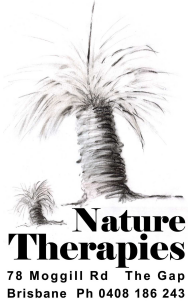


# Residue

*n. What is left over or remains.*



Residue can accumulate in our bodies as a result of our diet, our environment, injuries, wounds, and even emotional scarring that we may have received. This residue can take the form of toxins arising from our bodies inability to completely detoxify the modern chemical additives to most processed foods, the agricultural chemicals used in the production of the raw materials and of course the impurities we breathe, drink in our water, and absorb through our skin. These **toxic residues remain and accumulate in our bodies** unless we clean them out from time to time.

Residue can also accumulate in our bodies after injuries and traumas that fail to be completely healed. Quite often the pain or discomfort of an injury will cause us to go into protective spasm around the site to limit our experience of pain and immobilise the joint. This protective spasm can lead to compression and altered biomechanics in the joint, delaying its healing and possibly leaving a **residue** of compression, holding patterns and adaptive patterns of use into the future. Over time, this residue can weaken the joint or muscle and either leave it prone to further discomfort or make it more difficult to completely heal even a slight injury in the future. In dealing with injuries, unless this remainder of pain, weakness and lack of correct biomechanics is completely resolved, then a **residue** remains. The inability to completely relax or loosen an area is a tell-tail symptom of chronic residual 'control' remaining after stress or trauma.

Emotional wounds can also leave lasting effects in the bodymind. We are all familiar with the tension that can accumulate in our shoulders or in our stomach when we are under too much stress or we have to face an unpleasant character or situation. If this response becomes frequent or chronic and the body does not have time to **unravel completely**, then the familiarity of this muscular tension becomes "the norm" and the increased compression ratios in nearby joints eventually produce early wear and tear of the joints, muscular fatigue and aching. This condition is sometimes produces fibro-myalgia. The body's muscles are not designed to be in a constant state of tension, nor are we emotionally

equipped to be under constant stress. Unless these **underlying causative issues and body responses are addressed**, so that this tension can be released, then even quite effective treatment can only produce a temporary or palliative effect. These body residues become quite important to you as you consider your prognosis. The amount, type, and awareness of these residues in your body add important information to three vital questions that you could like to answer.

- 1. How did I get the way I am?*
- 2. What factors are stopping me from healing naturally?*
- 3. What therapeutic protocols do I need to engage in to heal to the level of my expectation?*

The search for clear answers to these questions can become a vital part of your healing process and form the basis of the quickest and most effective treatment. By helping you discover these answers we equip you with the information and education to create and maintain your own wellness.

Creating wellness is a process of working with your intuition and your practitioner to understand how you created your discomfort or disease thus far, where you are at present, and what you need to do to be completely well in the future. Complete wellness is not attainable unless we remove or let go of the residues preventing complete healing.

Some people simply wish to be free of pain so they can return to normal activities, a task that is often easily achieved with the power of effective natural therapies. But for many the chance of completely resolving a health problem so that it is not a contributing factor in future deterioration is what they really want if they are given a choice. Empowering yourself through corrective care education, contemplation and intuition can lead you on a path to .....

**Improve Your Wellbeing ~ *Naturally!***

*Terry Hitzke*