

*The How and Why of Essentrics:*

*Essentrics is age reversing:*

*Regardless of age, we can get stronger and have more energy by moving all 650 muscles. However, if the muscles are not activated, we lose the mitochondria that are the energy burning “furnaces” of our bodies resulting in loss of energy, weight gain, pain, stiffness, fatigue. Regular eccentric strengthening is safe and maintains the health and longevity of our muscles.*

*Essentrics trains the body to be pain free:*

*The gentle exercises and techniques reverse the cycle of chronic pain. This is achieved by decompressing tight immobile joints through large full range of motion body movements in all planes. Congealed connective tissue and fascia is stretched and loosened to free up the entire mechanical body. Relaxation techniques are used to break the self-perpetuating pain loop that is responsible for chronic pain.*