

GST BODY

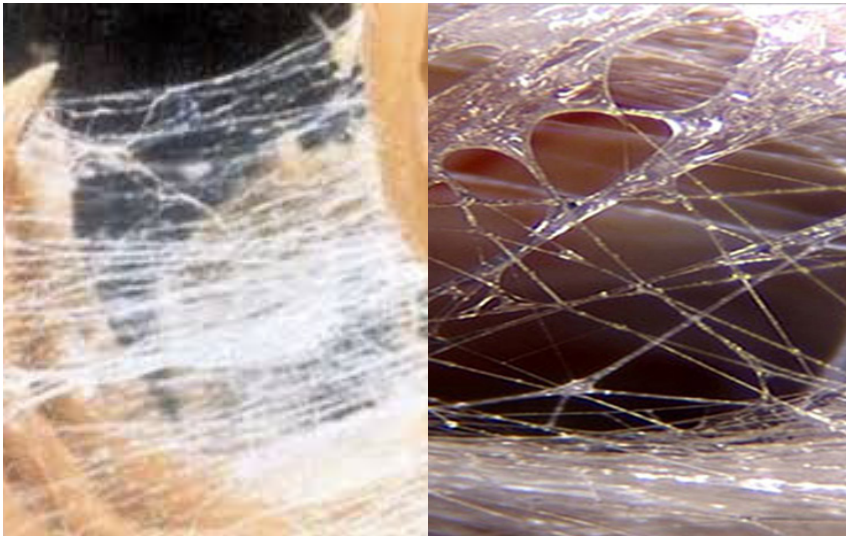
A WHOLE BODY FASCIA CONDITIONING SYSTEM

COMPREHENSIVE GUIDE TO
FASCIA AND BODY CARE



Fascia is a type of cobweb-like body tissue made from collagen, elastin and reticulin that makes up, organizes and holds the body together. There are five types of fascia tissue located everywhere inside the body, from superficial (towards the skin's surface) to deep (stretching around the organs and spine).

LIVE FASCIA: ©Jean-Glade Guimberteau



THE CST & FASCIA

Fascia is unique from other body tissues because it forms an entire body system called the Connective Tissue System. Though the CTS and fascia are terms often used interchangeably, they're not one and the same thing. Even so, for ease of understanding and general public familiarity, the term fascia is sometimes used in this guide to refer to the CTS as a whole.

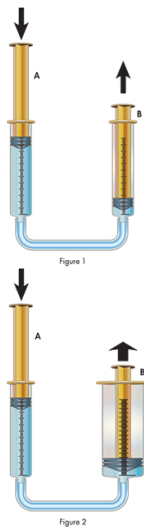
The CTS is similar to all other body systems (circulatory, digestive, endocrine, respiratory, etc) in that it comes complete with its own organs (Fun fact: the way cells organize themselves by type is why they're called organs.) CTS organs are not mass organs like the heart or liver but are spread out and layered through all other body systems. For example, the myo-fascia is the CTS organ that organizes and connects the musculoskeletal system



MYOFASCIA ©BodyWorlds

Fascia is classified in physics as a pseudoplastic non-newtonian fluid. The hybrid fluid fiber material of fascia behaves like a fluid when exposed to force stress (gravity). This fluid behavior is part of the hydraulic mechanism the CTS uses for metabolizing energy (force distribution) into motion. Fascia and the CTS use fluid dynamics - the metabolic process of force into flow to do its job.

HYDRAULICS



WHAT IT DOES

What does fascia tissue do?

- Connects - all body parts and systems
- Protects - glides to shock absorb and protect soft tissues from mechanical friction
- Organizes - organs, muscles shapes and body systems
- Synchronizes - all electrochemical functions and their resulting body motion
- Irrigates - total cellular, tissue organ and system hydration
- Lubricates - reduces friction on organs and tissues from somatic mechanical actions of motility

What does the Connective Tissue System do?

- Communication System - forms a type of fiberoptic communication system. It is the brain of the body, the organ of proprioception and consciousness density of receptors 3:1 ratio over muscles previously seen as the highest.
- Sonic System - it responds to vibrational frequencies.
- Transportation System - fluids for hydration and nutrients for cell and hormones.
- Circulation System - distribution of cellular hydration and nutrients
- Detoxification System - part of waste and toxin removal
- Motion System - initiates motion on all levels of body function.

WHY IT MATTERS

Fascia's most significant function is as your body's fiberoptic smart grid regulating total body energetic metabolism of all electro-chemical and physical energy. Its primary function is to manipulate, modulate and synchronize the metabolic activity on all levels of body function. It also metabolises force influences (gravity) and synchronizes the resulting motion throughout the body (cellular, tissue, organ and system).



For example, how does a heart beat (motion) that creates an electric charge (EKG) sit right next to the lungs that also have their own expansion (motion) at different energy rates and timing without interrupting each other? Fascia!

WATER = LIFE

Fascia is challenging our perspectives of the human body as a solid single unit assembled from separate, individual parts. Instead, it reveals a body that's 70% water, mostly fluid in content and integrated as one tissue continuum.

Fascia is constructed by 70% fluid and 30% fiber. A recently discovered new phase of water called gel or coherent water pulls collagen (fibers) into form producing the scaffolding structure of fascia. Nanotubes inside fascia contain microscopic water crystals aligned by collagen fibers. This hybrid fiber-fluid composition with its intrinsic H₂O gel fulfills the requirements for super-conduction of energy. Fascia is the body's literal smart grid generating, modulating and synchronising all body energy and activity.

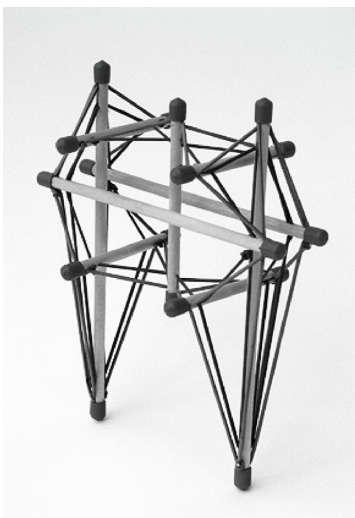




helping to hydrate but also keep all other body systems in flow. Through water, fascia and the CTS also informs all other metabolic activity in the body- how efficiently your blood circulates, lymph flows, food digests, supplies nutrients and eliminates toxins. Properly hydrated, fascia plays an essential role in the body's immunity by decreasing inflammation and removing toxins. It's a huge player in the body's anti-inflammatory and detox processes.

HOW THEY MOVE: ISOLATED SOLID VS. CONTINUUM FLUID MECHANICS IN BODY CARE

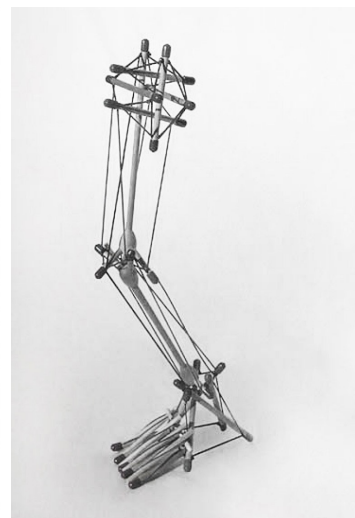
There is a conflict between the solid and fluid body perspectives when it comes to body care. Treating the body as a solid is problematic and actually damages fascia and the CTS. Unfortunately, you're probably damaging fascia without even knowing it because of modern lifestyles and most of our fitness and even therapeutic modalities practices use the solid mechanical model. Take a look at a side by side of how solid and fluid mechanic principles differ when it comes to fascia.



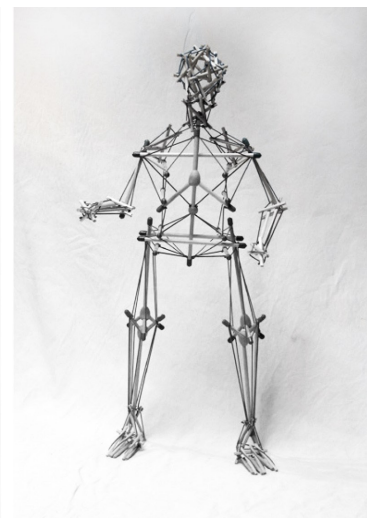
Double Tensioned Pelvis



Tetrahedral Vertebral Spine

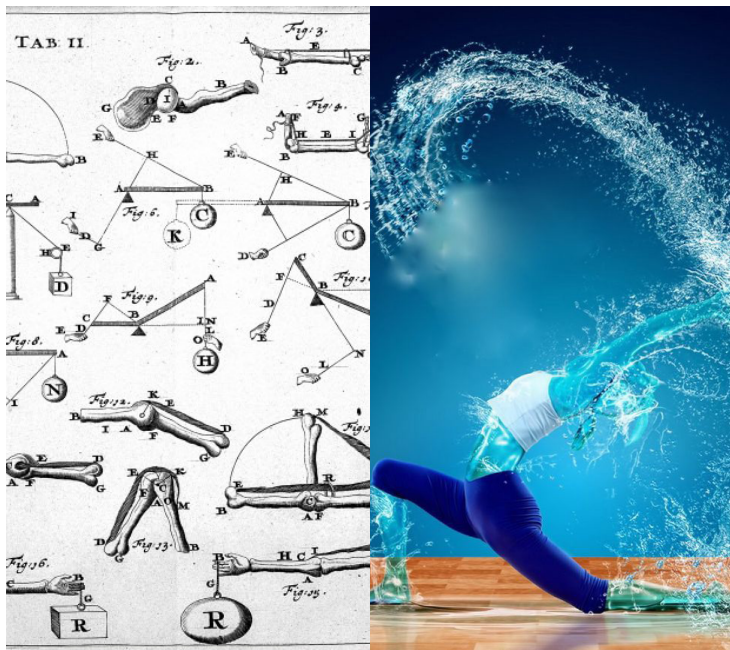


Tensegrity Leg/Foot



Tensegrity Skeleton

SOLID MECHANICS	FLUID DYNAMICS
Body should be a RIGID structure to be STABLE	Body should be a FLUID system to be VITAL
Good POSTURE organizes anatomy by positioning individual body parts	Dynamic ALIGNMENT through tensegrity-integrity of tensions through each integrated fiber connection
Focuses on FORM with body poses and positions	Focuses on FUNCTION and body animation
The CORE is your abdominals .	The CORE is the entire length of spine (central nervous system)
BUILD SOLID CORE - connect your ribs to hips by contracting abdominal muscles with "crunches" to hold a solid spine.	DEVELOP FLUID CORE - use all possible spinal motion options through widest ranges of motion as possible.
HOLD core still - move arms and legs at joints	MOVE core and expressed the motion in arms and legs like tossing a fly fishing line.
Use muscles to STABILIZE the body	Use muscles to MOBILIZE the body
Muscles CONTRACT and EXTEND (short and long) 2-DIRECTIONAL motion.	Fascia COMPRESSES and TRACTIONs (long and longer) for 3-DIMENSIONAL motion.
ISOLATE and targeted stress load to specific muscle groups.	INTEGRATE and share stress load through entire system.
Muscles LENGTHEN for stretch and shorten for STRENGTH	Fascia SPREADS for stretch, expands for STRENGTH - LENGTH is STRENGTH for fascia
STATIC position and good form	KINETIC active shaping for optimal function
MOTION in solid mechanics is the influence of force through a lever to creating DIRECTIONAL linear movement.	MOTION in fluid dynamic is a 3 step process -deformation, displacement and sequence of a substance as force moves through creating DIMENSIONAL spiral or helical movement.
Energy CONSUMPTION - SM says motion is force generated inside by contracting muscles and focuses loading weight into the body -towards a solid core.	Energy ELIMINATION - FD says motion is the end process of kinetic force moving through and out of - leaving the body.



WHAT'S THE DAMAGE?

Fascia's fibers are sturdy but sensitive and are damaged by various elements in our extreme lifestyles (sit all day, go workout and live life hard). Like soft skin that develops a callus with repetitive agitation in the same location, fascia becomes ossified and callused on the inside. Ossified tissue decreases interstitial fluid AND dehydrates tissue which increases possible exposure to additional excessive and fiber friction. The long term influence of ossification and tissue dehydration causes rheopectic (thickening) conditions in the entire CTS.

Compromises in the CTS produce systemic risks to all other body systems over time. Similar to the way blood can't flow through veins that are clogged, the same happens to nutrients, blood and nerves with fascia. Force can't be absorbed and distributed through ossified fascia, so they can't flow.

What this means for you?

There is an increased interest and study of fascia and its systemic relationship to the body and our health.



Left: Healthy Fascia | Right: Ossified Fascia

Initial connections are being made between all types of body concerns from pain to auto-immune diseases even into anxiety, depression and mental health. It's even being studied for its possible connection to metastasis of cancers.

If you're having body complications it's very likely that fascia and the CTS might be involved, so get to know more about fascia, the CTS and how to take care of them.

THE GOOD NEWS

Until recently it was thought that most of your body systems were inaccessible for direct care because they were automatically operated by the autonomic nervous system. All you could do was eat well and exercise and hope for the best.

Scientific research has recently confirmed that fascia contains muscle-like cells that allow fascia to contract, just like a muscle can flex, on command. This is a huge deal! The fascia flux changes everything from automatic to somatic. It means you get to choose and influence your health directly and precisely through activating the flux to influence the whole CTS grid- everywhere it touches. Since most people over the age of 25 have some type of fascia damage, the fascia flux is essential to not only restore and optimize the CTS function, but reverse tissue ossification.

GST FASCIA TECHNOLOGY

Because fascia is intrinsic inside you and its action flux is controlled by you, fascia revolutionizes and allows us to evolve our approach to body care and health. With fascia flux and the pervasiveness of the CTS, there's potential to be able to influence the whole body directly in ways previously not thought possible.

Body care is as simple as learning how to select and control your fascia flux and then using human motion as an impetus to initiate the CTS mechanism that will restore fascia to its optimal condition. GST Body has unique proprietary fascia technology to teach fascia flux in combination with new biomechanics (a branch of fluid dynamics called continuum mechanics) which is far superior to working with and influencing fascia structure and function.



Think of unhealthy fascia like a dry block of ramen noodles.

When you use the fascia flux with continuum mechanics, it's like adding hot water. The noodles will soften, spread out and float distributing tensions and opening space for flow. This is what healthy fascia does organically.

GST Fascia Technology:

- Removes tissue calcification and adhesions
- Restructures tissue form and shape
- Restores tissue suppleness
- Reeducates tissue behavior and habits
- Reanimates tissue function
- Rehydrates tissue
- Reintegrates tissue with the nervous system

GST Body is an education system that teaches you how to be an active participant in influencing your health by becoming your own body care provider. We believe it is the only way for the body to truly heal once and for all and to develop a lifelong investment of a body care practice. This is the best investment you will ever make.

Now that you know a ton more about fascia, we invite you to experience the freedom, space, and lightness of being that body care through fascia can provide.

A photograph of a gym or fitness studio. In the foreground, a woman with long dark hair is seen from the back, adjusting her hair. She is wearing a black sports bra and leggings. In the background, several other people are visible, some appearing to be in motion or performing exercises. The lighting is bright and natural, suggesting a well-lit indoor space.

START DOING GST ALREADY
AT WWW.GSTBODY.COM