



Bioregulatory Psychosomatic Bodywork

- therapeutic indications -

“The greatest mistake physicians make is that they attempt to cure the body, without attempting to cure the mind; yet the mind and body are all one and should not be treated separately.”

Plato

Bioregulatory Psychosomatic Bodywork (BPSB) aims to define, release and re-balance an individual’s pattern of restrictions. It is, therefore, therapeutically indicated in all cases of musculo-skeletal resistances, poor joint mobility, spasms of internal organs, lymphatic or venous stasis or energetic blockages. Since these structural resistances are a somatic equivalent of unprocessed traumatic experiences, an additional therapeutic indication of Psychosomatic Bodywork is to prompt the psychotherapeutic resolutions.

BPSB is always beneficial when one is feeling low in energy, experiencing strains and aches within the body or feels miserable, anxious or depressed. As each treatment is specific to the uniqueness of an individual’s biological terrain, BPSB has the capacity to be successfully applied in a variety of therapeutic indications.

BPSB as Health Building Therapy

BPSB essentially increases one’s health by means of facilitating self-regulatory mechanisms capable of **improving both inherent and acquired constitutional weaknesses**. A health

building therapeutic approach opens vistas to a **new paradigm in medicine**, which is fast becoming an essential part of modern healthy lifestyle.

BPSB as Anti-stress Therapy

A simple relaxing massage commonly practiced today does not nearly satisfy the growing need for a profound and effective stress release. Bioregulatory Psychosomatic Bodywork offers a **new form of 'health hygiene'**, which not only offers a wonderful sense of well being, but additionally strengthens overall health.

BPSB as Preventive Therapy

Being a homeostatic therapeutic approach, BPSB has a **profound preventive impact on disease manifestation**. When practiced as Preventive Bioregulatory Therapy, education on a healthy lifestyle is additionally emphasised, since health awareness plays a crucial role in overall 'health economics' and consequent long-term preventative healthcare.

BPSB as Regenerative Therapy

Bioregulatory Psychosomatic Bodywork is a powerful, yet gentle form of holistic therapy. When practised as regenerative therapy, BPSB can be applied either on its own, or as a part of Integrated Regenerative Bioregulatory Protocol, which is **recommended for acute and chronic diseases**, including: fibromyalgia, IBS, sciatica, arthritis, eczema, asthma or colitis.