

Get Out of the Twist With Stress Relief Method!

Contributed by Dr. Durlan Castro
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About 12 years ago, I came across a technique called A.R.T. or Active Release Technique and was amazed at its results. I was so intrigued that I took the certification course and became Long Island's first A.R.T. practitioner. Patients truly loved the treatment and benefited so much that our practice practically tripled, overnight.

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Now I'd like to fast-forward about six months ago. I was feeling tired and had a chronic cough that I couldn't shake. At that time, I was teaching Active Release Technique in Atlanta with my good friend, Dr. James Kiernan. Dr. Kiernan started telling me about this new technique that he developed and was currently getting ready to patent. He proceeded to tell me about the technique and its many benefits such as increased immune function, anxiety relief, and general well-being. He also promised that my workouts would improve. As a bodybuilder, myself, that's all I needed to hear. "Show me!" I told him.

The basis of his techniques called Stress Relief Method TM or S.R.M. TM revolves around the effects of Nitric Oxide (NO) and the wonderful things this molecule does in our bodies. Nitric Oxide is a naturally occurring gas produced by nerve, blood vessels and immune cells. It can function in the body as a pain blocker, immune stimulator, and cell mediator. It's also responsible for the tone in all blood vessels. Relentless mental stress, poor nutrition, and an acidic internal environment can all result in decreasing basal levels of Nitric Oxide. The result is tight muscles, injuries, high blood pressure, anxiety and a general feeling of fatigue. According to Dr. Kiernan, "All stress-- chemical, physical, or mental--originates in the mind; and it just so happens that the mind can be treated through the manipulation of the body."

Through many years of trial and error, and a continued passion, Dr. Kiernan was able to come up with six "positions" or stretches that cause the body to naturally increase Nitric Oxide production. The instrument that's used to measure Nitric Oxide is a real-time device that was called the Kiernan Nitric Oxide detector. It was later renamed the AirNO. Kiernan was able to test the technique at SUNY Old Westbury on two Nitric Oxide scientists and, to their amazement, Nitric Oxide levels immediately changed.

The Proof Is In Feeling It

Ultimately, the time came for me to feel what SRM TM was all about. After examining three specific areas on my body, Dr. Kiernan was able to determine that I was in, what he refers to, as the Twist TM. The Twist TM, as described by Dr. Kiernan is the physiological pattern the body goes through when responding to unrelenting stressors. To the treating physician, the Twist TM will present itself as the right-sided tightness throughout the body. Dr. Kiernan also points out that, "Most athletes execute their particular sport while in the Twist TM, thereby, increasing the likelihood of injury. That is, the Twist TM comes first, the injury second.

An example is the vertebral disc. Each disc in your vertebral column is stacked one on top of the other. Normally, discs can withstand thousands of pounds; however, when the spine is in the Twist TM, it can only support 20 pounds. Next, I asked Dr. Kiernan why most of my injuries usually occur in my right shoulder or elbow. He explained that if you "follow the TwistTM (which is always a right-sided Twist) and undo it (using his technique), all the pain disappears.

When the explanations are over, Dr. Kieran begins the treatment and proceeds to put me into six very specific positions for a few seconds each. During the entire stretch, I'm told to breathe deeply and relax. To be honest, some of the positions were hard to hold and to get a normal breath; but, ultimately I managed to get through it. After he was done, I felt euphoric, a little light-headed, and extremely relaxed. A sense of wellbeing came over me and I, immediately, knew this was going to be a technique that would change the way I treat future patients. For the remainder of the day, I continued to feel extremely relaxed and calm. The next time I weight-trained at the gym, my muscles felt stronger and my pumps were incredible! According to Dr. Kiernan, this was a direct results of increased nitric oxide production!

Passing the Gift

I am now 1 of only 3 people in the entire United States that's certified to perform Stress Relief Method TM and, I'm happy to say, that I've already begun passing this wonderful treatment onto all my patients. The results I've seen are amazing. I can honestly say, Dr. Kiernan has changed healthcare for the better.

To Contact Dr. Castro: ReleaseDr@aol.com or call (516)-541-6030