

www.numss.com



Osteopathic Massage as a Stimulus for Oxygen Assimilation and Flow

Researcher: Maria Asuncion Bumidang

Course: Bachelor of Science in Osteopathy

Date: December 24, 2014

ACKNOWLEDGEMENTS

I wish to acknowledge the following persons who both advised and supports this thesis, Eichmann Pascal owners of Physiotherapie Tulipiers Clinic, Martin Bouska owners of Therapy arts and for the thirty-nine volunteers who signed my questionnaires, this thesis would not be possible without their help and supports.

Also to Dr. Pourgol who offered and guide us patiently, and show us how to become a good practitioner especially when we are in Madrid for training. Thanks also to the National University of Medical Sciences teachers and faculty stuff.

And finally, thanks to my parents, brothers, sisters and numerous friends who share their bodies for me to practice, and always offering love and support.

TABLE OF CONTENT

ACKNOWLEDGEMENT.....	2
TABLE OF CONTENT.....	3
INTRODUCTION	4
OXYGEN INTAKE.....	6
FOOD CONSUMPTION.....	9
WATER CONSUMPTION.....	10
AIR QUALITY	11
LIFE STYLE	11
QUESTIONNAIRE FOR PARTICIPANTS OF THE SURVEY	12
RESULTS.....	13
SUMMARY.....	14
REFERENCES	14

Introduction

The human body is the greatest machine on earth. According to scientists, bone is among the strongest building materials known to humankind; it can withstand nearly as much stretching and bending stress and more compression stress than, steel-reinforced concrete can tolerate. Human body was composed of many different kinds and structures in their especial purposes. It's fascinating how this function perfectly in any ways.

The nutrients sustain life in a human body, involved in all body processes, from combating infection to repairing tissues. Proper exercise, and Proper food intake can restore the energy to be use of the human body.

Human body should be cared and treated properly because without it, it become useless, and in able to help others.

Osteopathic Massage as a Stimulus for Oxygen Assimilation and Flow

Why does a body become sick and what are the consequences thereafter?

Sickness can diminish the physical and mental capacity of anyone afflicted, so much that work and private activities can quite often be seriously jeopardized. Sickness can also create bad attitudes like easily irritated, annoyed and impatient, but not all sicknesses are bad for the body. There are occasions when the body benefits through become infected with a virus or common cold, etc. For example: the immune system becomes stronger and able to fight off invading bacteria synonymous with a virus or even avoid catching a common cold by being in a healthier state.

First of all to understand a patients sickness and ailment one must look beyond the obvious point of pain or discomfort and enquire about the patients general dietary and physical state. After all, without a deeper understanding of the patient's general condition; then whatever we do may only prove to be a Band-Aid instead of a more permanent cure.

Therefore if an osteopath practitioner is able to recommend certain things, which pertain to an improved healthier life style for the patient and combine it with a non-invasive massage that stimulates the blood capillaries to assimilate more oxygen. Then surely the patient would have greater confidence in their osteopath and would look forward to a regular massage in order to maintain a healthy body system.

Physical and mental sickness is often the results of an incoherent body system that has suffered because of one's immediate environment.

The environment incorporates a multitude of daily activities and attributes; including some (but not all) of the following points:

1. Oxygen intake
2. Food consumption
3. Water consumption
4. Air quality
5. Life style

1.) Oxygen intake

Increasing the oxygen intake of our body prevents or deters many bacteria and cancer cells from residing within. Increasing the body's oxygen intake is possible through the following actions:

A.) Regular exercise: when we exercise we feel that our breathing becomes more frequent and alert. Oxygen takes place because of our lungs expand more than usual and the heart rate increases as the blood flow takes in more oxygen to our blood stream to distribute into our different system. Careful exercise is one of the best ways to promote circulation and also one of the best ways to increase oxygen into our body. It's very important for us to know that the air in particular is the one of the most important things in order for us to survive. Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels. It is easy to lose health, but it is difficult to regain it. The health of the entire system depends upon the healthy action of the respiratory organs. If physical exercise were combined with mental exertion, the blood would be quickened in its circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body.

Note: Incorrect exercise can produce stress upon the body, which can transform an ideal alkaline gut into a not ideal acidic gut. This point will be discussed in part 2 (food consumption). Most sports therapists can agree on the following: muscle stiffness can be directly related to muscle injury

Fact: Doing some warm up exercises before any kind of sport provides physical and mental benefits; use specific warm up exercises in preparation for the muscles and the mind for the intended action. We need to warm up the specific muscle that is related to the particular sport or exercise that we are going to do with gentle (dynamic) stretching exercise. The muscle stretching needs to be progressive: slowly extending each muscle (stage by stage) until the full intended muscle stretch is achieved.

B.) A further fact is through osteopathic massage. A gentle body massage will stimulate the blood capillary matrix, which in turn allows the blood cells to assimilate greater amounts of oxygen and thus improve the communication between all the body cells. All of this should be in a controlled manner and not causing stress or discomfort to the patient.

What is Osteopathic Massage?

Osteopathy is a branch of medical practice that emphasizes the treatment of medical disorders through the manipulation and massage of the bones, joints, and muscles, which primarily consists of moving, stretching and massaging a person's muscles and joints. Its practitioners claim that the health and well being of an individual depends on their bones, muscles, ligaments, and connective tissue functioning smoothly together. Osteopaths receive training in the musculoskeletal system. They believe that their treatments help the body to heal itself.

Osteopathic treatment is particular because of the slow and gentle mobilization process. The oxygen goes slowly into the system which been blocked to creates an oxygenation and hydration on the part that needed to be repaired which we called healing. It is non- aggressive massage which gives time to relax the muscle and to breathe also to absorb the proper elements which is needed to healed it self. It's also used as a vertebrae repositioning of two bone caps that have posture and gently massage before performing more specific, mobilization on the joints and articulator treatment.

To become familiar with this subject I would like to present to you the research of Mae-Wan ho. "She claims that various tissues in the body are liquid crystals. Liquid crystallinity gives organisms their characteristic flexibility, exquisite sensitivity and responsiveness, and optimizes the rapid noiseless intercommunication that enables the organism to function as a coherent coordinated whole."

It gives us information on why we need oxygenation and hydration as if the body is a liquid crystallinity; everything is breathing and it is necessary to unblock those ways to flow naturally. Don't forget that the biggest organ we have is the skin so it's very helpful to stretch the body using OST Muscle Energy Techniques, OST Soft Tissue Therapy, and OST Mobilization. And while this technique is performed the body is well oxygenized and hydrates the cells thus becoming rejuvenated as polishing the crystals again.

Osteopathic massage generally refers to manual treatment, which mainly focuses on the muscular component, which serves to loosen contractions, stimulate circulation, drain, alignment, and specially to relax for healing process. At this point I realize that in able to relax, it is possible that the muscle will cooperate if there is enough oxygen into the system the muscle will be fully unblocked and flow naturally. So therefore in order to be balance we need to sustain that amount of oxygen for us to let our body repair itself.

We must need to think oxygen always, and by the help of proper massages it is possible that one body can restore or repair it self. You might ask me what is the connection of this, so I begun to see more specific or appropriate word to explain why this is connected.

Our body system was been entirely called the living matrix concept from a profound discovery by Mark Bretscher a Medical Research Council Laboratory of Molecular Biology Hill Road Cambridge and James Oschman took all this information as an evidence to prove and they called the whole system as the living matrix means every cell of the body are connected the tendon, cartilage, myofacia, ligament, bone, periosteum, heart tendons, pericardium, superficial fascia, perineurium and also spleen as they have connected in connective tissue. So the connection there is that oxygen is giving life to this living matrix.

Drinking fresh water, inhaling copious amounts of fresh air and gentle massaging are the main means of how our body assimilates more oxygen. They help our system to flow freely, which meets our daily needs for having a healthy body-mind system.

As we are talking about Oxygen, I would like to present the basic elements of our body. So then we can be able to fully understand why is it very important for us to have certain amount of each nutrients or elements to attain a healthy body.

Human body is made up of 70% of water, or in short H₂O, with cells consisting of 65-90% water by weight. Human body is made up of six elements and these are oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. You may also wish to view the element percentages of each to understand why we need to think and what we should prioritize from the time that we feel unbalance.

The element of the water percentage like Oxygen is (65%), Carbon (18%), Hydrogen (10%), Nitrogen (3%), Calcium (1.5%), Phosphorus (1.0%), Potassium (0.35%), Sulfur (0.25%), Sodium (0.15%), Magnesium (0.05%), Copper, Zinc, Selenium, Molybdenum, Fluorine, Chlorine, Iodine, Manganese, Cobalt, Iron (0.70%), and Lithium, Strontium, Aluminum, Silicon, Lead, Vanadium, Arsenic, Bromine (trace amounts) Therefore, it's not surprising that most of the elements in our body is oxygen. How does it happen? Well, we said before that the body is 70% of water and oxygen consist of 65% already so it's easy to understand that only 5% left for the other elements. That's why we must need to give more attention to this subject.

2.) Food Consumption

Food is a fuel source that our bodies consume in order to obtain energy. The food energy (physical power) is converted to (physical energy) that is required in our daily life.

The release of energy from food follows a transfer of electrons from carbon and hydrogen to carbon dioxide and water. The process of digesting a proper meal can take up to 180 minutes; therefore to energise our body before any activities requires time and consideration of what we eat.

Note: Depletion of this vital energy source will cause tiredness, inability to physically perform properly and vagueness and inability to focus.

Facts: Even just standing to keep warm or cool burns up heaps of energy, so food choice (carbohydrates), portion size (not to make you feel bloated) and timing (not just before your sport or exercise), will go a long way to keeping you energised.

Proper Food is very essential for us to attain a good healthy body. But most of the people are really not aware of this context because of so many allusive and in some cases misleading advertising. There's so much advertising of different kinds and ways on how to preparing healthy food in the television, magazine, books, websites, etc. And honestly, it can be a confusion to all, especially when we are thinking the best way to gain nutritious food value. Food is the greatest source of our energy; therefore if we eat healthily, we become healthy. When we eat unhealthy food, our body becomes unhealthy. Today there are many different kinds of diet, which have been tailored for different purposes. Some that are extreme and not very well balanced are actually harmful to our bodies. A balanced diet and a moderate intake is the most we needed. Over-eating can burden our digestive system and quickly wear out our whole body. It is healthier to eat less more frequently. Regular cleansing and detoxification processes are also recommended to aid bodily health. Excessive eating of even the best of food will produce a morbid condition of the moral feelings. Wrong habits of eating and drinking lead to errors in thought and action. Indulgence of appetite is one of the major causes of diseases. But also irregularity in eating and drinking, deprave the mind. It means proper diet is to keep us aware in any aspect specially our whole being.

Having a high pH diet is highly recommended in order to maintain an alkaline-based "gut".

Some example of PH lists for food:

Strong Acid (least healthy)	Medium Acid	Weak Acid	Weak Alkaline	Medium Alkaline	Strong Alkaline (healthiest)
Blueberries, Cranberries, Prunes, Sweetened Fruit Juice	Sour Cherries, Rhubarb, Canned Fruit	Plums, Processed, Fruit Juices	Oranges, Bananas, Cherries, Peaches, Avocados	Dates, Melons, Papaya, Berries, Pears, Alfalfa	Figs, Grapes, Kiwi, Apples, Raisins, Mangoes, Pineapple, Papayas

3.) Water Consumption

The role of water is not just to re-hydrate our bodies during and after any activities. But moreover, water is the life source of our entire intracellular system

Water brings in hydrogen to hydrate the cells, removes toxins and to assist in the osmotic process. Therefore drinking water should be pure (pH 7.2 or less) and its contents alive as possible. Enjoy the physical, emotional and mental benefits that it will deliver.

Contaminated water can cause a multitude of disease related illnesses, and this fact alone should be encouraging enough to select only the very best of water making facilities available.

The essential requirement for healthy drinking water is that it should be free of biological or chemical contaminants as well as harmful energies.

Note: We need to remember that water is a living substance, which is very easily affected by its environment. The presence of toxins can change the health state of the water instantaneously. Therefore, drinking water should be kept away from high temperatures and light, filtered for pollutants and kept in glass containers.

Facts: This also applies to municipal supplied water that contains chlorine to kill the bacteria. The amounts of chlorine may be technically small, but scientific studies have shown how chlorine depresses our immune system and makes us more open to infection. Additionally, chlorine accumulates in the fatty tissues of the body so any dosage is cumulative.

Without water no one can survive. Water has always been an important and life-sustaining drink to humans and is essential to the survival of most other organisms. Excluding fat, It is a crucial component of metabolic processes and serves as a solvent for many bodily solutes. According to dictionary. As we understand that our body was made up of mostly water and it's very important for us to keep on eye in this subject.

Juices, teas, coffees and many other beverages should not be supplemented by water. We often put alternatives so that we may please our palates to make our taste palatable. But usually it is a result of bad habits, patterns or wrong choices. Water should be clean and pure to wash away all the unnecessary things (toxins) that invade our body system.

4.) Air quality

Occasionally during excursions in a bus, ship or any transportation system; the air quality is jeopardised because of poor ventilation. The ensuing discomfort can bring on claustrophobia, seasickness and drowsiness, with some extreme cases bringing on allergic type reactions.

Improving the air quality is certainly a major step towards making comfortable and healthy changes and eliminating unpleasant reactions as well. Air must be spontaneously fresh. Opening a window and allowing ventilation is certainly one of the easiest ways to overcome drowsiness. It will invigorate our system and provides us with energy and vitality. And one thing for sure we all want fresh air while doing our exercises, concentration, etc.

5.) Life Style

Sunlight exposure was discovered to reduce the need for pain medication, stress, and anxiety among post-operative patients in one hospital that conducted a study in 2005. According to health effect sun exposure (Wikipedia). Sunlight also helps reduce visceral fat indirectly. Vitamin D deficiencies have been associated to higher visceral fat production, which leads to obesity and subsequent health threatening diseases, including diabetes and cardiovascular issues.

UV radiation is present in sunlight, and is produced by electric arcs and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights.

The impact of ultraviolet radiation on human health has implications for the risks and benefits of sun exposure, and is also implicated in issues such as fluorescent lamps and health.

Proper Sleep and Rest: Rest is the best of all. The body is become feeble and sick if we continue the challenge of each day without rest. The importance of sleep for optimum health is usually underestimated. Our bodies can easily deteriorate without sufficient sleep. Before sleeping we should avoid excessive stress, food and too much use of the mind with activities like reading, and television to establish a healthy sleeping pattern.

All of this is one of the best ways to gain a physical, mental, emotional and spiritual health specially if we apply in moderation. In order for us to be aware to prevent such any cause of malfunction in our system. This is essential in our existence and it is very important to follow not only when we have some pain or uncomfortable feeling but to watch and consider as a basic thing in our daily life.

Questionnaires for participants of the survey

Facts: Inhaling, drinking and proper massage is the best way of having enough oxygen into our system.

Gathering the reasons why peoples wants to go to a massage clinic or parlor is the best procedure. Simple questionnaires had been given to volunteers (prior to having a massage). And the results are as follows:

14 Patients signed from house to house visit.

15 patients signed in Physiotherapie Tulipiers Clinic 8 Chemin Frisco 1208 Geneva Switzerland

10 patients signed in Therapy arts Zukovskeho 887 Praha 6 16100

The benefits of Osteopathic massage are enormous for our body system. If people were more aware of the benefits of Osteopathic massage then believe it or not many of them would enjoy a regular osteopathic massage and see the benefits thereafter.

Questionnaire about the massage:

What are the reasons why you came for a massage (tick the appropriate box) that fits your needs?

	Yes	No
1. Just to relax the body	36	3
2. Just to make me feel good	33	6
3. To help me overcome an injury	24	15
4. I was curious and wanted to see what it was like	15	24
5. I was told by a friend that it's really good	23	16
6. To help my blood circulation	31	8
7. To make me feel younger	18	21
8. To give me more energy	29	10
9. To stimulate all my senses	24	15
10. To increase the oxygen intake of the body	23	16

The Results

These are the results of this research, many of the volunteers were subsequently very interested in understanding the benefits of having osteopathic massage.

Top 3 Reasons of patients why they go to a massage clinic:

1. Just to relax the body with the total of 36 out of 39 or total in percentage is 92.30%
2. Just to make me feel good with the total of 33 out of 39 or total in percentage 84.62%
3. To help my blood circulation with the total of 31 out of 39 or total in percentage 79.49%

Summary

- A. Regular massage is one of the most outstanding solutions to create oxygenation and hydration, to refresh our system and rejuvenate our body cells.
- B. Maintain high pH diet is the best form of taking proper nutrients to become healthy in mind and body.
- C. Drink neutral pH water to rejuvenate the cell, cleanse the internal organ system and also to hydrate our body.
- D. Regular exercise is the best ways to promote blood circulation and to create muscles for a longer endurance.
- E. Lifestyle can change everything, healthy lifestyle brings happiness, joy and active minds to create better ideas, opinions and thoughts.

References:

The Acid Alkaline food guide by Dr. Susan E. Brown and Larry Trivieri jr.
Energy Medicine: The Scientific Basis by James L. Oschman
Healthful Living by Ellen G. White
The Hidden Messages in Water By Masaru Emoto
Wikipedia and Dictionary