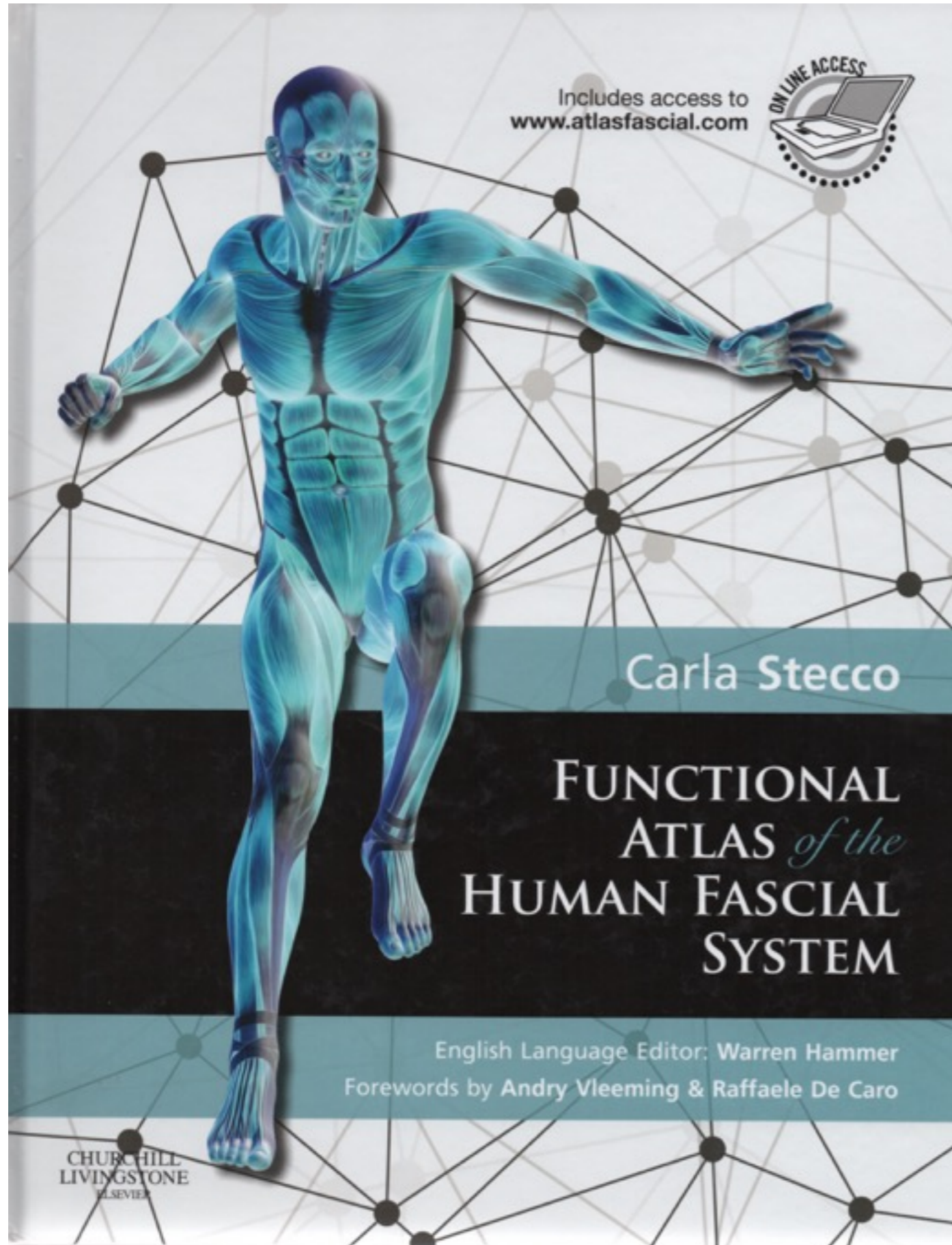


Yoga, Fascia, and Meridians

Moving beyond range of motion



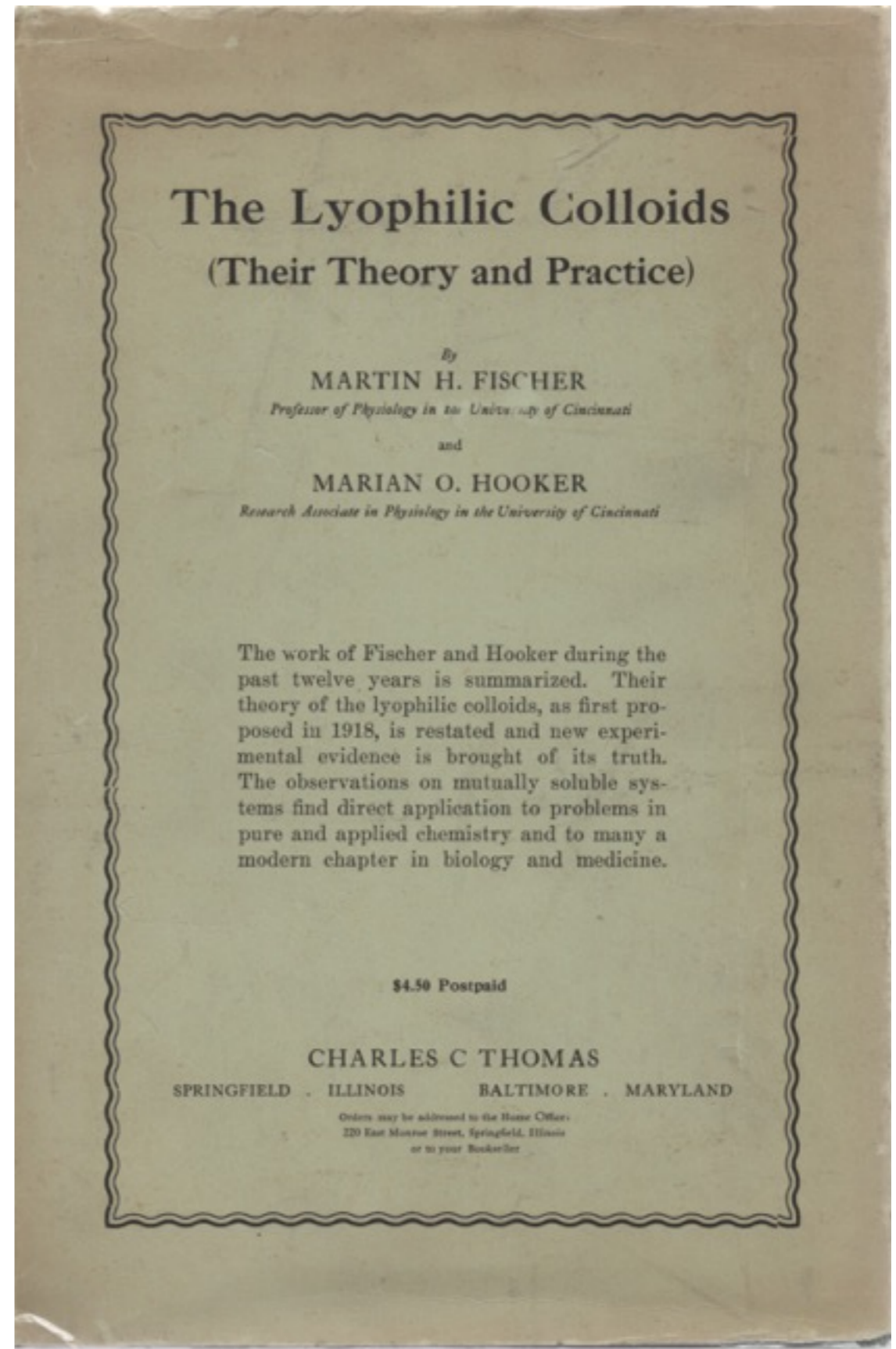
When we stress fascia
what are we stressing?

Cells
Fibres
Gels

Dr. Carla Stecco
2015

Colloid chemistry is the twilight between chemistry and physics—but that is where God has chosen to reveal himself.

Foreward to “Colloid Phenomena” 1930
- MARTIN H. FISCHER
1930





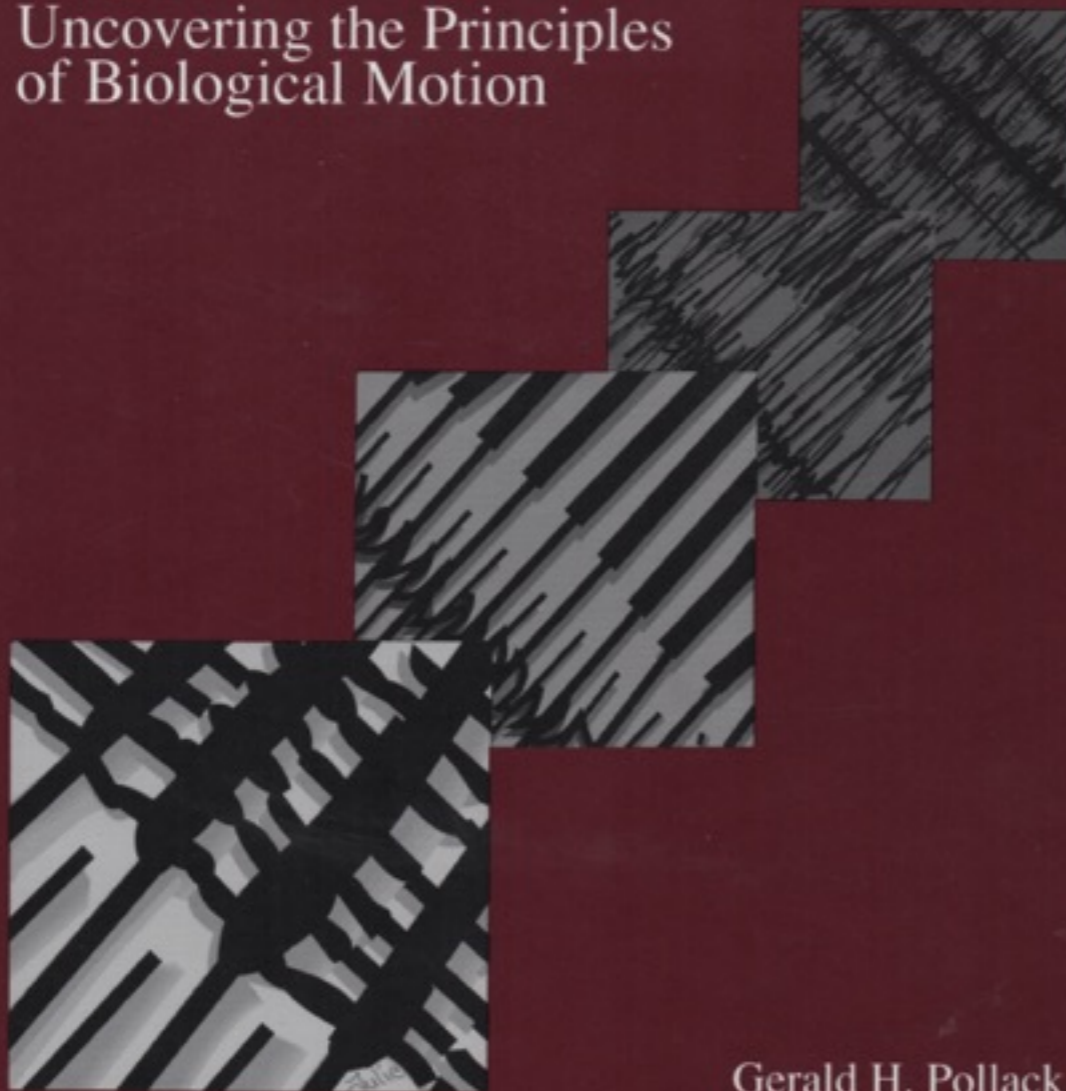
Life is water, dancing to the tune of macro
molecules.

(Albert Szent-Gyorgyi)

izquotes.com

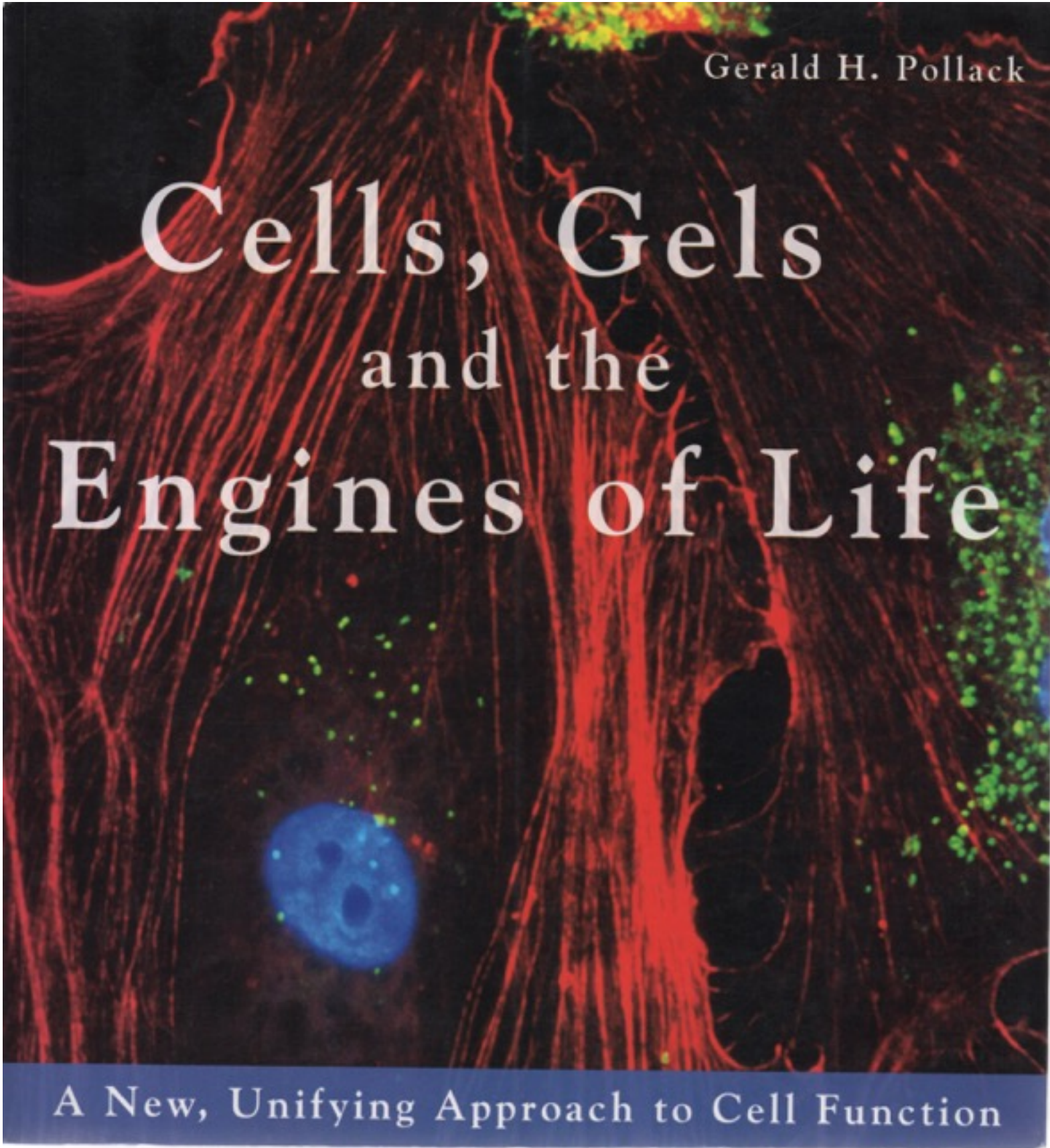
Muscles & Molecules

Uncovering the Principles
of Biological Motion



Gerald H. Pollack

Dr. Gerald Pollock
1990



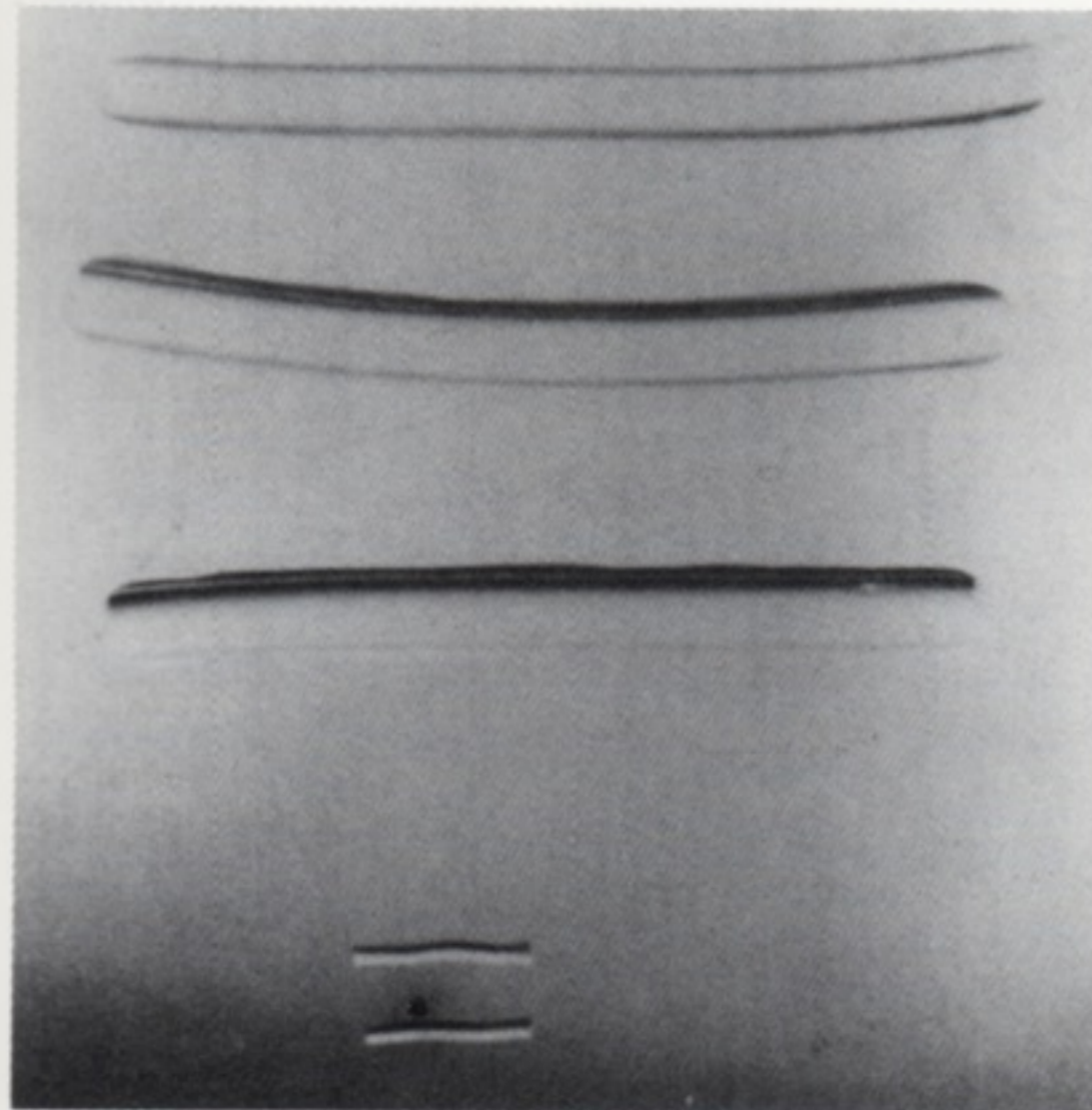
Gerald H. Pollack

Cells, Gels and the Engines of Life

A New, Unifying Approach to Cell Function

Dr. Gerald Pollock
2001

Figure 6.2. *Polyacrylamide gel in solvents of progressively varying composition (top to bottom). As the acetone/water ratio is brought beyond a critical level (between third and fourth panels) the gel undergoes a discrete transition. From Tanaka (1981).*



Muscles and Molecules

by Pollock

p.103

Figure 6.1. *Actomyosin gel, before (above) and after (below) addition of ATP. ATP causes marked shrinkage. Based on original experiments of H. H. Weber. From Szent-Györgyi (1951).*



Gels
are
Active

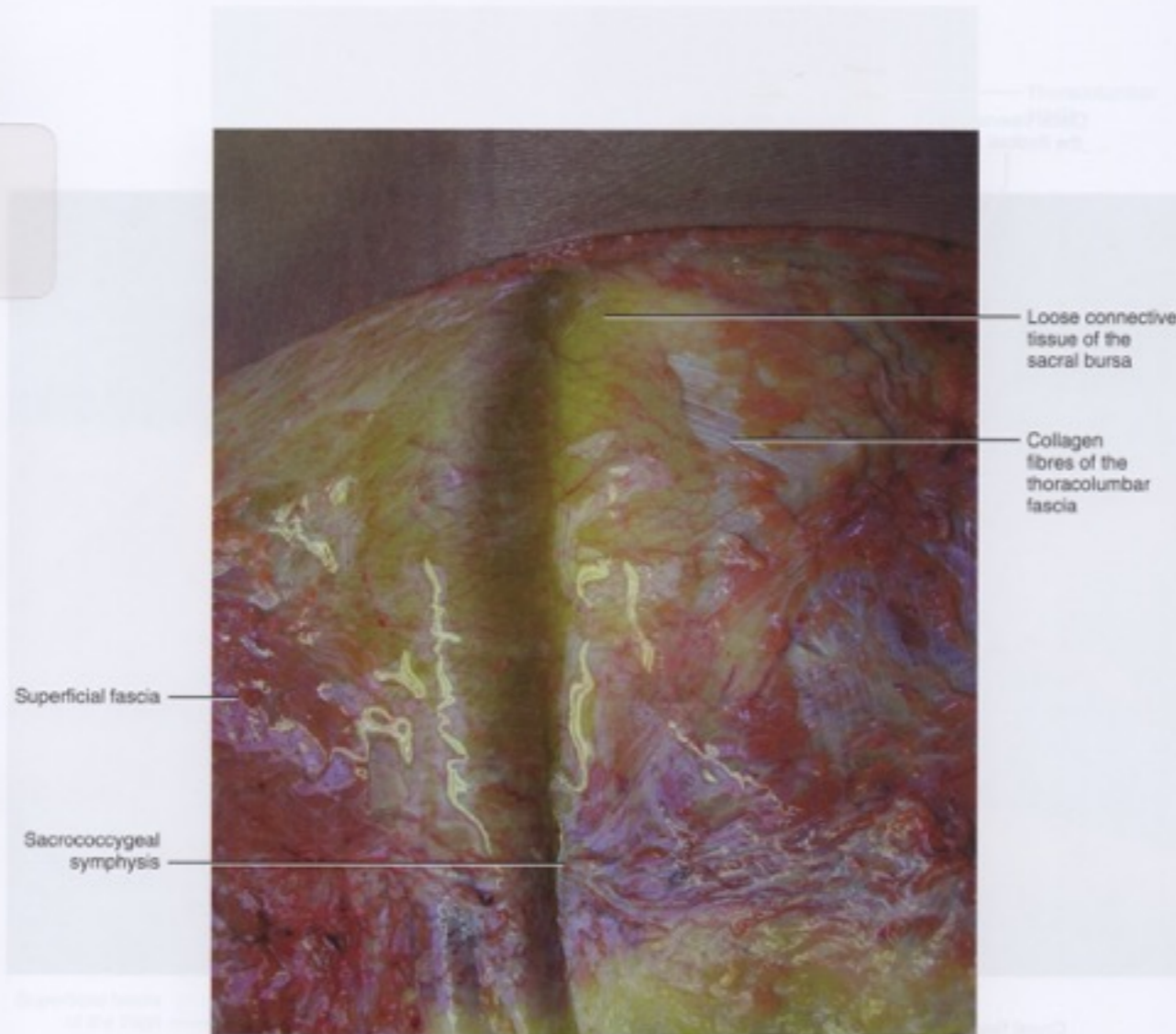


FIGURE 8.5 Loose connective tissue between the superficial fascia and the deep fascia over the proximal portion of the sacrum. In appearance, it is similar to a subcutaneous bursa (sacral bursa).

Dr. Carla Stecco
2015

1. “Loose CT (or areolar tissue) is the **most widespread CT of the body**. It is characterized by an **abundance of ground substance (Gel)**, plus thin, relatively few fibres and cells.”

- **Dr. Carla Stecco**, Functional Atlas of the Human Fascial System

2. “The loose CT has a viscous, gel-like consistency and its consistency may fluctuate in different parts of of the body due to variations in temperature or pH...p.8

- Dr. Carla Stecco, Functional Atlas of the Human Fascial System

“... particularly **hyaluronan** in loose CT, forms the water of the ECM into a **hydrated gel**; this gel is responsible for the **turgidity and viscoelasticity** of the CT.”

“Its viscoelasticity allows the tissue to **return to its original form** after stress, and enables the collagen fibres to move without **friction** against each other, to **absorb forces** that affect the tissue and to **protect the collagen** network from excessive stress.”

- **Dr. Carla Stecco**, Functional Atlas of the Human Fascial System

“When the HA(**Gel**) becomes **adhesive rather than lubricating**, the distribution of lines of force within the fascia become altered.

By **changes in viscosity**, the receptors within the fascia can send a **pain** message from a degree of stretching that is even **within the physiological range**.

An important component of pain **therapy** is to **reverse these changes in HA(Gel)**. ... This is accomplished with massage, manipulation, or physical therapies...”

- **Dr. Anthony Stecco**, Fascia Congress 2015

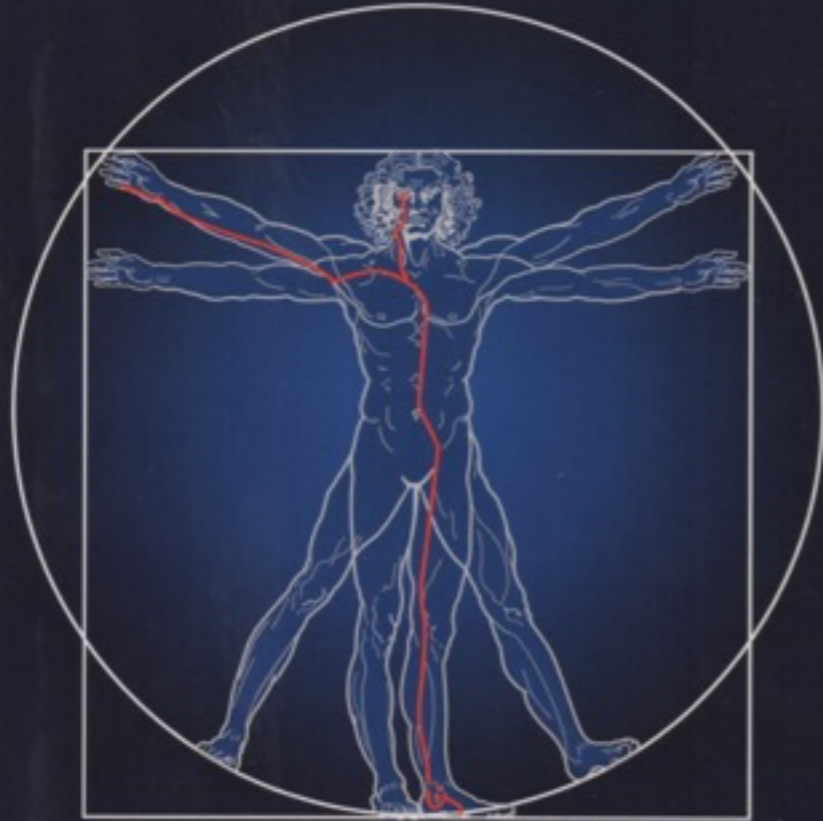
Biomechanical or Energetic

Mechanical **stress creates phase change** in the gel.
Increased Range of Motion

This is **subjectively experienced** as a flow of chi.
Heat/pressure Dispersal
Pleasant Inhibition of Movement
Emotional Calmness
Mental Calmness


These are experienced when not moving

Dr Daniel Keown M.B. Ch.B., Lic. Ac.



The **Spark** *in the*
Machine

How the Science of Acupuncture
Explains the Mysteries of Western Medicine

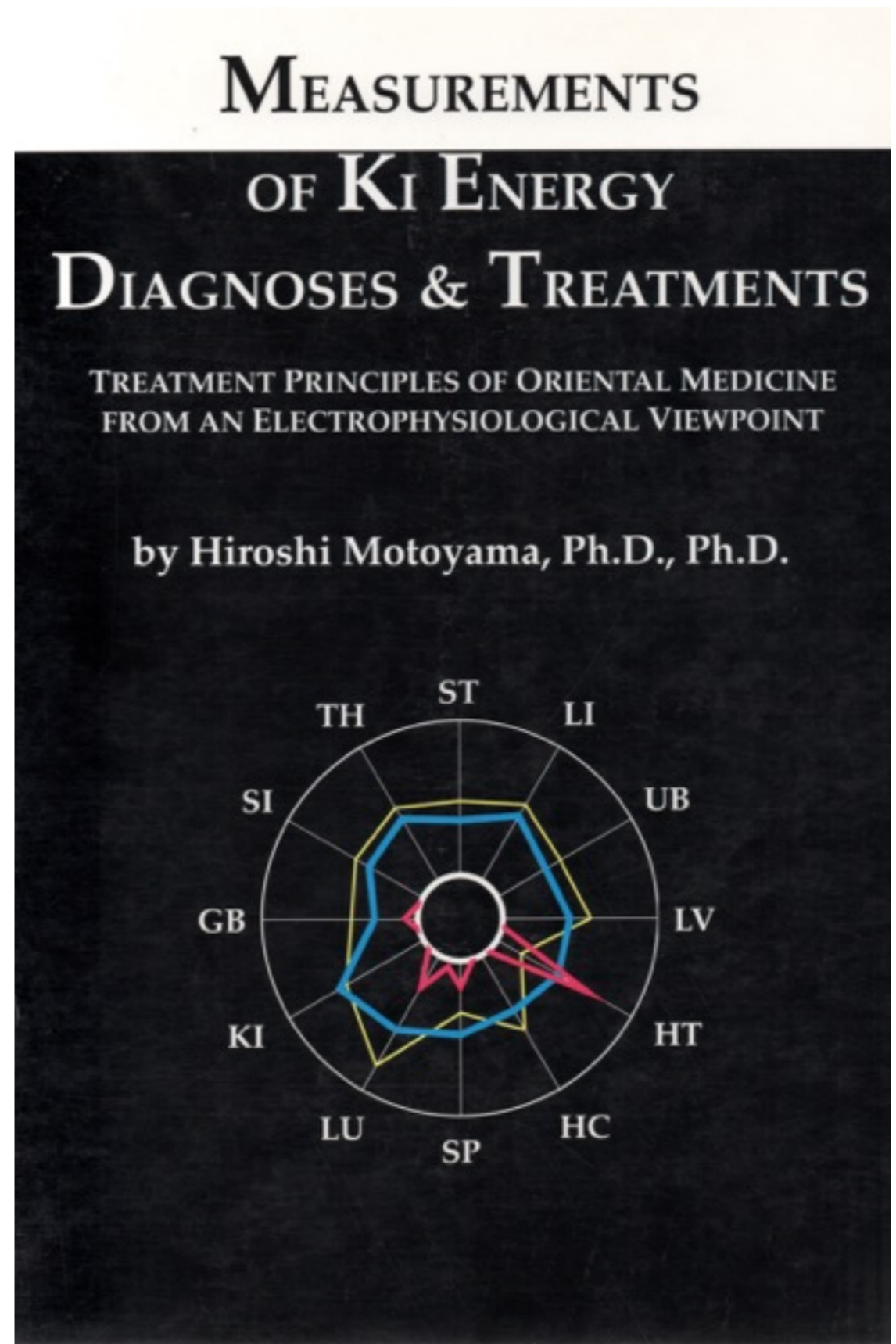
SINGING
DRAGON 

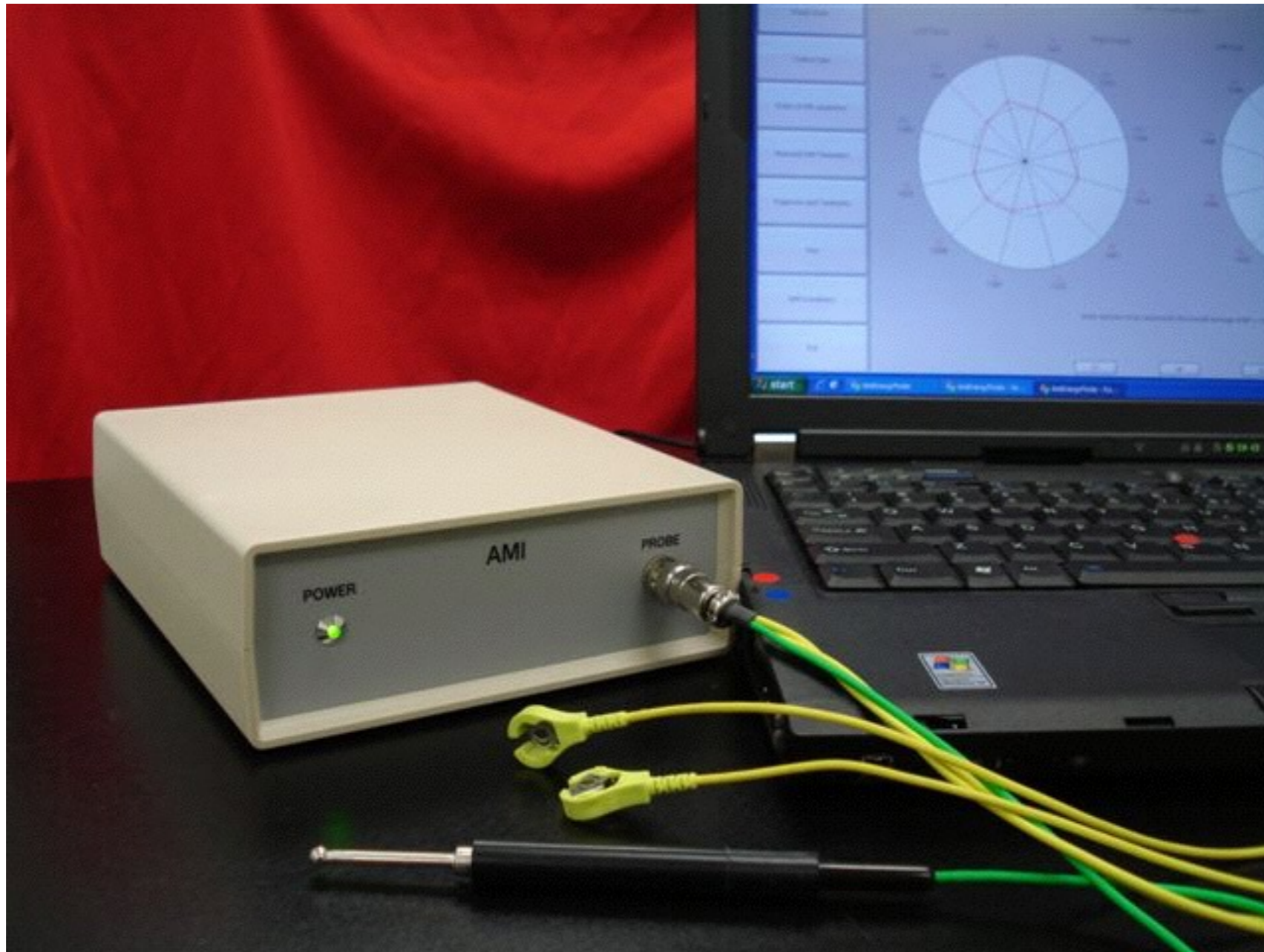
Dr. Keown makes
the case for acupuncture
meridians being fascial
channels.

The Spark in the Machine
2014

“The physical location of the meridians is in the water-rich phase of the connective tissue.”

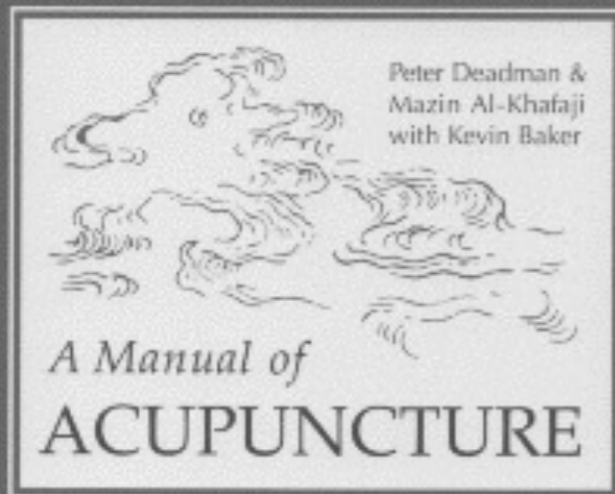
- Dr. Hiroshi Motoyama
1977, 1984, 1997



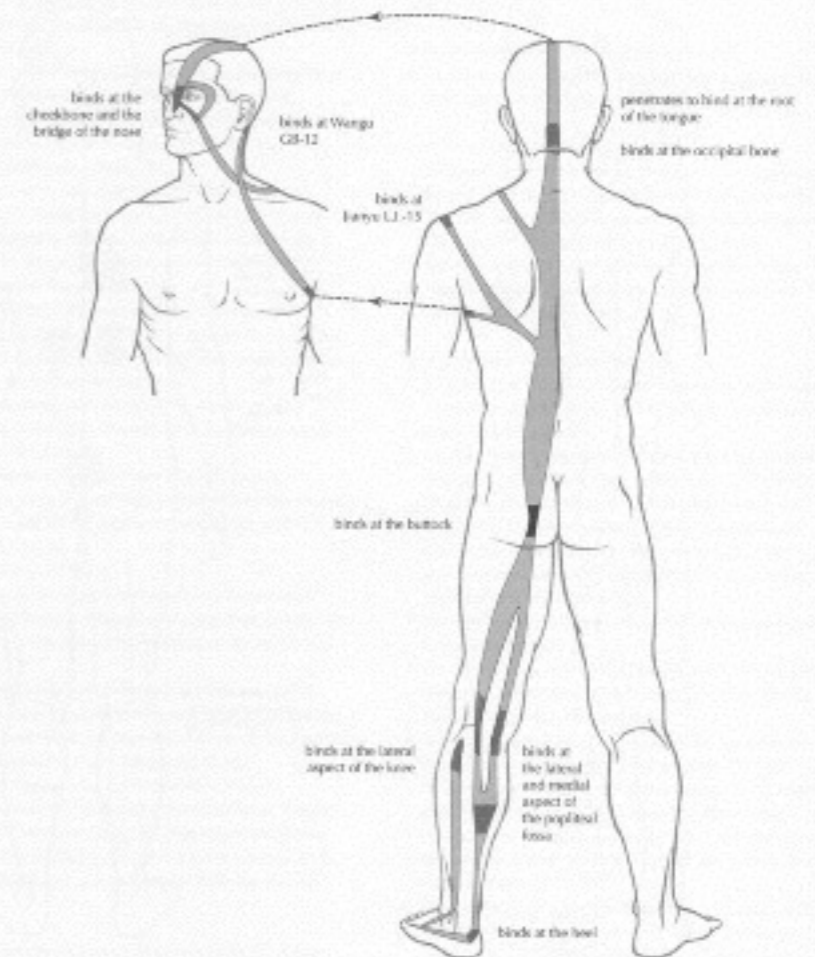


AMI (Apparatus for Meridian Identification) Device

The AMI works by monitoring the electrical conductivity and capacity at specific acupoints at the tip of fingers and toes (called Sei point, or Jing/Well points). After years of research, Dr. Motoyama was able to show that there is a close correlation between the electrical conductivity of meridians and the flow of Ki (or Chi) in the meridians. The basic research Dr. Motoyama did to support his claim about the AMI can be found in his book "*Measurement of Ki Energy Diagnoses & Treatment: Treatment Principle of Oriental Medicine from an Electrophysiological Viewpoints*" published by Human Science Press in 1977. Please see below ([Dr. Motoyama's Findings using the AMI](#)) for the pages from this book.



Peter Deadman



The Bladder sinew channel

Sinew Channels
Biomechanical Fascia
or Energetic Meridians