

# INTOUCH



FEBRUARY 2000

**BABTAC  
Awareness Week**

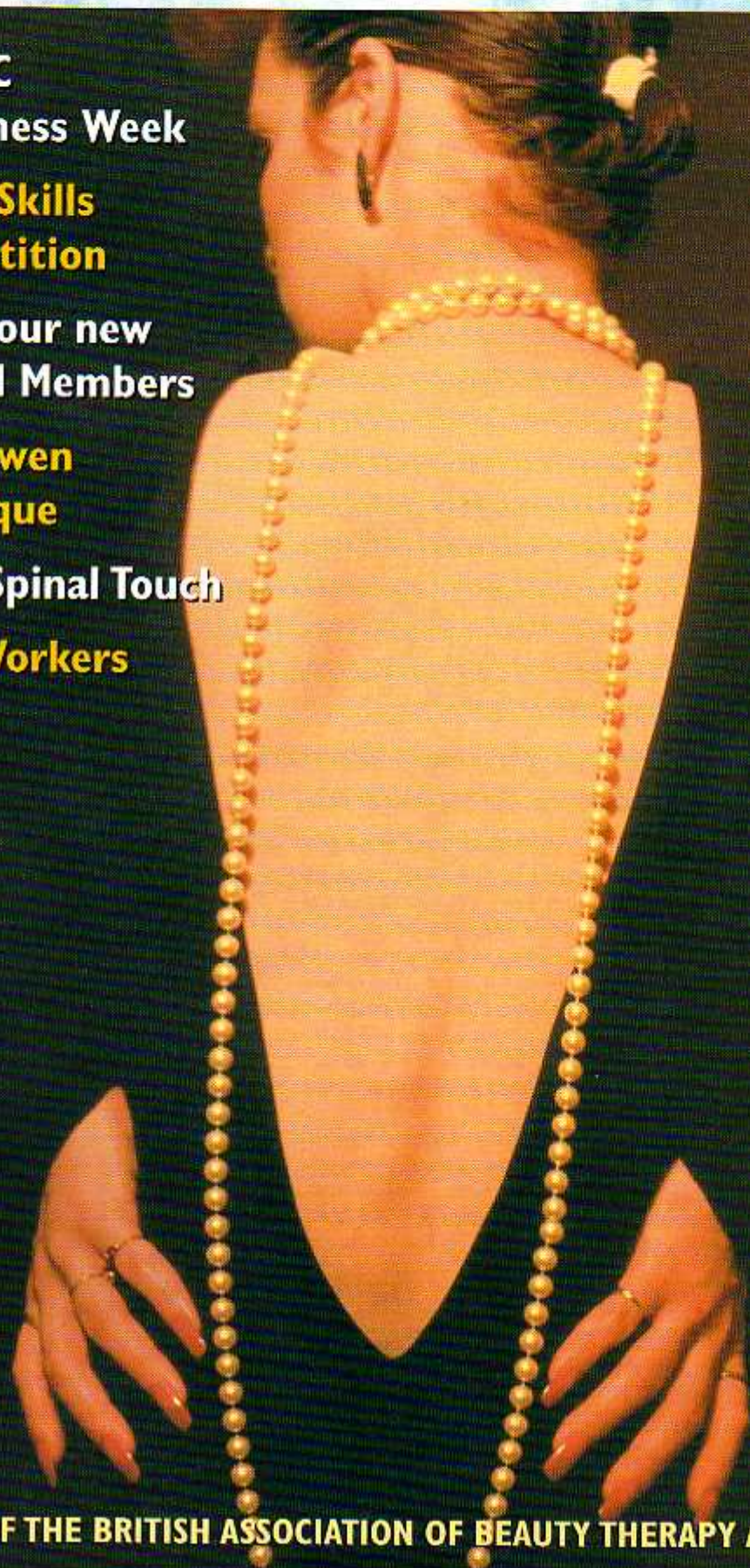
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**ISHTA Spinal Touch**

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ancient traditions and beliefs, have taken Myschell on many trips to various destinations in the world, have taken many years to develop and have resulted in her inheriting a system very close to her heart.

Myschell has 13 years' experience in the field of beauty therapy and aromatherapy and her qualifications include: IHBC Beauty Therapy and Electrology, City & Guilds Beauty Therapy and Electrology and a Shirley Price Aromatherapy Diploma and she is a trainer for H.T.S. International, and Hydrotherm Water Therapy Massage System. The Hydrotherm has proved invaluable in aiding the development of this technique. Myschell's studies have also taken place in her own clinic where successful work has taken place as a direct result of the skills she has earned. She also provided a space for a year where therapists came to learn more about the special ways they could take care of themselves. She then returned to the U.S.A. to work with a large and experienced group of ladies who regularly meet with the same purpose in mind.

Teamwork, a group mind and the genuine ability and desire to care for each other as well as the client is essential. It is a system for the open-minded salon owner who wants to ease the problem of continuous recruitment, and the therapist who wants to see a long, happy and balanced career.

So please, if you would welcome change and have your own story to tell regarding 'Burn Out', do write to Myschelle and share your experience, and if you are a salon owner with the desire to provide a balanced harmonious environment for your client and therapist, please contact Myschelle for information on her consultation plan.

Letters should be addressed to Myschell G Lyndell and forwarded to The Editor, In Touch, who will be pleased to send them to Myschell.

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## ISHTA Spinal Touch The Gentle Way with Backs

By Sue Weller BSc., D.C.

Spinal Touch is a gentle, effective, extremely safe and beautifully simple way of assessing and treating postural and spinal distortions.

It was developed by two Chiropractors in the 1920's, John Hurley and Helen Saunders. John Hurley had a structural engineering background and applied his knowledge to his chiropractic approach. Between the two of them they went on to produce this method of postural reintegration using engineering principles, the laws of leverage, physiology and chiropractic. They called it Aquarian Age Healing, which was quite avant-garde for the time. The name of the technique has been changed over the years although the approach has not.

### What Causes Postural Distortion?

The human body is built in such a way that it will maintain health and vitality in the Earth's environment of constant gravity, even when subjected to an unending variety of stresses. The body is self-repairing and is extremely adaptable to the many internal and external changes to which it is subjected. This adaptability is achieved by having all parts and organs of the body situated so as to interact properly, not only with each other, but with gravity as well. When such a relationship is maintained, a person is youthful, healthy, and full of energy and vitality.



However, the body is often placed in a state of strain which causes loss of proper balance between parts of the body and gravity. Such imbalance or postural distortion usually indicates internal body changes long before any

bodily functions appear disturbed or symptoms develop.

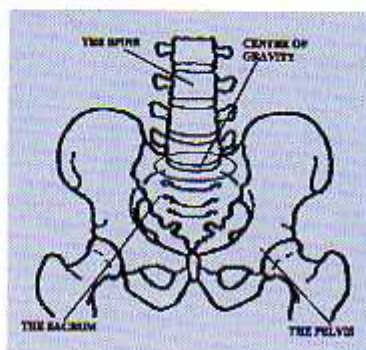
Viewing the third figure of the foregoing diagram of typical postural distortion, several problems are clearly evident: crowding of the lungs and heart, sagging of abdominal organs, distortion of the spine, and muscles constantly fighting the pull of gravity. In addition, diaphragm movement is hindered, thereby decreasing the amount of air taken into the lungs and requiring the heart to work harder to pump the blood, which in turn creates congestion and back pressure of the circulation in the pelvis and legs.

### What is Stress and Strain?

In order to understand distortion, we must understand the difference between stress and strain. Stress is the load and pressure placed upon the body for short periods of time from which the body can quickly return to normal once the pressure is removed. This brief extension beyond the body's normal is the elastic limit and usually leads to strength and growth. Strain is the pushing of body tissues beyond the elastic limit either gradually or suddenly. Stressors include such things as emotional trauma, accidents, pregnancy, lack of certain nutrients, exposure to extremes of heat, sun or cold, working too hard.

When under strain, the body goes through some physiological changes which result in toxins being deposited in the cells which slowly decreases the cellular pH and leads to a condition of acidosis. This deposit of metabolic toxins in the tissues leads to changes in the shape of the cells and eventually postural distortions. Even with rest the body becomes unable to eliminate these toxins, so cannot return to a normal, healthy state.

One of the first effects of a strain is to change the body's normal centre of gravity which is located at the top



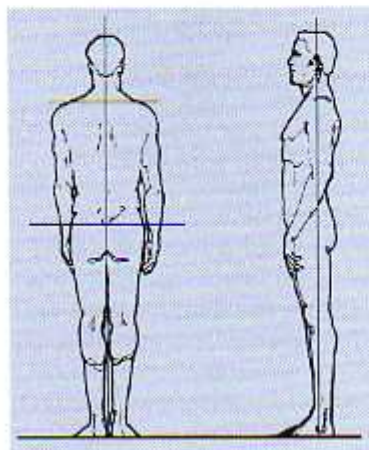


surface of the sacrum at the level of the last spinal disc. (please see diagram).

Common symptoms of these postural distortions are back, neck and other joint aches and pains.

### How does Spinal Touch Assess and Treat these Distortions?

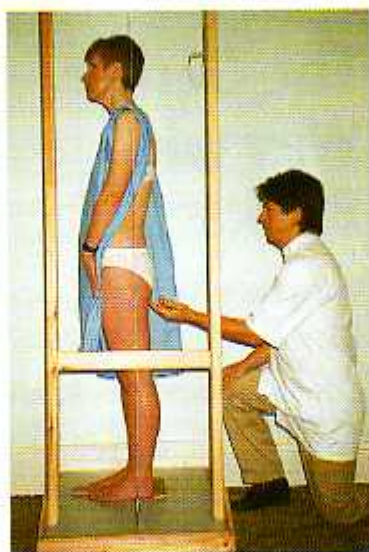
The assessment is carried out at a plumb-line and ideally we are looking for the following postures where the plumb-line bisects the person in two. (See diagram).



It is very rare to find this perfect posture. We tend to find that the plumb-line is to the right or left of the midline and one hip is usually more anterior than the other. From the side it is extremely common for people to be leaning forward of the plumb-line with either too much or not enough lumbar curve. These changes to the posture are a strong indicator that the body is out of balance. What is actually happening is that the body's centre of gravity is out of alignment with its counterweight which is situated around the third sacral segment.

While the recipient is standing at the plumb-line in their underwear, we mark the position of the centre of gravity at the L5/S1 joint. Then we line up the plumb-line and make a discreet mark where it falls on the back and determine the anterior hip. There will be a point under the anterior buttock that will correct the position of the centre of gravity relative to the plumb-line when a certain directive force is applied. The plumb-line assessment is completed from the side where the forward lift at the hips, shoulders and neck plus the level of lumbar lordosis are assessed and marked (see picture). Once the assessment has been

completed at the plumb-line, we are ready to give an alignment.



The treatment alignment is given whilst the recipient is lying face down on a treatment bench with pelvic and ankle support plus a warm towel over their legs and feet. The treatment, which can be conducted standing or sitting, consists of a systematic gentle massage of the postural muscles of the back, neck, shoulders and abdomen whilst maintaining a contact on the point under the anterior buttock that will correct the position of the centre of gravity relative to its counterweight (see picture).



The secret to the treatment is the accurate plumb-line assessment plus maintaining the contact point with the correct directive force on the anterior buttock as this brings about subtle physiological changes in the postural muscles responsible for holding the body in an upright position. These subtle yet powerful changes in these muscles allows them to relax and bring about amazing changes in posture and the position of the spine and pelvis which in turn can help alleviate back aches and pains. Once the alignment has been completed, the recipient is reassessed at the plumb-line for any changes.

For the treatment to be successful, normally a course of treatment is required and maybe some advice is needed about lifestyle changes, for example, how to carry babies, bags, lifting technique and posture at the computer.

Following a treatment, it is advisable to drink lots of water as the toxins which have built up in the cells are released due to the tissues finally being able to relax.

### Ishta Spinal Touch is particularly safe and gentle and can help:

Arthritis, asthma, back pain, balance problems, digestive problems, frozen shoulders, headaches, joint pain, kyphosis, lordosis, menstrual problems, migraines, neck pain, pins and needles, repetitive strain injuries, scoliosis, sciatica, sinus problems, sports injuries, stress management, tennis elbow, whiplash injuries and more.

Courses in ISHTA Spinal Touch are available and are conducted by Sue Weller and Allyn Edwards. They both practise Spinal Touch, McTimoney Chiropractic and CranioSacral Therapy and have been extensively involved in teaching chiropractic at the McTimoney Chiropractic College in the past. In May 1998, they went over to Utah, USA to undergo Tutor training to become UK and European Tutors in Spinal Touch. Between them they have over 20 years' experience in the complimentary health field. Professional and Lay courses are available. To qualify for Professional training you will need to be an existing therapist with relevant training in anatomy and physiology. The professional training involves attending three weekends over a five-month period with case studies and assignments between workshops.

For more information and a brochure, please contact Sue or Allyn at Te Nosce on **01785 616010** or write to us at: 6 Berkeley Street, Stone, Staffordshire ST15 8LS or e-mail at: [ishta@tenosce.com](mailto:ishta@tenosce.com)

**Note to BABTAC Members:** Te Nosce Ishta Spinal Touch Qualifications are covered by the BABTAC Group Insurance