

# Recovazon™ Helps Ease the Traumas and Strains of Life

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Pain is a topic that everyone understands. It comes and goes in our lives, sometimes staying around for long periods of time. We develop ways to cope with this pain and form habits of posture and movement that become the way in which we move in the world. Long-standing pain and postural misalignments impact the way our body systems function.

The body naturally tends toward what is known as structural homeostasis, meaning balance and alignment in form. When this balance and alignment is imbalanced, problems in the functioning of the body occur. Likewise, when this balance and alignment is restored, bodily functions are improved. This is called Wolf's Law where "form follows function and function follows form."

Postural misalignments occur due to both sudden injury and to long-standing habits of stance and movement that develop in reaction to one's physical and emotional environment. Misalignments occur with areas of shortened muscle and areas of stretched muscle, with more extreme cases involving torn muscles.

Certainly we are all familiar with the pain that results from a physical trauma or injury – a bone fracture, for example. In order to protect the area against further injury and to reduce blood loss, muscles around the fracture or tear site go into spasm. They constrict quickly and intensely in reaction to the trauma as part of the body's natural propensity toward self-protection. This muscular tension becomes problematic when it continues past the time necessary for the healing of the fracture. It is not at all uncommon for people to experience chronic muscular tension in areas where a fracture occurred many years after the fracture itself has healed. This tension, or muscular shortening, and also the stretching of other muscles to accommodate the tension, causes the body to become misaligned.

Forming ourselves into habitual patterns of posture and movement is also something that happens as we develop our personalities growing up. In response to an emotionally painful encounter with a parent, for example, a child will form himself into a certain posture to cope, not with physical pain, but with emotional pain. Just as muscles constrict around areas where a physical injury has occurred, likewise muscles constrict in an attempt to buffer against emotional pain. When the event that triggered the emotional pain is intense enough and/or long-lasting enough, the protective muscular patterning becomes habitual. Just like the tension arising from physical injury, the muscular tension and structural misalignments arising out of emotional injury can become chronic as well. Regardless of the initial event causing the muscles to tense up, the tension and its effect in the body are to a great extent the same.

One of the impacts of chronic tension in the body is a build-up of lactic acid. Lactic acid, which is produced when muscles constrict, is meant to circulate as part of normal muscular function. When circulation is reduced due to chronic muscular contraction, however, lactic acid builds up in the area.

The body has what is known as a pH level, which measures the acid/alkaline balance. The measurement of this balance is linked to the degree of optimal health attained. The ideal pH level is a measurement of around 7.0 to 7.4. When the pH level is outside this range, physical health is compromised. An excessively acidic condition is quite common in the United States

due largely to a diet high in acidifying foods and substances. Add to that the lactic acid resulting from chronic muscle tension and the combination can be deadly.

The body responds to this build-up of acid by sending in calcium. Calcium has an alkalinizing effect. The more acid in an area, the more calcium must be sent in to attempt to balance the body's pH. As calcium deposits grow they turn into blockages. They become kidney stones in the kidneys and gall bladder stones in the gall bladder. Many are familiar with muscle "spurs," areas where a small, sharp pain is felt in muscle tissue. These, too, are build-ups of calcium. Skeletal weaknesses and conditions such as osteoporosis are often found in those with chronic muscular tension. This is due to the extraction of calcium from the bones in order to handle the acidity in the muscle tissue around the bones.

When it comes to getting the body back in alignment, Paul St. John has identified four distinct stages, which he calls the Proper Stages of Rehabilitation. In the first stage, it is necessary to reduce hyper constriction. In other words, get the muscles to relax. When the muscles relax, they stop producing lactic acid and become more flexible allowing for structural changes to occur. Calmazon™ is helpful at this stage as it provides herbs that relax and sooth the muscles as well as the nervous system. Proper movement, which is restored in the second stage of rehabilitation, is dependent upon flexible and fluid musculature. as part of the body's natural propensity toward self-protection. This muscular tension becomes problematic when it continues past the time necessary for the healing of the fracture. It is not at all uncommon for people to experience chronic muscular tension in areas where a fracture occurred many years after the fracture itself has healed. This tension, or muscular shortening, and also the stretching of other muscles to accommodate the tension, causes the body to become misaligned.

Recovazon™ works in a couple of ways to assist in these first two stages. It helps to reduce lactic acid build up thus improving circulation. Flexibility is increased with the use of Recovazon™, too, as inflammation and tension is reduced.

Building strength is the third stage. Sumacazon™ is key at this stage, providing essential nutrients that help strengthen the body. Restoring cardiovascular activity, or aerobic activity, is the fourth stage. Blood circulation has been constricted in areas of chronic tension thus limiting the intake of essential nutrients and causing a build-up of wastes. Calcium deposits have also blocked areas of circulation. Restoring cardiovascular activity means getting blood flow back into those areas where it has been cut off due to tension and blockages. Recovazon™ is helpful again at this stage, gently assisting circulation.

Paul St. John regularly uses Recovazon™ with his clients. He teaches them how to apply a Recovazon™ poltice to areas of pain. This poltice consists of a 3"x 3" or 2"x 2" nonallergic band-aid with a paste made of four capsules of Recovazon™ and just enough hot water to form a paste. This patch is then left on overnight, allowing deep penetration and absorption of the herbal properties. The new Recovazon Topical Gel™ allows for a broader topical application. It can be much more easily applied over a larger area and can be applied more frequently as well.

With oral and topical Recovazon™ products, we can really nourish our muscles from both inside and out and experience the benefits of soaking in the rich rainforest herbs. It is a great way to ease the strains of life.

*Paul St. John is the founder of the St. John Method of Neuromuscular Therapy and the St. John Neuromuscular Pain Relief Institute. Sara Cowan holds a Master of Arts degree in somatic psychology from John F. Kennedy University and is a freelance writer.*