorado. Many of the techniques were developed while working with clients or engaging in their own self-treatment. Both have utilized Myofascial Stretching to improve the quality of their own lives. Jill used it to overcome 20 years of chronic pain throughout her body, including diagnoses of chronic fatigue syndrome, fibromyalgia and numerous orthopedic conditions. Brenda employs it to treat occasional low back disc pain. Book comes with a 4” ball.

Two ways to do Myofascial Stretching are included here: One using a small inflatable ball and one utilizing active elongation. The two methods complement each other, especially when one first releases an area of tightness with the ball and then follows up with an active elongation stretch to the same area.

The Myofascial Stretching Book: A Guide to Self-Treatment can be ordered on Amazon.com as a hardcover or an ebook. It will soon be available on Amazon as Print on Demand. [https://www.amazon.com/Myofascial-Stretching-Self-Treatment-Jill-Stedronsky-ebook/dp/B01AC9U7K6/ref=sr\_1\_2?crid=2F6EB1YMMD82O&keywords=myofascial+stretching+a+guide+to+self-treatment&qid=1576972910&sprefix=myofascial+stretching%2Caps%2C201&sr=8-2](https://www.amazon.com/Myofascial-Stretching-Self-Treatment-Jill-Stedronsky-ebook/dp/B01AC9U7K6/ref=sr_1_2?crid=2F6EB1YMMD82O&keywords=myofascial%20stretching%20a%20guide%20to%20self-treatment&qid=1576972910&sprefix=myofascial%20stretching%2Caps%2C201&sr=8-2&fbclid=IwAR2LH-OIbwvmUGiTrph2rAstxFp2Uw6cNPvieOwbSTOKiSv002GqnjYjLtU)



For an extensive list of books and articles please go to:

www.myofascialrelease.com/resources/recommended-reading.aspx

\*\*\*Gift Basket a $230 value\*\*\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.