



Notes contributed by Denise H. Williams, LMT

YOUTUBE.COM Videos of Fascial Interest

- Gil Hedley – Fuzz Speech: show it to your clients. Good explanation as to why the body needs to move.
 - Hedley's Original "Fuzz Speech" <http://www.youtube.com/watch?v=FtSP-tkSug>
 - Gil Hedley's YouTube Channel – somanaut: <http://www.youtube.com/user/somanaut>

Hedley's Integral Anatomy Cadaver Dissection Videos. Due to the explicit nature of the videos, you may be required to sign-in to YouTube or "verify" your age.

V1, pt. 1: <http://www.youtube.com/watch?v=K68kC9R7THc>

V1, pt. 2: <http://www.youtube.com/watch?v=fyltvc1IMTo>

V2, pt. 1: <http://www.youtube.com/watch?v=cK49wx75FN8>

V2, pt. 2: <http://www.youtube.com/watch?v=tRDeo7CDDM4>

V3, pt. 1: <http://www.youtube.com/watch?v=5B4edJnhval>

V3, pt. 2: <http://www.youtube.com/watch?v=cZRzwOMRneU>

V4, pt. 1: <http://www.youtube.com/watch?v=oMHTb0iEjXM>

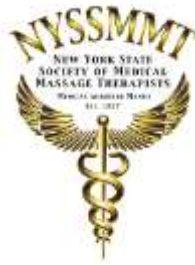
V4, pt. 2: http://www.youtube.com/watch?v=HLT3O1_0HTg

The Integral Anatomy Series was originally published between 2005-2009 by Gil Hedley, Ph.D., on DVD in four volumes. The series documents his whole person, whole body, layer by layer approach to the study of human anatomy in the laboratory using on camera dissection footage. This clip initiates the study with a presentation of the initial "dissection progression," starting with observation of the cadaver forms and moving through to the reflection of the skin. The strong visual material is softened with images from nature which call the viewer to a deeper understanding of the nature of the gift of our human form. For Gil's writings and schedule, please visit <http://www.gilhedley.com/index.php>

- Erik Dalton uploaded Hedley's "Reconsidering the Fuzz" <http://www.youtube.com/watch?v=DOLIR7Bq0So>
- Fascial Manipulation-Stecco Method - <http://www.youtube.com/watch?v=rX82IWFFCh8>
<http://www.fascialmanipulationworkshops.com>
- Tom Myers: <http://www.youtube.com/user/KinesisAnatomyTrains>
- Robert Schleip – Fascial Fitness : <http://www.youtube.com/watch?v=yj9NqWZ-0ik>

MISCELLANEOUS MENTIONS & NEW TECHNOLOGIES

- Tracy Walton – Oncology training www.tracywalton.com
- Light Therapy – esthetician version can be used by LMTs (ask Marjorie for specifications)
- Skin gun – See YouTube (for burn victims uses their own skin cells to regenerate skin - instead of graft) http://www.youtube.com/watch?v=eXO_ApjKPaI
- Yamuna Body Rolling - www.yamunabodyrolling.com/ (New York City)



ALTERNATIVE / NATURAL RESOURCES FOR ADDRESSING MIND BODY STRESS ISSUES

Emotional Freedom Technique – www.emofree.org

- Free tutorial download → <http://www.emofree.com/eft/eft-tutorial.html>
- Video: What is EFT? → <http://www.emofree.com/eft/whatiseft.html>

Neuroemotional Technique - www.netmindbody.com

TOE NAIL FUNGAL USUALLY INTERNAL ISSUE - COLLEAGUE SUGGESTIONS

- Soaks: Sea salt or tea (*unspecified as to what type of tea*)
- Tea Tree oil
- “Jackass bitters” rainforest remedies (*Neurolaena lobata*). “*Perhaps one would have to be a Jackass to take something so bitter!*”

TOPICAL SKIN HEALING

- Emu oil - www.wildroseemu.com/ -- Mention Marjorie Brook for a 10% discount
- Niecey's Naturals: <http://nieceysnaturals.com>

Offers a 100% vegan, 100% **Organic Double Body Butter** contains—contains African Shea butter, Cocoa butter, coconut oil Jojoba oil, a smidgen of vitamin E as a preservative. A little bit goes a long way.

Full disclosure: I am Niecey – Denise Williams! I created all of my products because I have very sensitive skin or I was looking for chemical free ways of maintaining my health. My pregnant clients feel totally safe using my 100% Organic Double Body Butter for stretch mark prevention so I figured you might like it too for post scar tissue work.

- Kinesio Tape - <http://www.kinesiotaping.com/>
- Tracy Walton – oncology training
- Dry Skin preparation – Castor Oil packs
http://www.edgarcayce.org/are/holistic_health/data/thcast1.html
- Electric Table www.bestmassage.com
<http://www.bestmassage.com/electric-massage-tables.html>
 - EvoFlex Power List BASE can be combined with a shiatsu cable release portable massage table (\$689)
 - EvoFlex Deluxe PowerLift which comes complete with its own portable table. (\$889)
Add \$319 for shipping
 - Check with your tax advisor regarding the federal tax credit applicability
 - Or Google the terms such as ADA compliant massage table OR disabled access tax credit 2012

Disclaimer: The New York State Society of Medical Massage Therapist makes no endorsement or warranty (expressed or implied) of products, services or expertise, which should be determined individually.