Dr. Berg’s

Amazing Techniques

for Pain, Stress & Relaxation

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Hello,
You are about to learn a completely new way of addressing body pains, stresses and discomforts.

**How is this different?**
You will NOT be pressing on or treating or doing therapy on the area of pain, stress or tension.

**Why?**
Many times pain is referred from other sources. I can see if you stubbed your toe or fell on your knee – the pain in this situation would be obviously stemming from your toe or your knee. But... how do you explain all the pains that develop from non-injury situations?

You’ll learn some powerful techniques that very few people know. I will also show you how to rid any pain instantly IF the source is directly from the same area you have pain.
On a personal note, I've had right shoulder pain for 12 years and had no idea it was coming from tightened fascia over my gallbladder.

What is Fascia? It is a connective tissue that holds body parts in place and acts as a reservoir for tension and stress.

Gallbladder stress can cause tension to build up in the fascia that supports it. The tension in the fascia then triggers a nerve (phrenic) into the right shoulder, right scapular (shoulder bone in your upper back), and the right side of the neck.

What is the Gallbladder? It is a sac under the liver, which acts to store and release bile (digestive detergent for fats).

What is the Phrenic Nerve? It is a nerve that starts near the gallbladder and travels up and around the liver into the nerves of your neck.
These are the common areas for referred pain

Gently press into this point, which is about 1 inch lower from your right rib cage and 1 inch from the midline as seen below. If your right shoulder pain is indeed being influenced by the fascia over your gallbladder, you will notice instant relief upon performing this technique.

Use the longest part of the tool to press and hold on these areas below. You may need to move downward to get the right release point. You may also need to press several points under the entire rib cage under the diaphragm as seen below.
After you work on the right side, use the tool on the opposite side – the left rib cage. Both sides are necessary to address to achieve maximum benefit.

The diagram below shows the correct point on the left side. IMPORTANT: If you had your gallbladder removed, only press on the opposite side (left side – as indicated in images above). Do not press over the area of gallbladder removal.
WHY DOES THIS HELP?

There is a nerve that connects the fascia covering the gallbladder area then travels upward to the right shoulder and neck. This nerve is called the phrenic nerve. If this nerve is under pressure for a long time, the tension in the right shoulder could cause the vertebrae to shift and cause a pinched nerve in the neck. You will then feel pain down the right arm or in a finger or the hand on the right side.

WHAT TRIGGERS THIS PROBLEM?

The gallbladder releases a fluid called bile, which is the detergent fluid the body makes to break down fats and oils. Unhealthy eating over many years can cause lots of tension in the fascia over your gallbladder areas.

Clean up your diet! Nuts and fatty foods and refined carbohydrates are big aggravators of gallbladder issues. Also, the lack of vegetables will cause more stress. Interestingly, if you consume no saturated fats at all, you will also cause your gallbladder to shrink and go into hibernation mode. Why? Because saturated fats trigger the release of bile. The key is not to go overboard with fats and oils and to consume enough vegetables. Personally, during college I lived on refined carbohydrates and sugars and lots of fat – and zero vegetables – whoops! I told myself I’d eat healthy when I graduated. However, as time went on, things got worse and worse until, at 28 years old, a bad digestive system forced me to clean up my act and eat healthy.

SIDE NOTE: Again, if you have had your gallbladder removed, ONLY press on the left side; I will tell you why later in the pain section.
LEFT SHOULDER TIGHTNESS

Discomfort in the left shoulder or right-side mid-back discomfort can be referred from the fasica over the pancreas or the heart. Eating too much sugar can create stress in this area. If your pain doesn't improve with this procedure, then double check with your doctor on the condition of your heart. Heart pain can also be referred down the right arm. Probably the biggest killers of the heart is lack of sleep. If you also then exercise hard and never give your body a chance to recover, it is not good for the heart.
LEFT SHOULDER TIGHTNESS

Upper shoulder discomfort is VERY common, and you may find that even daily massages never quite make it go away. This is because, most of the time, the discomfort is digestive related. Two nerves called the phrenic nerves travel up to the neck. These nerves originate from both the right and left side.

PHRENIC NERVE: A nerve that connects the area under your diaphragm to the upper neck nerves, on both sides.

There is also another nerve called the vagus nerve that also extends from the digestive tract to the upper neck too.

VAGUS NERVE: This nerve travels from all parts of your digestive tract (and other organs) to the top nerves in your neck.

If you are experiencing any type of bloating or digestive disturbance, you’ll feel it in your neck as rubbery, tight neck muscles. All the treatment to the neck won’t work – you need to change your diet.

Applying massaging pressure to these points in the stomach area will give you relief.

To make this simple: when you step on a dog’s tail, he barks from his mouth. Don’t get your hand near his mouth – get to the cause, take the pressure off the tail!
Plantar fasciitis is an inflammatory condition on the heel and underside of the foot. Flat feet is a condition in which the arch of the foot has fallen, many times causing pain in the underside of the foot.

The most common thing people do for both conditions is rub, focus on trigger points, massage, or undergo several types of therapy on the underside of the foot.

You’ll apply pressure with the tool to the top of the foot, close to the ankle as seen below. You will feel 2 tendons which will be very tight as they are doing all the work holding up the arch. Rub up and down on these tendons on both feet for about 2 minutes. This is how you get rid of pain on the under part of your foot.

There are a few ligaments and tendons that need attention and when you work on these areas, the bottom part of the foot will be restored. You’ll feel less pain and inflammation.

There is also a stretch that is highly beneficial is to the muscles on the top of the front lower leg, called the anterior tibialis (shin muscles). See the diagram below to see how to do this. This stretches those tendons giving relief to the under side of your foot.

Note: Do not stretch your calf (the back part of your lower leg) to treat either of the following conditions. Why? Because you’ll be stretching the inflamed area and worsen the pain. Always work on the opposite side to the pain or problem.
In this technique, you will work on the muscles on the opposite outer thigh; opposite meaning opposite to the knee that is painful. And the cool thing about this technique is you can never make someone worse because you’re never even touching the pain area.

**TECHNIQUE FOR RIGHT KNEE PAIN**

Use pressure points on the left sided muscles as seen below. If you are interested in the name the muscle –it is called the Vastus Lateralis from the connection to your hip to the side of knee.

Press closer to the hip and move it down an inch in the area seen below. Do this for a minute and then notice of the opposite knee feels. You will notice though that the opposite side points will be extremely tender – this means you are on the correct spot. To get maximum results, get closer to the muscle that connect to your hip. If this procedure does not produce good results, chances are your knee pain is more involved with damage to a ligament or tendon – in this case, go to your doctor an exam.

**TECHNIQUE FOR LEFT KNEE PAIN**

For pain in the left knee, work on the muscles on the opposite side like in the image below.
AN KLE PAIN

For this technique, work on the opposite calf muscle to the ankle or foot pain. Move the massage tool up and down on the calf.

FOR RIGHT ANKLE PAIN, WORK ON THE LEFT MUSCLE OF THE CALF

WRIST PAIN OR CARPAL TUNNEL

For this technique, work on the opposite forearm muscles.

FOR PAIN IN THE RIGHT WRIST, PRESS ON THE OPPOSITE FOREARM MUSCLES - the left side.

FOR PAIN IN THE LEFT WRIST, PRESS ON THE OPPOSITE FOREARM MUSCLES - the right side.
ELBOW PAIN

For this technique, work on the opposite arm muscles on both sides.

FOR PAIN IN THE LEFT ELBOW, PRESS ON THE OPPOSITE ARM MUSCLE – the right side as seen below. For pain the right elbow, do the reverse, pressing into the left arm muscles (bicept).

LOW BACK PAIN

In this technique, you will work on the opposite side of the low back pain – on the front side. Imagine there is a line from your low back coming straight up through the front. Just press on this area and the way you know you are on the correct spot is it will be VERY tender, so go light and just hold for a few minutes. Then sit up and you may notice that the pain is less but it has shifted to one side. In this case, just reposition the pressure points to the opposite side of pain.
POOR POSTURE

I am sure your parents told you to sit up straight, right? They should have told you to slouch more. With poor posture, the muscles on the front of your body are too tight. If we stretch the opposite muscles, which happen to be on your back, by slouching more, you will notice that you are suddenly sitting and standing more erect.

FOR POOR POSTURE, SLOUCH MORE LIKE IN THE IMAGE BELOW. This technique is the opposite of what most people do. Do this for a few minutes by stretching and relaxing, then sit up. You will feel as though there will be no effort to sit up straight.

MUSCLE TIGHTNESS

Most people stretch their tight muscles. In this technique, you'll stretch the muscle opposing the tight muscles. For example, if your hamstrings (on the back part of your legs) are tight, stretch the front part of your thighs.

For tight hamstrings, stretch the front part of your thighs as seen below.
Why does this work?

The front and back muscles always work together to create movement. Every time you tighten a muscle, the opposite muscle gets the message to loosen up. Based on this principle, to loosen up a tight muscle, all that is needed is to stretch, stimulate, or massage the muscle opposite the tight one.

**ALWAYS STRETCH THE OPPOSITE MUSCLE TO THE TIGHT ONE!**

## JOINT MOTION

You can apply the same principle to a stiff joint. Do NOT stretch into the tightness, instead stretch into the good range of motion.

For example; lets say you can’t look to the right and it’s stiff – as seen below.

You would then stretch to the left gently pushing your head a few times. You will suddenly notice that you will be able to turn your head to the right side much better.

**YOU CAN DO THIS FOR ANY JOINT MOTION. FIND THE MOTION THAT IS TIGHT AND STRETCH INTO THE OPPOSITE DIRECTION.**
OPPOSITE TECHNIQUE FOR PAIN (GENERAL)

THEORY

This technique works according to the principle of opposites. Anywhere in the body there is pain, if you stimulate the opposite side, the pain will disappear. In other words, if the right thumb hurts and you stimulate some pressure points on the left thumb, the pain in the right thumb will disappear (but only if it's exactly the opposite side).

Why does this work?

Pain is the flow of energy that is stuck, and this especially true for chronic pain.

The right and left sides of your body are connected directly – this is called a circuit. By stimulating one side, you send signals to the brain that get transmitted to the opposite side, thus releasing the flow of energy. It's that simple. However, most people work on the side they feel pain – no wonder it takes so long to fix these problems!

Another event you will observe is that the opposite side will always be 2x as tender to your pressure as the pain you are experiencing. I use this understanding to determine whether I am on the right point.

When will this NOT work?

If the pain is being referred (see Referral section) or if the pain is in a joint (see Joint section).
RULES:
1. Locate the pain spot.
2. Rate the pain on a scale of 0-10, 0 being no pain and 10 being most severe.
3. Now locate the exact opposite spot on your body. It not only works left to right side, but also works front to back as well.
4. Apply pressure or message or any type of irregular motion according to your level of tolerance. You will know you are on the correct spot if it is twice as tender as the pain you’re trying to ease. Stimulate the area for 20 seconds.
5. Re-rate your pain. If the pain is not completely gone, then see if the pain has shifted higher or lower. The secret is getting the exact opposite side. Continue to do this until all the pain is gone.
6. Remember: if the joint is involved, the ease of pain might not last and there is something else you must do. Refer to the Joint Section.

You can also do opposites on the front and back side of an arm or leg.

For more information on Dr. Berg and his products, go to www.DrBerg.com or call 703-354-7336