

# BACK<sup>2</sup>NORMAL *be* responsible.™ MONTHLY TOPIC

July 2017

## MELTing over MELT

For the past couple of years the medical field has become fascinated with learning about the human body's Connective Tissue System, especially the fascia. So what makes fascia so fascia-nating? Well, connective tissue surrounds, intertwines, and connects all structures in the body. This tissue wraps around every bone, organ, muscle, nerve ending, tendon, ligament, and even blood vessels! When you directly improve the integrity of this fascial system, you start indirectly improving other systems and aspects of the body such as sleep and digestion.

Any person would benefit from training their connective tissue system. Until recently we have only been able to tap into this system using manual therapy techniques. MELT has taken those highly recognized and effective techniques to the masses by empowering individuals to be their own body worker. It brings self-care to a whole new level.

MELT is unlike any other therapy or fitness exercise program you have ever experienced. It is a simple self-care technique that reduces chronic pain and helps you stay healthy, youthful and active for a lifetime. Ten minutes of MELT three times a week is all you need to reduce the effects of accumulated tension and stress caused by daily living. MELT is backed by the latest science and acclaimed by tens of thousands of devoted MELTers around the world. New research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue. These two components work together to provide your body architectural support and optimal mind-body communication.

The connective tissue is what connects everything in the body. Improving the integrity of this tissue actually increases the efficiency of your body. What this means is you can increase how efficient the cells in your body are communicating on a molecular level. This is where your body will find its center of gravity faster and your brain can receive and communicate information with more clarity, effectiveness and efficiency, resulting in upgraded total body performance.



## So how does MELT work?

MELT uses specialized techniques with a soft body roller and small balls to help to release the accumulated stress of the day and feel an immediate change in the body after the first session. This one-of-a-kind treatment method rehydrates the connective tissue, rebalances the nervous system and restores space to compressed joints.



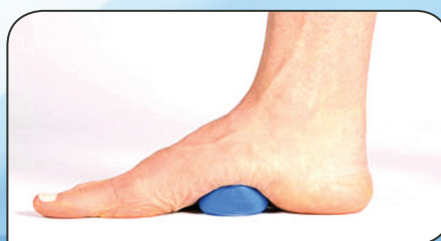
## MELT Improves

- Flexibility
- Alignment and posture
- Muscle performance with exercise and sport activities
- Recovery after exercise or sport activities
- Joint mobility
- Sleep and digestion
- Overall wellbeing



## MELT Reduces

- Aches and pains
- Tension, stiffness and stress
- Joint compression
- Headaches
- Injury risk
- Wear and tear on the body



MELT is for anyone who wants to slow down in the aging process and live pain-free. For those in their 40s, 50s, 60s and older who want to stay active, mobile, and independent, MELT is a must. MELT is also for active younger adults and athletes who want to maintain a fit, healthy body and achieve optimal performance without debilitating wear and tear.

## MELT Performance

Back 2 Normal offers many wellness and health products to help you achieve optimal health and performance. In addition to the MELT services we offer a line of MELT products including:

- MELT Soft Pro Rollers
- MELT DVD/Video
- MELT Hand and Foot Treatment Kit
- MELT Method Book

Please call the office at 727-362-6866 for further information and availability.

product of the month

