Today, we're going to talk about fascia . Hopefully most of us are pretty familiar with the fascial system. . The fascia envelopes all the tissue in the body, the muscles, the joints, the regions and areas, the organ systems. We have the mesenterium, which kind of envelopes the torso and peritoneum, and these are all different levels.

So we have deep fascia, we have superficial fascia. For the most part, when we're talking about Gua Sha, we're talking about the superficial fascia. So we're starting to understand, a little bit of pain science is, really taking us to the idea that the, the fascia has a lot to do with, how we experience pain in the body.

And so you can see some people who, touch them, they're just like a rock and they don't feel anything. They don't feel any pain. And that's a superficial fascia is so tight and guarded that it's not letting anything in. This is a great situation. You work on that with your hands and you can hurt yourself.

You can work yourself really, really hard. And these people are still feeling. nothing, and they want more and they want more and they want more. You can't do it with your hands. In many cases, this is either guarding from some kind of emotional trauma a lot of the time because a fascia system can really shut down.

And we're going to talk about that in relation to the triple warmer, and the fascia is, is, and tickling, so over sensitivity. Same thing with sweating it can be no sweating. It can be profuse sweating. And, and this is, not related to the fascia per se, but I'm just saying that this is where the triple warm and meridian comes into play, where we can work on this area to loosen up that fascia a little bit, to warm it up.

It's not just pushing through , it's almost like when you take, um, cookie dough, you make cookies and you put the cookie dough in the fridge so that all the butter and all the oils can penetrate through the flour and it can become less crumbly and more like dough.

And so then you bring it out of the fridge and it's just hard dough, right? And then you have to wait some time, you have to warm it up. You have to massage it, whatever the tool is. So the fascia is like that as well. And so if we have something like a nice gua sha tool and we start to soften and warm that fascia up, start to get some blood flow to the area, which is going to also help warm it up and start to create a little bit of inflammation.

Which also starts to warm the fascia up. So for some people that fascia is so tight in the first treatment and then second treatment they come back and it's a little bit better and then we can work in a little bit more deeply and so on and so forth. So when we're, when we're performing gua sha, that's how it works now.

The fluids that are in the fascia, it's just sort of starting to come where we understand that a lot of the communication in the body is happening inside of the fascia. The fluid that passes through the fascia is actually the avenue for the nervous system, the synapses in the body.

They're starting to understand actually passes through the fascia. So if there's blockages in the body, there may be a blockage. tingling and numbness or lack of sensation in certain areas. So this is where our gua sha can come. So hydration obviously is really important for this fascia to, uh, move really well as well.