



# Breuss Massage



## What it is:

The Breuss Massage was developed by the late Austrian Healer Rudolf Breuss (1899-1990), and is also known for a 42-days fasting cure against cancer. Rudolf Breuss said that there is no such thing as 'wear' of intervertebral disc but instead that the discs are 'degenerated', he was convinced that regeneration was possible. Certainly the results achieved with the Breuss Massage suggest that this is the case! The Breuss Massage in combination with the Dorn Method. When the person has strong sciatic pain or is very tense then this Massage can be used before the Dorn Method to take away some of the pain and tension because in this relaxed state, the spine can be more easily and painlessly re-aligned, hence making the following alignment more effective. So the massage is a very gentle, spinal massage that safely stretches, nourishes, aligns and energizes the spine and releases nervous fibres. This makes the massage unusual as many massages avoid the spinal cord.

The spinal columns not only need nourishment and rest, but also the right amount of 'stress' in the form of active movements to maintain its strength and function. During the day our spine and especially our 'discs' are stressed and they need to fulfil their duty as shock-absorbers whenever we stand, walk or sit. These discs are consequently squeezed and some of the liquid within gets out making the discs thinner. We are actually a little shorter in the evening compared to the morning after standing up. During sleep the spine relaxes and stretches out, and the discs can somewhat regenerate by 'sucking' back in the liquid they lost during the day, almost like a dry sponge placed in water. This mechanism is altered in a negative way when our metabolism is not in balance or impaired for many different reasons.

The massage is applied using a little carrier oil and maybe St John's Hort oil.



## The Benefits:

This is a gently treatment and so if concerned about any painful elements you can totally relax. Benefits of Breussova massage therapy include:

- No discomfort
- Re-aligns posture as the spine is stretched and relaxed
- Reduces muscle tension
- Removes energy and physical blockages
- Heals physically, psychologically and spiritually
- Regeneration of disks
- Reduces headaches
- Assists Dornova method

## What to expect:

- Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment whilst your skeletal posture is observed.
- You may or not be undressed depending on the condition being treated. When you are undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which is exposed. The focus is always on you feeling safe, comfortable and reassured. You will be asked to stand and your posture will be analysed.
- Depending on time the entire body may be massaged and examined to identify where the best use of the techniques available can be used. The massage will include stretching and mild pressure points. Paper is applied to remove negative energy, followed by placing a towel and applying positive energy before removing the towel, and performing aura massage techniques... It is possible you will be invited to return two or three times a week for short sessions to focus on damaged areas or you just might make regular visits to have general aches and stiffness problems reduced.
- Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.

## Contraindications of Breussova massage

- Pregnancy
- Osteoporosis
- Inter Vertebral
- Open wounds or infection
- Broken skin, eczema or rash
- Tumour
- Fever
- High blood pressure
- Thrombosis
- Inflammatory disease

## After Care Advice:



Body, Mind and Spirit  
Steve and Jana  
Tel. 07947 754254

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- Might be given specific exercises
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Be aware of side effects – use leaflet or internet information
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Excess urination, bowel movement is normal as toxins are eliminated