

The Hidden Effect of Scars on Your Health

By Juliet Mathison, Specialized Kinesiologist

Did you know that a scar on one part of the body can cause pain somewhere else, or organ dysfunction and possibly a subsequent illness? A *scar* is often the hidden culprit in mystery illnesses or unresolved pain patterns that have not responded to conventional treatments.

How is that possible? Let's delve a little deeper into what is happening physiologically when tissue is either cut or torn and then grows back together to heal the wound. It is helpful to have a little understanding of Chinese Medicine, since both Eastern and Western medical models apply here. The Chinese Medical map of the human body shows 12 bi-lateral channels, plus two midline channels, known as meridians. These channels circulate the bio-electrical life force (qi) of their corresponding organs throughout the body in rhythmic cycles that mediate the balance required for healthy living. If a surgical incision cuts through one or more of these channels, the corresponding organ can become compromised. This is clearly illustrated by the preponderance of digestive problems in women who have had breast surgery, whether it be for implants, mastectomy or reconstruction. The stomach channel travels vertically, directly through the breast. C-section scars can also be responsible for a variety of digestive disturbances, not to mention chronic low back pain.

In addition to disrupting meridian flow, trauma and surgery also cuts through muscles, nerves, lymphatic vessels and connective tissue. The structural integrity of the musculoskeletal system can be significantly compromised as a result. Fascia is a type of connective tissue that envelops and interpenetrates every major structure in the body. Fascia is particularly susceptible to scarring. Fascial scarring is often the cause of seemingly unexplainable pain in a different part of the body. A mysterious pain in the shoulder can sometimes be caused by an old injury or surgery to the opposite ankle or foot. A simplified analogy can be helpful here. Imagine a baby romper, that all in one garment with poppers up the front. If you were to cut a hole in the foot of the garment and then sew it back up, there would be a little less fabric in baby's romper. There would be a little more tension in the garment which would be felt most significantly at the furthest point from where the tension was pulling: the opposite shoulder. The shoulder muscles respond to this tension and a compensation pattern emerges. This can be experienced as pain, dysfunction and restricted mobility. The cause and the effect are in different parts of the body. This concept is not yet widely understood.

Some different manifestations of the possible effects of scars are illustrated in the following examples:

Kathy and Mark, a healthy couple in their late thirties had been trying to start a family for seven years. For the past five years, every fertility specialist they had seen had told them the same thing: "There is nothing wrong with either of you." While Kathy was receiving

treatment for a knee injury, it was noted that there was a large scar on the inside of her lower leg. Kathy agreed to the suggestion that she have scar release therapy, even though the injury had occurred when she was 13 years old. There is a very important acupuncture point located on the inside of the lower leg. It is a confluence of three 'yin' (female) channels, and it influences reproductive health and fertility, among other things. Kathy's scar was located directly above this important point, and it was blocking the flow of qi through those three channels. Three months after receiving scar therapy, Kathy joyfully announced that she was pregnant.

Dorothy developed a facial tic a few months after having surgery to correct two hammerhead toes on her left foot. Nine months later, Dorothy had scar release therapy to relieve the pain that she still had in her foot. The facial tic disappeared, together with the foot pain. The incision had cut through the stomach channel which ends in the second toe. This channel originates, yes; you guessed it, *on the face*.

Sometimes there is inflammatory scar tissue inside the body that is not visible from the outside. This can be helped with enzyme therapy and by adopting an anti-inflammatory, gluten free diet. Proteolytic enzymes such as nattokinase and serrapeptase dissolve the fibrin in scar tissue, helping it to soften and normalize. Adequate intake of essential fatty acids is also important.

Scar release therapy can help with a broad range of scar related conditions. Bio-compatible therapeutic micro-current is used to release constricted connective tissue, correct depolarized scar tissue, relieve pain and restore meridian flow to the affected organ(s). Physical appearance and texture of scars can also be reduced and scar sensitivity minimized. Scars affecting the musculoskeletal system may be treated with scar release therapy, immediately followed by structural realignment to restore function and mobility. For most simple scars, one treatment is sufficient. More complex cases may require two treatments.

Post treatment homecare may include shea butter, myrrh, elemi essential oil and carrot seed oil. These are helpful natural remedies to nourish and soften the scar tissue and restore elasticity to the skin.

AUTHOR BIO

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