

There Are No Magic Bullets
Chris Ackermann, LMT
Time To Relax?

There are no Magic Bullets, no quick fixes to pain, especially chronic pain. Myofascial release is slow. A slow, gentle holding, a sinking in and waiting for a release. Healing is a process that myofascial release facilitates. I don't 'fix' anyone or anything. I do use MFR techniques to help your body heal itself.

Sometimes, working together, miracles can happen after only one session. That's great. Sometimes, when there's been something severe or long-standing you feel worse after a session. Continued sessions to work through the restrictions and open things up are needed. A couple of times a week works better than once a month, once a year or once period.

You, as a client have some responsibilities and some questions to answer. What are the results you are looking for? Are you willing to commit to showing up, realizing that a "one and done" attitude may hamper your own ability to heal? Are you willing to feel whatever you need to feel and let go of it? Even if that means you get worse before you get better? Will you take time to process all the changes, be gentle with yourself, drink water and do some self-care?

Healing is a messy, beautiful wonderful and sometimes frightening process. I invite you to take a leap. Listen to that small still voice that says, "You can do this – we can do this together."

Do you have migraines, fibromyalgia, chronic back or neck pain, surgical scars?
Schedule a Free Consultation at: www.chrisa.massagetherapy.com. Come in for a few sessions and lets see what happens. Because There Are No Magic Bullets.

Chris is an LMT and myofasical release therapist. You can reach her at:
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