

Free Your Fascia: Relieve Pain, Boost Energy, Ease Anxiety and Depression, Lower Blood Pressure, and Melt Years off Your Body with Fascia Therapy (1st Edition)

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Abstract: *"Free your fascia: Relieve Pain, Boost Energy, Ease Anxiety and Depression, Lower Blood Pressure, and Melt Years off Your Body with Fascia Therapy" by Dr. Daniel Fenster, published by Hay House, INC in 2020, offers a comprehensive approach to relieving pain, increasing energy and improving well-being through the treatment of fascia. This book is aimed at health professionals and individuals who face physical limitations in their daily lives. Dr. Fenster explains how tension and strain on the fascia can lead to chronic pain, anxiety, depression and other health issues. Throughout the book, Dr. Fenster provides detailed explanations supported by photographs, thus making the technique accessible for self-practice and professional assistance. It emphasizes the need for a general lifestyle change to effectively treat serious fascial issues. As a physical therapist experienced in treating fascia, I appreciate Dr.'s comprehensive and in-depth approach. However, readers may need faith and commitment to the concept and techniques to achieve optimal results, as individual results may vary. Overall, Release Your Fascia provides a valuable resource for understanding and using fascia therapy to improve health and vitality.*

Keywords: Fascia, Pain, Fascia Release, Chronic Pain, Health Conditions, Medical Methods

Book Review

Title in full: FREE YOUR FASCIA - Relieve Pain, Boost Energy, Ease Anxiety and Depression, Lower Blood Pressure, and Melt Years off Your Body with Fascia Therapy; Author: Dr. Daniel Fenster ; Publishing House: Hay House, INC (www.hayhouse.com); Published in the United States, Australia, United Kingdom, India; Date of publication: 2020; Edition Number:1; Number of pages: 240; Cover design: Howie Severson ; Interior design: Nick C. Welch ; Indexer: Joan Shapiro; **Trade paper ISBN:** 978-1-4019-5864-0 **e-book ISBN:** 978-1-4019-5870-1 **Audiobook ISBN:** 978-1-4019-5987-6

The title of this book, "FREE YOUR FASCIA - Relieve Pain, Boost Energy, Ease Anxiety and Depression, Lower Blood Pressure, and Melt Years off Your Body with Fascia Therapy" is a magnet for the minds of health professionals specializing in these matters, such as and for individuals who face limitations in their daily activities.

The main objective of this book is to provide insight into the nature of fascia, improving understanding of its role and importance within the body. In addition, it aims to help readers learn practical techniques for releasing fascia, thereby promoting improved health and overall well-being. Aimed at a broad audience, the book is recommended for individuals experiencing chronic pain, long-term medical treatment, challenges in daily functioning, recovering from sports injuries, struggling with substance abuse problems, coping with health conditions such as anxiety and depression, cope

with sexual health concerns, and even for those dealing with cancer.

The Author refers to fascia as a "mysterious organ" and explains that when this organ is in a state of tension and overload, it can cause many of the problems mentioned above. Therefore, in this book, he shares knowledge about appropriate methods and provides information on fascia release which can be implemented autonomously or in collaboration with professionals in the field, which can also be seen in the photos that author shared in the book.

The book has two parts, first one is written under the title: *Meet your "Mystery" organ*, which consists of three chapters as: Chap.1: *What is fascia - and why haven't you heard about it?* Chap.2: *Why good fascia goes bad* and Chap.3: *Your fascia: friend or foe?*

In the first part the author introduces and discusses the most important organ that you may not have heard of before - your fascia. First, they explain where this organ is located, stating that it is everywhere, and why it is important to take care of it. Next, they describe the disease process of fascia. Finally, they present a quiz that you can take to assess the health of your fascia. Second part of the book is written under the title: *The "Free your fascia" program*, which consists of five chapters as: Chap.4: *Release Your Fascia by Stretching*, Chap.5: *Optimize Your Fascia by Standing Tall*, Chap.6: *Melt Your Trigger Points with Rollers and Other Tools*, Chap.7: *Heal Your Fascia by Changing Your Lifestyle* and Chap.8: *Tackle Serious Fascia Problems with the Aid of*

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Professionals. In this second part the author reveals the program for releasing the fascia, mentioning in advance the methods for which he gives explanations and demonstrates them with photos. Mentioning different categories that include stretching, rolling, vibration, posture-enhancing exercises, acupuncture/acupressure, trigger point therapy, orthotics, and lifestyle changes, the author, in the self-help chapter, informs us of the methods that we can do ourselves, using no equipment at all. And then informs us of powerful tools that professionals can offer us.

In conclusion the approach that the author has taken seems to be suitable and understandable for the reader, since it offers a broad practical strategy and clarifies the comprehensive meaning of fascia, including the science of fascia, its role in body biomechanics, impact on pain and process of injury as well as the connection with the emotional aspect. As a physiotherapist with extensive experience in working with fascia release in my patients, I find it easy to grasp the essence and understand what the author intends to convey to us as readers. Although the book provides me with additional knowledge that will assist me in achieving better results, comprehending and believing in this phenomenon may not be as straightforward for everyone. It requires an initial belief in the concept, followed by a willingness to employ the techniques and await the results they yield, as outcomes can vary from person to person.