

Get your body back in sync

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WACKY, weird and wonderful. There's plenty of therapies out there falling into the aforementioned categories. Not many would settle into all three.

But from my experience, Total Body Modification looks like a serious contender.

So subtle is TBM it's hard to describe, short of saying it's a technique that both detects the organ or an area of the body that is functioning below par and corrects the problem by restoring balance to the body's energy systems.

This, it is said, is achieved by gently rubbing specific points with the fingers, primarily along the spine, in a specific sequence which re-establishes two-way communication between the brain and organs and between the organs themselves.

Roy Stapleton has been a TBM practitioner for the past five years and also teaches the technique.

"As humans, we are all biological computers with communication lines that carry information between the brain and the organs and between organs themselves, like electricity. But under sufficient stress, the neurons in the brain centre depolarise.

"This is comparable to blowing a fuse on an electrical circuit – the message gets to the brain but fails to return. This leaves the organ or body part running out of control and disease symptoms result," explains Roy.

"Through muscle testing with kinesiology, a two per cent variance in the function

of an organ can be picked up; whereas in a blood test or clinical test, it would usually take a 15pc variance for something to show up as a problem.

"Once the affected area of the body has been detected, the gentle tapping of specific body points can re-polarise the neurons of the brain, which enables it to regain control of the body and guide it back to health."

Theory is all very well but I don't have a clue what to expect when I arrive on Roy's doorstep in the Rathmichael Clinic. A situation no doubt added to by his answer when I asked him on the phone to describe the treatment. "You really need to experience it," came the response.

I now know why.

He begins by taking my medical history as this will influence the sequence in which he works.

Then with me fully clothed on the plinth, he uses my arm to 'muscle-test' me. With me placing my fingertip at a point under my rib, he pushes my arm down.

I'm incredibly weak. The point is connected to my bladder and I get a wrap on the knuckles for not drinking enough water. (He's right.)

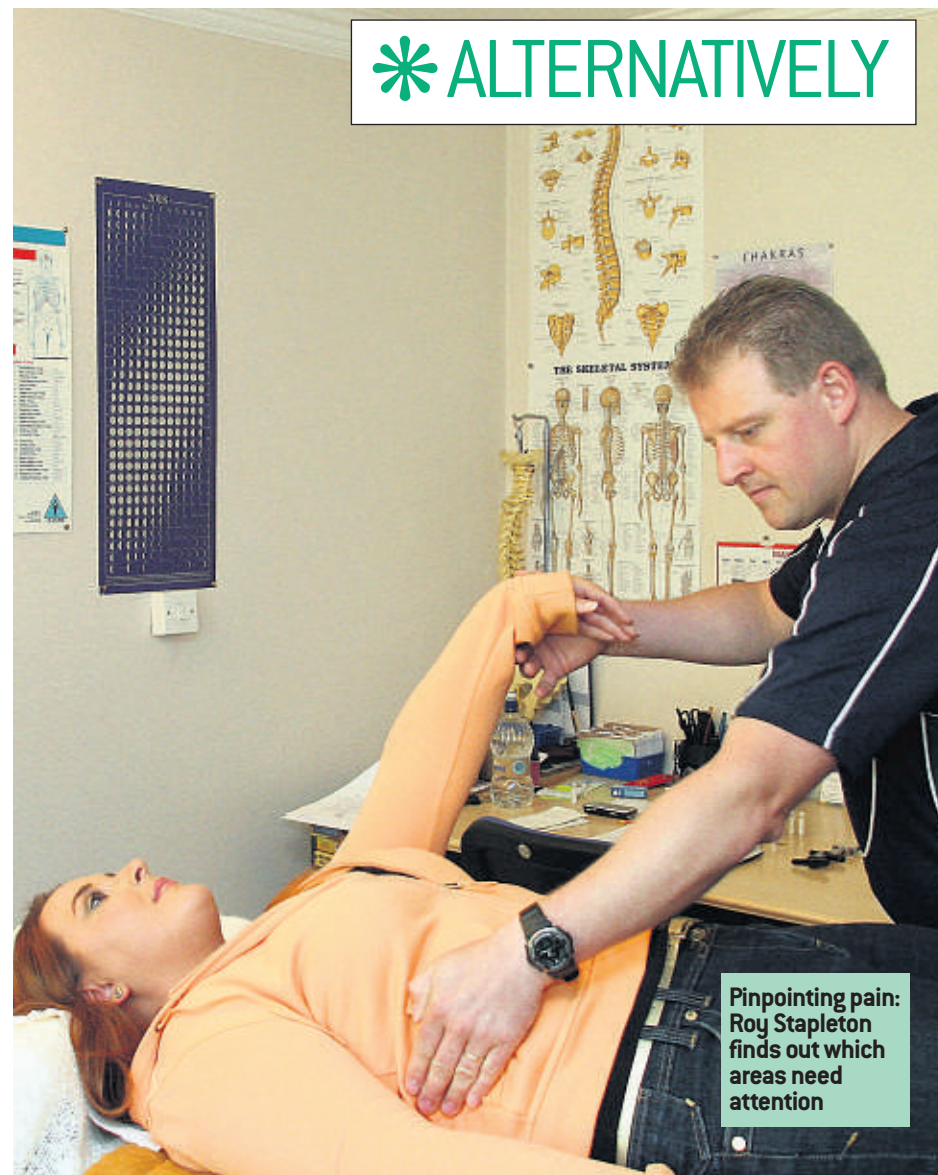
For the next hour or so he goes through various parts of my body detecting what is and isn't working to optimum capacity by checking 156 basic points. Where it ain't broke, he leaves it be. Where it is, he gently rubs a point for a few seconds and moves on to test the next area.

So well versed with the body, he does it all so naturally as you chat away. Occasionally, the instant changes – like when he is working on my pelvis, which was out of alignment – are very obvious. But with a lot of it, it's only afterwards when my body is feeling the benefits that my mind

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tries to decipher just what happened.

During pregnancy there are inevitable physical challenges – the latest of mine being persistent heartburn. During the session this instantly disappeared, and other changes occurred over the next few days as my body completed 'downloading' the minor adjustments.



* ALTERNATIVELY

Pinpointing pain: Roy Stapleton finds out which areas need attention

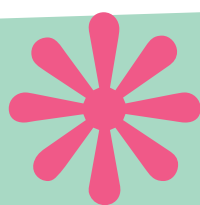
When done, my need to walk extremely slowly has been alleviated, as has the intense pressure on my bladder.

My pelvis – the source of many challenges – feels much stronger and structurally more balanced.

Verdict: Total Body Modification is treatment so

powerful, I'm surprised so little is known about it. I found it delightfully gentle in application yet profound in results. You really do need to experience it. Watch this one grow in popularity.

A session with Roy Stapleton costs €70. To make an appointment call 086 2579812. www.tbmireland.ie



Total Body Modification How does it work?

THE FACTS:

TOTAL Body Modification is a gentle, non-invasive therapy aimed at reprogramming the body's internal computer to attain and maintain optimal function.

Developed about 30 years ago in the US, it is the amalgamation of the work of three therapists, kinesiologist Dr Robert Riddler and chiropractors Dr Victor Frank and Dr Harold Havlic.

Dr Riddler found one of the ways to access the body's internal computer is through touching specific body parts

corresponding to various organs or systems. By tapping on all the circuit breaker-pathways, the body can function with greater ease and efficiency. All organs can 'talk' to each other again as they are designed to do, thereby creating a reduction in aches, pains and symptoms.

While many therapies are used to correct the body structure which in turn influences function, TBM is aimed at addressing the correction of how the body works, also known as Functional Physiology.

The main philosophy of TBM

is 'the power that made the body can heal the body', that the body is capable of repairing itself if two-way communication is re-established.

THE EVIDENCE:

Research on TBM is ongoing, although no major studies have been carried out into its effectiveness.

Anecdotal evidence reports that it successfully treats a variety of allergies, blood pressure conditions, blood sugar metabolism, ADD, dyslexia, chronic fatigue, arthritis, joint and back

problems, detoxification, enhance digestion, emotional imbalance, normalise hormone cycles as well as infertility problems.

TBM has found that we all undergo monthly hormonal cycles, both men and women, and these peaks and troughs can cause major imbalances in the system that need correcting.

Regarding allergies, one American allergist found patients who improved 85pc under her treatment went on to obtain a 95pc improvement with TBM.