

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

MUSCULAR DISCOMFORT UBM PRESSURE POINTS

Let us assume that you have a 'Headache' ... pretty common ailment ... usually 'Tension Related' and less often chemically induced!

'Headaches' are usually 'Blood Flow' based, although a dose of 'Nitro-Glycerine' will chemically make your head pound! Heart attack patients insert a small 'NG' under their tongue at the onset of 'Angina' or any heart attack sign. This chemical dilates the blood vessels and thus increases blood flow, usually the short-term solution to the 'Distress'.

With the 'Headache', regardless of intensity ('mild or migraine'), treat it first, very early on, as a 'Tension' issue. **Don't take any medication!** For this treatment to work optimally, one MUST believe in the fundamental principles and procedures, or it will NOT work!

Tight muscles ('Tension') in the 'Shoulders and Neck' region are generally the source of the 'Vaso-Constriction' and subsequent 'Blood Flow Restriction' resulting in the 'Pump Pressure or Flow Response' that manifests as a 'Head Ache'. The 'Inbound Arterial Blood Pressure' to the head from the heart is greater than the 'Venous Pressure' out of the head returning to the heart. Thus, when the 'Outflow' is impeded by tight muscles restricting or squeezing the veins, you can feel your heart beat tapping or pounding in your head! Hence the epidemic suffering we have come to know as a 'Headache'.

Let me tell you that most athletes with good 'Blood Flow' conditioning do NOT experience repeated incidents of 'Headache'. They have good circulation ('Blood Pressure Range') and know subconsciously how to relax when not at work!

So, how can we better relax 'On Demand or Command'?

It is 'Mind Over Matter' for sure. That often cluttered, troubled mind, must tell the 'CNS' ('Central Nervous System') to "Let IT Go!" If you cannot accomplish this very doable physiological control, you may become a 'Pill Popper'? This process is often a 'Merry Go Round' that never arrives at a destination. You just pop more pills with less results and help make the pharmaceutical companies more wealthy, while exposing your self to more chemical risk.

We generally have and provide our own 'Drug Store' by Mother Nature's design.

THE HEADACHE

When you start to feel the onset of a 'Headache', make time to do some very basic 'Upper Body Machine Stretches'. Ten minutes will often suffice to get your 'Blood Flow' back 'Normalized'. That shall end your 'Tension Headache'. The 'Exercises naturally increase the 'Flow Rate' as did the above 'NG' pill under your tongue. Doing work makes your magically gifted 'Body' ('Circulatory System') open the gates, speed up the pump, provide more oxygen and nutrition while removing more waste. ('Toxins') This very simple and universal truth is why, when my clients tell me they are "Coming Down With A Bug!", I tell them to put on a 'Sweat Suit' and go exercise half an hour or more twice a day. The increased 'Cardio-Pulmonary' increases ones 'Auto-Immune System' and wards off the onset of viral or bacterial disorder.

Interestingly, we sometimes tend to get feeling that 'Onset' ('Mental Manifestations') while there really is no 'Physiological' reality. In any case, "I have a headache!"

Regardless, we have to treat it! ... Firstly, without chemicals!

Here's how!

ACCU PRESSURE

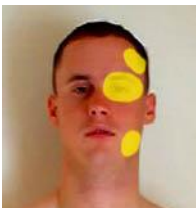
Frontal Face

Quiet cool fresh dark place.

While deep breathing ... very slowly ... apply finger pressure, as firmly as required, to each of the below illustrated 'Yellow Zones' or 'Pressure Points'. You can move your finger around progressively to find the most effective nerve location. Once located, stay with it for an extended period. The scouting is over. Set up camp!

Remember that each side of your face has these 'Zones'. Even if you find relief in one, use them all! Make a circuit of the process!

Add one more zone! Below the 'Eye Zone', there is a 'Nose Zone'. Pressure beside the 'Nasal Bone' there is an area that provides very effective relief. You will find it!



Lateral Face and Neck

Follow the same progressive pressure process as above.

Use 'Digital Pressure' at and around each 'Yellow Zone' as required until some specific relief is achieved. You will immediately feel it! Move the applied pressure around. Vary its intensity. Rocking or slowly moving your finger around, as little as an 1/8th of an inch, will make a difference. Vary the pressure, the pressure profile and location. You will know when you have 'The Spot' and get relief.

The posterior 'Zone' at the base of the skull aft and below the ear is particularly effective for most patients.

There is yet another 'Spot' just in front of your ear, where bone and cartilage meet. You will feel the notch or slot. We are all different! Explore!

One may explore and locate various 'Pressure Zones' in the scalp as well. One commonly effective 'Pressure Point' is in the 'Sideburn Nerve Zone'.

I have heard of patient relief using 'Frontal Chin' migrating from the 'Frontal Upper Neck' down to the 'Clavicles' as well.

When you locate a particularly effective 'Zone', record it on a piece of paper so you can retrace your steps. Remember that you are a complex 'Physiological Psychological Being' with many moods and capricious 'Net Conditions'.

Expect constant variations to your treatment themes!

Remember, in the absence of physical injury, this 'Tension' is all about 'The Mind' first and then it translates or migrates to 'The Body'. So always pay attention to what is going on between your ears! If you have got things 'In Your Head', somehow get them out of your mind! Bad thoughts and situations are like the key in this 'Headache Ignition' and may also be the fuel in the tank. Giving the car a regular wash and fresh air helps! Avoid too much time in the 'Fluorescent Jungle'.



Posterior Lower Skull and Upper Back

This area is particularly important in the process of relieving ‘Muscular Tension’ and thus increasing ‘Blood Flow’.

It is my personal experience that the initial or ‘Trigger and Primary Blood Flow Restrictor’ is the ‘Trapezius Muscles’. This ‘Triangular Soft Tissue Mass’ runs from the base of the skull, to the Thoracic Spine, to the Shoulder Prominence. (see top Yellow Zone’ – ‘Origin’) You will notice that this ‘Posterior Zone Group’ follows the precise ‘Trapezius Platform’. Get the ‘Neck Trap Body’ between your fingers and squeeze it! Apply pressure on the ‘Insertion’ end in the ‘Anterior Shoulder Notch or V’.

If this ‘Trapezius Triangle’ gets tight, it results in ‘Restricted IN and OUT Flow’, especially in the top two ‘Yellow Zones’. This restriction is to and from the head and heart. This creates that ‘Pounding Feeling’ we have come to call the ‘Head Ache’.

Again, the ‘Outbound or Contracting Pressure’ (‘Systolic’ – proximal to heart source) is greater than the system and return pressure (‘Diastolic’ – distal to heart source). Both these pressures have to pass through the ‘Muscularly Restricted’ or tight areas and zones. The ‘Arterial Flow’ wins that squeeze battle due to its greater pressure. The ‘Head Pounding’ is due to the fact that the ‘Out Flow Pressure and Volume’ is less than the ‘In Flow’ ... the ‘Outflow Valve’ is functionally slightly more closed than the ‘Inflow’.

How does one practically apply pressure to points #3 and #4 without ‘Loving’ help? (when you have a migraine, love-making is likely not on your mind! ... but if it is, some of that pleasure heat may relieve the ‘Tension’!) In any case, you can apply specific ‘Pressure Points’ laying and rolling over a squash, racquet or tennis ball.



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