

# *Visceral Manipulation*

**Abdomen 1 (VM1)**



# *Visceral Manipulation*

The Abdomen 2 (VM2)



1-866-522-7725

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# *Visceral Manipulation*

**The Pelvis (VM3)**



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# *Visceral Manipulation*

**The Thorax (VM4)**



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### Visceral Manipulation Benefits:

Whiplash & Seatbelt Injuries

Sports Injuries

Spinal Dysfunction

Lower Back Pain & Sciatica

Headaches & Migraines

Carpal Tunnel

Joint Pain

Digestive Disorders

Acid Reflux

Post-operative Scar Tissue Pain

Swallowing Dysfunctions

Women's & Men's Health Issues

Chronic Pelvic Pain

Fibroids & Cysts

Pediatric Health Issues

Colic

Anxiety & Depression

And More



### Therapeutic Results

"A man in his mid-thirties came to see me with low back and knee pain, overall low energy, as well as digestive problems. At the age of 13 he had an appendectomy. Scar tissue had formed that decreased mobility of his large intestine. Scar tissue also pulled down on his right kidney. Since the kidney, which has a strong effect on energy and metabolism, was not moving and working properly, he felt tired. The restriction of the kidney also caused the muscles and fascia around that kidney to be tight, which caused low back pain and misalignment of the right leg. Because of his misalignment and the compression of the nerves behind the kidney that go to the knee, he was also experiencing right knee pain. These symptoms of right knee pain, right low back pain, low energy, and digestive problems were all linked back to scar tissue from the appendectomy at age 13. By releasing the scar tissue and enabling the intestines and kidney to move properly, his symptoms abated." - G.W., Newport Beach, CA

Ask Your Practitioner:

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### Discover

# VISCERAL MANIPULATION

Achieve

Optimal

Health



## What is Visceral Manipulation?

'Viscera' relates to the internal organs of the body, such as the liver, kidneys and intestines. Visceral Manipulation, or VM, is a gentle manual therapy that aids your body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction. VM does not focus solely on the site of pain or dysfunction, but evaluates the entire body to find the source of the problem. The VM therapist feels for the altered or decreased motion within the viscera, as well as restrictive patterns throughout the body and then applies VM techniques. VM therapy re-establishes the body's ability to adapt and restore itself to health.

## How Many Sessions Does It Take?

As each person's situation is different, the number of visits will vary. Many people experience significant improvement within three to five therapy sessions; others may require additional treatment. You and your practitioner will develop a plan based on your needs and how your body responds to treatment.

*"An irritable baby with developmental delays came into my office with full body eczema and allergies to almost every food. I determined that the common bile duct, duodenum and liver were restricted and the baby could not digest and metabolize proteins. The release of the common bile duct took less than thirty seconds. Her liver and duodenum freed up and the eczema cleared. Her gross motor skills and speech skill improved so that now, at age 3, she has no more delays." - J.Z., Albuquerque, NM*



Jean-Pierre Barral, DO, MRO(F), RPT

TIME magazine named Jean-Pierre Barral, "one of the Top Healing Innovators to watch in the new millennium."

## What Does it Feel Like?

VM is a soft, hands-on manual therapy. Underneath the pain or diagnoses is a compensatory pattern created in the body with the initial source of the dysfunction often being far from where the pain is felt. Because of this, the practitioner searches for this pattern and the source, and treats the related tissues. The treatment is a gentle compression, mobilization and elongation of the soft tissues. As the source of the problem is released, the symptoms will start to decrease.

## Emotions are Stored in the Organs

It is well documented that our emotions have a great impact on how our body functions, and this is greatly due to how receptive organs are to our feelings. Different emotions affect different organs. Emotional reactions can translate into simple spasms in the gallbladder or heartburn, vomiting, feeling faint, ulcers, and serious diseases. When the brain receives negative emotions it sends tension to the related organ, the organ then sends tension back to the brain resulting in a vicious cycle. Conversely, a physically damaged or imbalanced organ can stimulate emotional upset. VM can break this cycle, enhance the health of the organ, and restore emotional balance.

## How Did Visceral Manipulation Begin?

Jean-Pierre Barral is an Osteopath and Registered Physical Therapist from France. He first became interested in the movement of the body (biomechanics) while working at the Lung and Disease Hospital in Grenoble, France with Dr. Arnaud, a recognized specialist in lung diseases and a master of cadaver dissection. Barral was able to follow patterns of stress in the tissues of cadavers as he studied biomechanics in living subjects. This introduced him to the visceral system, its potential to promote lines of tension within the body, and the notion that tissues have memory. Barral's clinical work with the

## How Do Organs Contribute to Pain and Dysfunction?

Your body is made up of many interrelated components - bones, muscles, nerves, a thin connective tissue called fascia, as well as internal organs (viscera). Your organs are in perpetual motion. When you breathe, walk and stretch, your organs move in your chest and abdomen. For example, when you take a breath, your kidneys move one inch; and with deep inhalation, they move 4 inches. In a day, they move over 1/2 mile. That's around 19,000 miles in a lifetime!

This movement of organs is transmitted through fascia to other structures of the body. When you are healthy, all the structures move with fluidity. This movement is important as it influences activities throughout the body from the tiniest cellular pulsations to rhythmic contractions of the heart and blood flow. Optimum health relies on this harmonious relationship.

Organs lose mobility due to physical trauma, surgery, lifestyle, infection, pollution, diet, posture, pregnancy and such. When an organ is restricted and fixed to another structure, the body is forced to compensate. This creates abnormal points of tension and chronic irritation gives way to functional and structural problems throughout the body.

Imagine scar tissue around the lungs. Every breath requires movement but the scar tissue alters the normal pattern. This could shift rib movement creating pulls on the spine resulting in mid-back and neck pain, and limit shoulder movement. This scenario highlights just one of hundreds of possible ramifications of a small dysfunction - magnified by thousands of repetitions each day. This also explains how pain can often be far removed from the actual cause.

viscera led to his development of this form of manual therapy that focuses on the internal organs, their fascial environment and the potential influence on the structural and physiological dysfunctions. He named this therapy Visceral Manipulation.

Jean-Pierre Barral began teaching Visceral Manipulation in the United States in 1985. Since then he has trained a team of international instructors that teach around the world. He has authored numerous professional textbooks and a book for the general public, "Understanding the Messages of Your Body."