

HIDDEN SECRETS OF SCARS

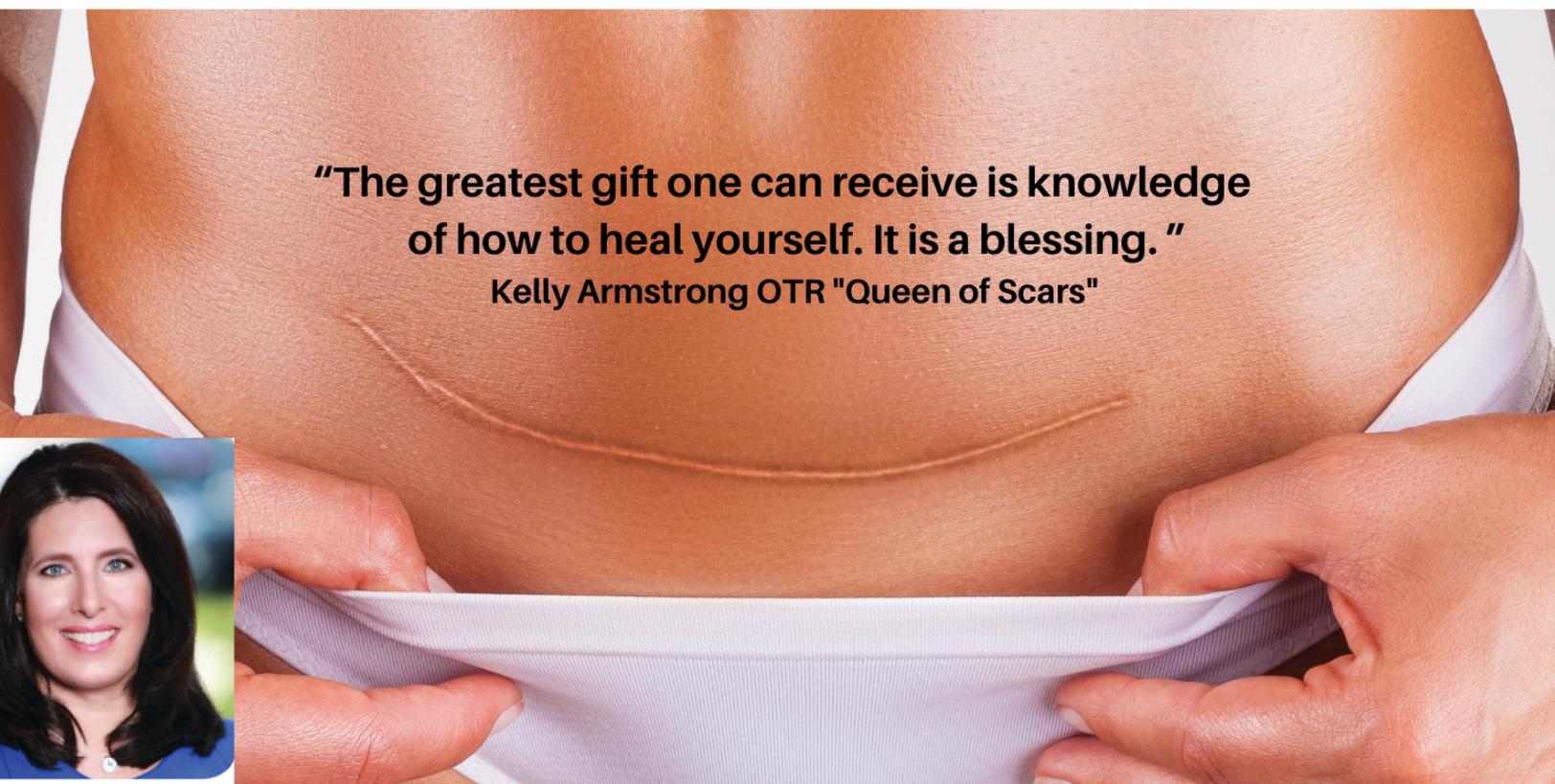


C-SECTION EDITION



Scar Release Therapy

Release Your Hidden Barriers



"The greatest gift one can receive is knowledge of how to heal yourself. It is a blessing."
Kelly Armstrong OTR "Queen of Scars"



By Kelly Armstrong "Queen of Scars"

Scars, everyone has them. Every scar tells a story, holds an emotion and has something to say. Every surgical scar tells a story, of a deeper, personal and spiritual journey, of hardship, loss, grief and endurance. People remember each scar, as they accumulate with us throughout our lives, shaping us, moulding us and changing us in so many ways. Scars physically force us to adapt to their presence.

Anytime the body has to heal an area that tissue can be considered a scar!!! We all accumulate traumas and injuries throughout our lives. These scars and traumas impact the body in negative ways. They restrict or bind the fascia, muscles, nerves, bones, organs and systems. They produce a straitjacket like effect throughout the entire body structure! They block the movement of circulation and energy which can interfere with health and wellness. Scars cause sympathetic nervous system up-regulation and act as stress agonists, creating an environment for sickness and pain.

Scars contribute to the cause of cognitive decline and lead to neuro degeneration, chronic pain and dysfunction to digestive, endocrine or hormonal, circulatory, reproductive and energetic systems. Trauma is universal. It is part of life from birth to death.

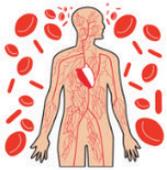
Every scar has a story to tell and might even hold emotions that took place during the damaging event. Every scar is different. Each scar represents a time in our lives that has remnants relating to our journey, hardship, loss, grief and endurance.

Within scars lies a very powerful key to unlocking and improving the recovery and vitality of a person. As humans, we experience many traumas and injuries throughout our lives as we work and play. Scars are universal to all of us.

C-Section

Influence is very deep

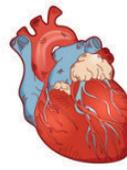
Scars Hidden Influence



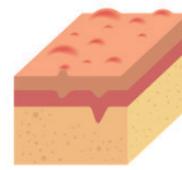
Scars block **circulation** and energetic flows through the meridian system, producing energy and circulation stagnations in extremities, especially lower extremities.



Scars create internal **adhesions** inside the body. **Adhesions** act as internal "strait jackets", reducing muscle and organ performance and producing pain.



Scars up-regulate the sympathetic nervous system, producing **stress**, decreasing **heart rate Variability**, or ("HRV") and healing vagal tone.



Scars injure Fascia, causing "kinks" that ripple throughout the body causing body-wide structural imbalances and chronic pain



Scars negatively influence hormones by activating sympathetic stress, which elevate cortisol & suppress sex-hormones

Having a baby is a momentous, powerful, and life altering event! C- Section is one of the most common surgeries performed in the US, with one out of three women giving birth by C- Section - a total of 1.3 million per year. All surgeries can be difficult even when planned, but when unforeseen medical issues require the birth of a baby by C-Section, it tends to carry negative emotions that may get locked in the body.

It is well known all scars and traumas impact the body in negative ways, but C-Sections are very special. Centered over the hip flexors and major organs, their existence block the upwards movement of circulation and energy, which can interfere with health and wellness. Their anatomical location ensures significant health problems post-operation. They restrict or bind the fascia, muscles, nerves, bones, organs and systems, producing a straitjacket like effect throughout the entire body structure! C-sections cause sympathetic stress and acts as stress agonists, creating an environment for sickness and pain.

Are Scars the Root Cause of Chronic Pain?

By Kelly Armstrong, OTR/L



MASSAGE
magazine

Fascia-Stress Theory of Pain

By Kelly Armstrong, OTR

The most plausible explanation of scars' body-wide negative influence lies within the fascia-stress theory, first presented by Kelly Armstrong "Queen of Scars" in Massage Magazine (Oct. 2019).

In the article, "THE FASCIA-STRESS THEORY: AN APPROACH TO SCAR REDUCTION" it was announced that scars activate STRESS due to injured fascia, which are layers of connective tissue underneath the skin that connect to all muscles and organs of the body. During surgery, for example, fascial layers are injured during cutting, severing communication between them and altering their structures.

One small injury can cause significant fascial straining throughout the body, producing body-wide structural changes and asymmetry. This leads to chronic pain and muscle weakness far removed from scar or trauma site, since FASCIA is also the skeletal system for the sympathetic fight or flight system.

The sympathetic branch of our nervous system becomes up-regulated when we need to fight or flee. Its purpose is protection and survival. Its action pushes all energy inside us to the musculoskeletal system to improve chances to fight or run away from a predator. The highly innervated skin and fascia react negatively when injured, activating stress 24/7.

Stress activation is directly connected in science to: anxiety, depression, PTSD and post-partum disorder. If you feel ill, exhausted, fearful, depressed, or emotionally imbalanced, your scars may be responsible.

Self-releasing scars can help us cope with wild mood swings and crushing emotions that sometimes affect us all. When scars are released, stress is reduced while vagal tone increases (our parasympathetic calm & healing) to better balance our nervous systems to allow us to heal and move forward.

To recap, fascia becomes injured, scar formation occurs, and both activate stress. This Fascia-Stress influence has a ripple effect through the entire fascial and nervous systems, negatively influencing every aspect of our lives.



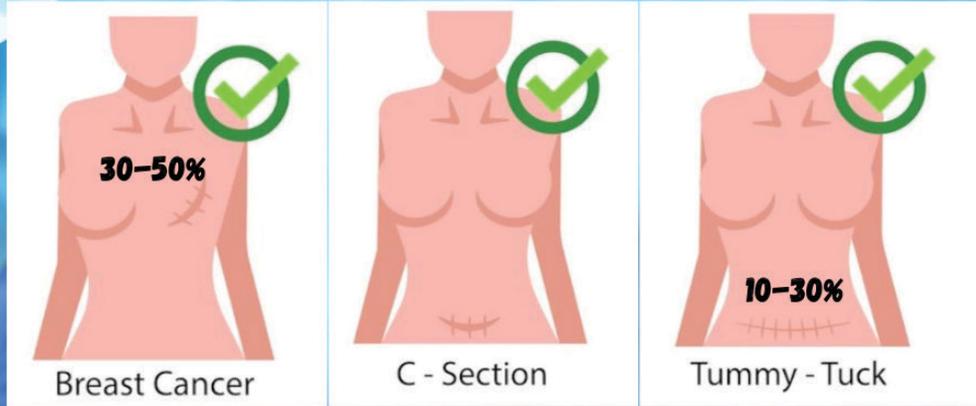
C-SECTION SCAR RELEASE
THERAPY GROUP:

www.CsectionScars.com

Role of Surgery in Causing Chronic Pain is Well Known



Top Sites for Post-op Pain*



Medical research NOW recognizes that surgery is creating a new diagnosis in postoperative patients called chronic post surgical pain - loosely defined as pain lasting more than three months after surgery.

It is reported in science that up to one third (1/3) of patients undergoing common surgical procedures report persistent or intermittent pain of varying severity at one year postoperative.

Doing the math, surgery in the USA causes around 14 million people to join the chronic pain suffering group, which is quite shocking. If you suffer from back, neck or shoulder pain, your C-Section is probably the cause.

Scar Location for Inducing Chronic Post Surgical Pain (CPSP): LANCET (N=4475)	
Scar Location	Percentage Patients Suffering PAIN Post Surgery
Amputation (Lower limbs)	30-50%
Thoracic (Breast, Cardiac)	30-50%
Abdomen (C-section, Appendix Laparoscopic, tummy tuck)	10-30%
Hernia (Inguinal)	10-30%

C-SECTIONS PROVEN TO CAUSE BODY-WIDE CHRONIC PAIN



Neck Pain



Shoulder Pain



Back Pain

A RECENTLY PUBLISHED SCAR STUDY PROVIDES HOW FAR REACHING THIS NEGATIVE INFLUENCE IS THROUGHOUT OUR BODIES.

IN THIS STUDY ONLY SMALL PERCENTAGE OF THE CHRONIC PAIN EXPERIENCED BY PATIENTS WAS LOCALIZED AT THE SCAR SITE, WITH 80% OF PAIN DISTANT FROM C-SECTION. OVER 80% OF THE PAIN CAUSED BY C-SECTIONS WAS LOCATED:

TOP C-SECTIONS POST-OP PAIN SITES

**BACK (39.2%) SHOULDER (17.6%)
NECK (17.6%) HIPS (7.85%)**

THIS STUDY MAY BE A SHOCK TO MANY WHO HAVE RECEIVED C-SECTIONS, BUT THE THE SCIENCE IS IN. OTHER STUDIES ALSO HAVE DIRECTLY LINKED C-SECTIONS TO POSTOPERATIVE BACK PAIN, SHOULDER PAIN AND NEUROPATHIC PAIN.

SO IF YOU WERE WONDERING IF YOUR CHRONIC NECK OR SHOULDER PAIN THAT DEVELOPED OR BECAME WORSE AFTER YOUR C-SECTION, THERE IS VERY GOOD CHANCE YOU NOW KNOW THE ROOT CAUSE.

OBM Integrative and Complementary Medicine



Original Research

Treatment of Chronic Post Surgical Pain Using Micro-current Point Stimulation Applied to C-Section Scars

Special Issue: [Acupuncture for Women's and Children's Health](#)

Published: September 25, 2019

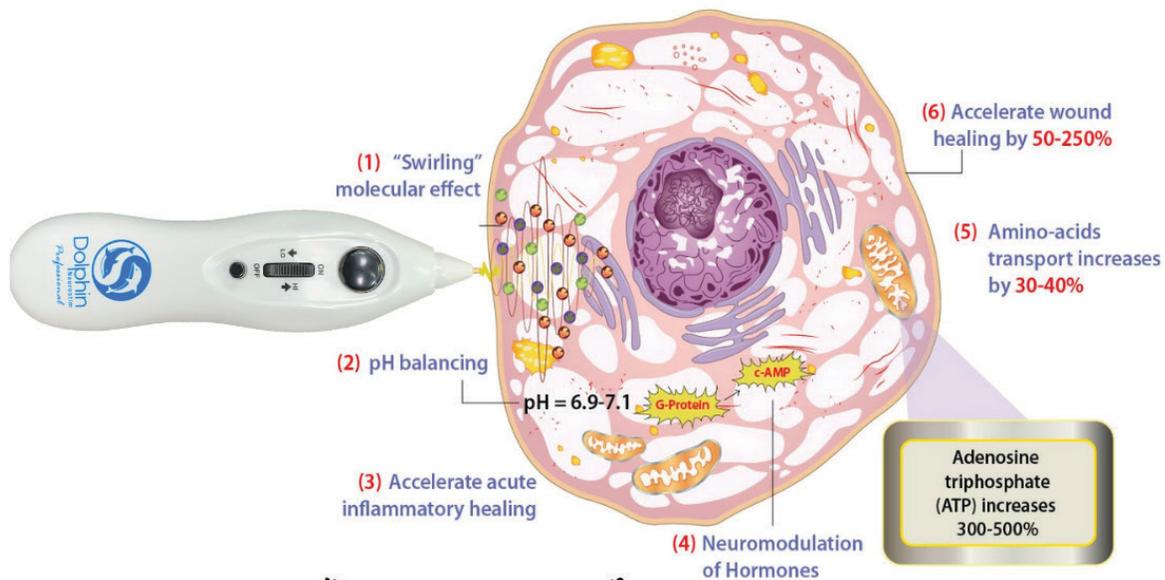
Primary PAIN Location Caused by C-sections N=47

PAIN Location	Percentage of Total PAIN
Back Pain	27.3%
Shoulder	18.9%
Neck	12.6%
Hips	10.5%
Abdomen (local)	10.5%
Knees	6.3%
Headaches	4.2%
Feet Pain	4.2%
Pubic Pain	4.2%
Fibromyalgia	2.1%

SCAR RELEASE THERAPY

Scar Release Therapy (SRT) is a patented and scientifically published scar reduction technique that is simple and highly effective for reducing the negative influence of scars throughout the body.

Applying SRT to each side of scar tissue electrically "repolarizes" scars. This targeting of direct cellular stimulation of microcurrent waves through the scars is simple and discomfort free that works by reducing dermal trauma, adhesion and fascial restrictions - with newly "re-polarized" smaller scar is noticeably softer, with increased pliability and diminished size/physical appearance.



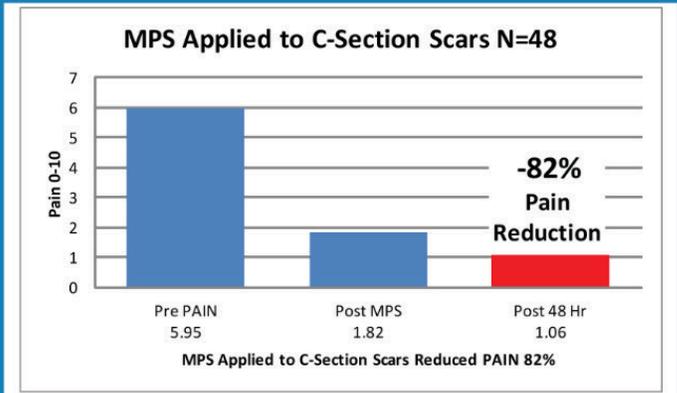
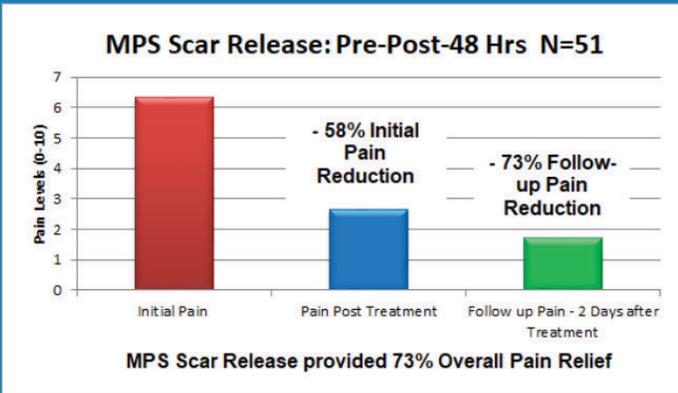
MPS SCAR RELEASE IS ONLY PUBLISHED SCAR PAIN THERAPY


MedCrave International Journal of Complementary & Alternative Medicine
 Step Into the World of Research

The Successful Treatment of Chronic Pain Using Microcurrent Point Stimulation Applied to Scars
Int J Complement Alt Med 2017, 10(3): 00333

OBM Integrative and Complementary Medicine


Original Research
Treatment of Chronic Post Surgical Pain Using Micro-current Point Stimulation Applied to C-Section Scars
 Special Issue: [Acupuncture for Women's and Children's Health](#) Published: September 25, 2019



IN THIS STUDY (N=51) PATIENTS WHO WERE EXPERIENCING CHRONIC PAIN AN AVERAGE OF 5.61 YEARS POST-OPERATIVE WERE TREATED WITH A SINGLE SESSION OF SRT.

IT WAS OBSERVED THAT 90% OF THE PAIN EXPERIENCED BY PATIENTS WAS DISTANT FROM THE SCAR SITE. ALSO, 80% OF THE PAIN PRODUCING SCARS WERE LOCATED IN THE ABDOMEN.

ONE SESSION OF SRT PRODUCED AN INITIAL 58% PAIN RELIEF FOLLOWED BY FURTHER INCREASE TO 73% TWO DAYS LATER.

THESE IMPROVED OUTCOMES OVER TIME SUGGEST FUNCTIONAL CHANGES WERE PRODUCED BY SRT.

ALL OF THE STUDY PARTICIPANTS WERE THERAPISTS (OT, PT, LMT AC).

THIS STUDY FOCUSED ON C-SECTIONS, WHICH PRODUCED THE STRONGEST PAIN RELIEF OUTCOMES IN THE PREVIOUS (N=47) SCAR STUDY.

(N=47) C-SECTION PATIENTS WHO WERE EXPERIENCING CHRONIC PAIN AN AVERAGE OF 7.84 YEARS POST-OPERATIVE WERE TREATED WITH A SINGLE SESSION OF SRT.

IT WAS OBSERVED THAT 80% OF THE PAIN EXPERIENCED BY PATIENTS WAS DISTANT FROM THE C-SECTION SITE.

ONE SESSION OF SRT PRODUCED THE SAME PATTERNS AS THE 1ST STUDY, WITH AN INCREASED TOTAL PAIN RELIEF TO 82.5%.

**TOP C-SECTION CHRONIC PAINS:
BACK (39.2%) SHOULDER (17.6%)
NECK (17.6%) HIPS (7.85%)**

READ WHAT OTHERS ARE SAYING ABOUT SCAR RELEASE THERAPY

**Today's
Parent**

New C-section Scar therapy a game-changer for me
Dec 2019

"While my scar was still visible after the first session, the scar was detectably smaller...and the ridge above the scar (the small overhang of skin that I had read was a fact of life post-Caesarean) was 90 per cent smoothed out".

Scar

Release Therapy

VOTED Best Scar Release



MASSAGE
magazine

Are Scars The Root Cause of Pain? Oct 2019

" Abdominal scars have been reported to cause back, hip and neck pain, along with all sorts of organ dysfunction. C-sections have already been linked in research to postoperative back pain"

Townsend Letter

The Examiner of Alternative Medicine



Non-Invasive Scar Therapy May 2020

"integrating Scar Release Therapy is an important adjunct into any clinical setting for reducing muscle tone, fascial restrictions and sympathetic stress prior to any other therapeutic interventions"

WHAT MPS SCAR RELEASE THERAPY MEANS TO YOU

MOM THE PATIENT:

IT MAY BE A REVELATION NOW TO MANY NEW MOTHERS WHO HAVE READ THIS BOOK AND REALIZE THAT THE CAUSE OF MANY OF YOUR CURRENT HEALTH PROBLEMS MAY BE DUE TO YOUR C-SECTION, BUT THIS IS THE TRUTH. YOUR THERAPIST OR PRACTITIONER CANNOT BE HELD RESPONSIBLE SINCE THEIR EDUCATIONAL BACKGROUND OMITTS ANY REFERENCE TO THE NEGATIVE IMPACT SCARS OR STRESS HAVE ON THE BODY.

NOW THAT YOU (THE PATIENT) HAVE GAINED THIS INSIGHTFUL KNOWLEDGE, AND NOW POSSESS THE PROPER TOOLS, YOU CAN NOW OPTIMIZE YOUR (AND YOUR FAMILIES') HEALTH WITH HOME-BASED SCAR THERAPY. YOU WILL SAVE A GREAT DEAL OF MISERY AND EXPENSE IN THE FUTURE IF YOU DO.



THERAPIST:

THERAPISTS MAY NOW HAVE TO RESIGN THEMSELVES TO THE FACT THAT SCARS MANY BE CAUSING MANY OF THE PAIN AND FUNCTIONAL PROBLEMS THEY SEE ON A DAILY BASIS. IT MAY BE A RELIEF TO KNOW THERE IS FINALLY AN EXPLORATION AS TO WHY MANY OF YOUR REFRACTORY PAIN PATIENTS HAVE NOT RESPONDED TO TRADITIONAL THERAPEUTIC APPROACHES. THEY ARE NOT INCLUDING SCARS AS THE PRIMARY SOURCE OF PAIN AND DYSFUNCTION. WITHOUT INCLUDING SCARS INTO YOUR DAILY TREATMENT REGIMES WITH PATIENTS, OUTCOMES WILL ALWAYS BE SUB-OPTIMAL.

HOWEVER, SCIENCE IS BOTH KNOWLEDGE AND POWER, AND THE EVIDENCE IS NOW VERY OVERWHELMING, AND IT APPEARS EVERY THERAPIST WILL HAVE TO INCLUDE SCAR ASSESSMENTS INTO FUTURE PATIENT INTAKES IF THEY INTEND TO TREAT THE ROOT CAUSES OF THEIR PATIENT'S CHRONIC PAIN AND FUNCTIONAL DYSFUNCTION.



SURGEON/DOCTOR:

AS SURGEONS YOU MUST NOW REALIZE THERE IS FLIP SIDE TO THE PROCEDURES THAT YOU DO. PATIENT CARE NOW MUST EXTEND BEYOND THE SURGICAL RECOVERY ROOM TO INCLUDE POST-OPERATIVE SCAR MANAGEMENT IN ORDER TO THWART FUTURE EPISODES OF CPSP AND POSSIBLE DISEASE MANIFESTATION DUE TO ONGOING SCAR-STRESS ACTIVATION.

THERE IS A NEED TO "BALANCE" THE OBVIOUS BENEFITS OF SOME SURGERIES WITH THE NOW KNOWN RISKS OF THE FUTURE POSSIBILITY OF DISABLING PAIN AND SUFFERING, WHICH WILL OCCUR IN A STATISTICALLY SIGNIFICANT PORTION OF PATIENTS.



PATIENT FEEDBACK:

"I AM A PTA AND AN ACUPUNCTURIST AND THIS IS WHAT I HAVE BEEN LOOKING FOR, FOR ALMOST 30 YEARS...I HAVE ATTACHED SOME PICTURES OF SOME OF THE ADHESIONS MY WIFE HAS FROM NARCOTIZING FASCIITIS AS AN INFANT, SHE IS NOW 53. I WAS BLOWN AWAY BY THE RESULTS AFTER ONLY 1 TREATMENT. THANK YOU." – JONNE C

"MY SCAR WAS VERY PRONOUNCED AND VERY PINK IN COLOR. AFTER I TRIED DOLPHIN SCAR RELEASE THERAPY, MY SCAR TOTALLY CHANGED COLOR AND BECAME NOT SO PRONOUNCED. IT WAS ABSOLUTELY AMAZING! NOW, MY STOMACH IS NOT SO TIGHT FROM ALL THE SCAR TISSUE." – DONNA H.

APPLYING SCAR RELEASE THERAPY



FEDERAL LAW
RESTRICTS
THIS DEVICE TO
SALE BY OR ON
THE ORDER OF
A PHYSICIAN

APPLYING SCAR RELEASE

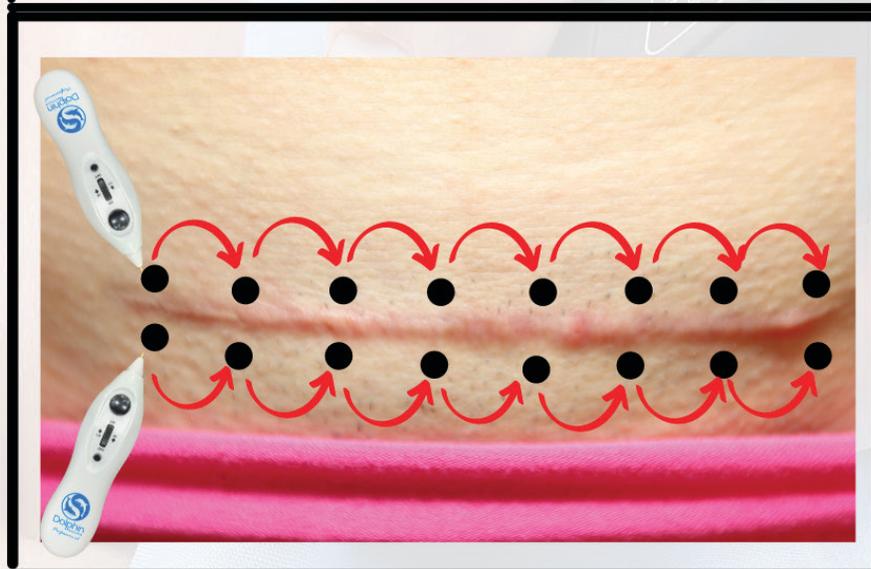
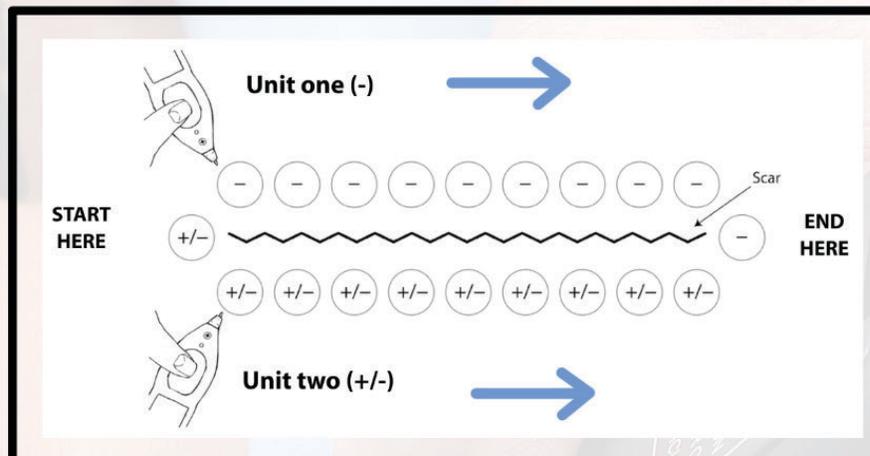
Scar release technique uses two Dolphin Neurostim devices. Here are the Key Steps.

- *Set one unit on negative polarity (-ve) and the other unit on bi-phasic (+/-) polarity.*
- *Place both units on opposite sides of the scar (1/4 inch from the scar).*
- *Activate and hold devices for 20-30 seconds. This will direct a negatively (-ve) poled current through the positive (+ve) poled scar tissue.*

(This will create an electrical sewing effect throughout the scar. You will see visible and palpable changes during the first treatment session).

- *Treat the length of the scar on each side where the stitches or sutures would have been placed, holding the treatment button for 20 to 30 seconds at each segment. After you finish the first sweep of the scar, place each unit at each end of the scar to run the electricity longitudinally (end-to-end) through the scar tissue.*
- *Repeat this process for three (3x) sweeps of the scar, one for each fascia layer.*

If the scar is circular or irregular in shape proceed to treat around the edges of the scar in the same pattern. For additional advice, please contact 1-800-567-7246 (PAIN)



FINISHING OFF SCAR RELEASE THERAPY

Reconnecting Electrically and Enhancing Cellular Transport

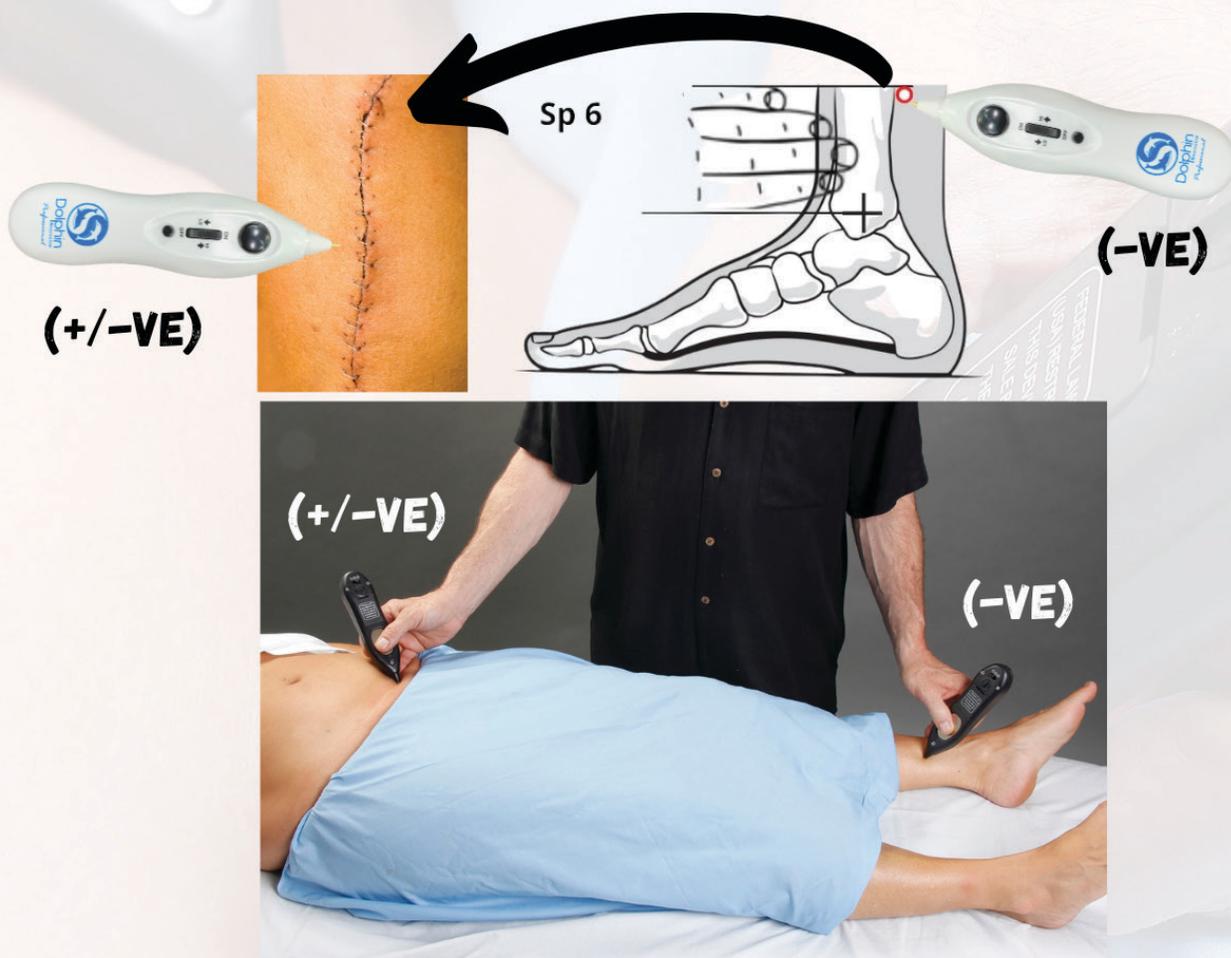
Sp 6 - Pushes energy upwards through the heart & into the upper limbs and electrically reconnects the lower and upper parts of the body.

Location: Sp 6 is located 4 fingers above apex of inner ankle bone (medial malleolus) and just behind tibia bone. Very tender when palpated.

Angle Dolphin at 45 degrees towards bone. Use (-ve) polarity.

TECHNIQUE: with the patient supine, place one device on the abdominal scar on (+/-) Bi-polar and the other (2nd) device on Sp6 on negative (-ve) polarity.

Activate and hold for 30 seconds. Keep the device on Sp6 static, and move the 2nd device on the scar along the length of the scar (every 1/2 inch). Repeat along entire length of scar, and "plug" or treat both ends!





VAGAL STIM NEWS UPDATE

NEW



DOLPHIN VAGAL STIM INSTANTLY REDUCE STRESS & ANXIETY



APPROVED FOR COVID-19
RESPIRATORY DISTRESS



**TODAY'S MOST POTENT RELAXATION THERAPY
... RECEIVE 8 FULL MESSAGES IN 5 MINUTES!**



Dolphin Vagal Nerve Stimulator (VNS) is *NOW* authorized by Health Canada for emergency use in the acute asthma treatment of adult patients with known or suspected COVID-19



HAPPY MOMS AFTER SCAR RELEASE



VIEW VIDEOS ON WEBSITE BELOW

www.CsectionScars.com
release your inner blockages