

NST SELF HELP SECTION

This simple illustrated SELF HELP SECTION is designed to provide an easy to use sequence of releases, that work effectively as both a preventative system, to assist in 'staying balanced', and a system of effective solutions for reducing and eliminating muscle tension and pain, should this occur.

The releases are in two parts: Lower body and upper body. A quick glance will reveal that these releases are none other than classical Yoga exercises, however they have been specially selected for the precise unlocking effect that they have on the body, when performed in the combination and order in which they are illustrated.

In typical NST fashion the lower body is addressed first, with the intention of unlocking the sacrum and pelvis, and the muscle systems that are directly connected to them. This is done in the clear belief that the sacrum must be released first, before the upper body can and will release itself effectively.

In summary, once the lower body releases have been carried out, the neck may then be released, followed logically by the shoulder releases.

It is important to understand that the best benefits will be achieved when the releases are done as a complete set, with repetitions as indicated, and not just individual exercises. For this reason it will be wise to allow at least fifteen minutes to complete the sequence.

Instructions

It is always a good idea to drink a large glass (300-400 ml) of pure water fifteen minutes before doing this sequence, and within five minutes of its completion. This simple practice will assist with lymphatic drainage, nerve and muscle function, flexibility and vitality, hence maximising beneficial results.

It will be essential to wear soft, loose and comfortable clothing, which is not too bulky. Tight clothing will only restrict movement.

When using this sequence, remember never to push beyond sensible limits! If at any time you experience undue strain or pain, immediately stop, and gently come out of whatever position you are in. A re-attempt may be carried out the following day and the same precaution should be observed.

Furthermore, all positional releases will be greatly facilitated by gentle rhythmic breathing throughout, which can be done by slowly inhaling and exhaling, exclusively through the nostrils.

Simply follow the steps indicated next to each illustration, remembering to repeat the positional release three times before taking a rest of one minute between each release. The designated resting periods are important, in enabling the muscles to effectively respond to the release just carried out. Resting time may be increased if desired, but not reduced.

As an adjunctive remedy for problematic situations, try taking some *Magnesium Phosphate 6D*, homeopathic Tissue Salt, readily available at most pharmacies. This simple natural product will help to quickly relieve muscle spasms and cramps.

1. Lower Body Releases for Sacrum and Pelvis

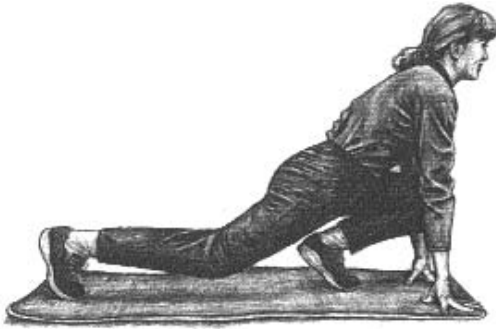


A) Lie face down with your elbows bent as if beginning a normal push up. Slowly push your body off the floor until you feel resistance in the lower back. Your abdomen and legs should remain in contact with the floor. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds then gently release, returning to rest in original position for 10-20 seconds.

Perform 3 repetitions and then rest for a full minute in prone position with arms long by side and head to one side.

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B) Beginning on all fours, slowly move into the illustrated position. Push the leading knee forward until a stretch is felt in the hips and/or groin and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds, then slowly release returning to rest in original position (all fours) for 10-20 seconds. Repeat on opposite side.

Perform 3 repetitions of this sequence and then rest for a full minute in prone position with arms long by side and head to one side.

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C) Begin by laying flat on your back then slowly move into the illustrated position (ankle twisted across opposite knee). Slowly bring the lower leg towards the head causing a stretch in the buttocks on the twisted leg side, and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20seconds, then slowly release returning to rest in original position (flat on back) for 10-20seconds. Repeat on opposite side.

Perform 3 repetitions of this sequence and then rest for a full minute in supine position with arms long by side.

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D) Begin by laying flat on your back then slowly move into the illustrated position (ankle twisted across opposite knee, body rotated looking over diagonally opposite shoulder and hand flat on floor). Using the elbow of the free arm, push it back into the side of the twisted leg to create more of a torque in the back and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20seconds, then slowly release returning to rest in original position (flat on back) for 10-20seconds. Repeat on opposite side.

Perform 3 repetitions of this sequence and then rest for a full minute (flat on back) with arms long by side.

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E) Begin in a sitting position then slowly move into the illustrated position. Bring the soles of the feet together and hold in place with the hands. Pull the body forward to create a mild stretch in the groin and lower back and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20seconds, then release returning to rest in original position (sitting resting on hands) for 10-20seconds.

Perform 3 repetitions of this sequence and then rest for a full minute in supine position with arms long by side and head to one side.

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2. Upper Body Releases for Neck and Shoulders

A) Begin in a sitting or standing position. Gently and slowly pull the chin into the chest and then from this position slowly and gently commence slow circular motions with a tendency to stretch the head to the shoulders and back, as you go in one direction for 3-5 times. Stop and then repeat the same in the opposite direction. Rest for 10-20 seconds breathing rhythmically throughout (nostrils only).

Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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B) Begin in a sitting or standing position. Place the hand around the opposite side of the head gently pulling the head towards the left shoulder creating a stretch in neck and shoulder muscles back and hold. Breathe slowly and rhythmically (nostrils only) while holding the position for 10-20 seconds, then release returning head to rest in original position (in the middle) for 10-20 seconds.

Repeat on the opposite side. Repeat this sequence 3 times and then rest in a sitting position for 1 minute.

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