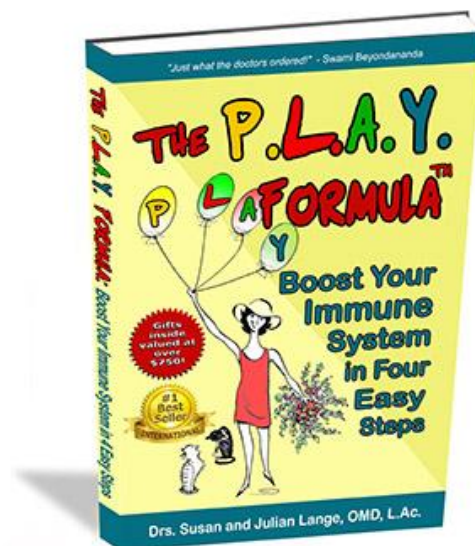


Lighten Up or Tighten Up: 9 Steps to Reduce Fibrosis



from

The P.L.A.Y. Formula™

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Lighten Up or Tighten Up: 9 Steps to Reduce Fibrosis

As we mentioned in the Preface to **The P.L.A.Y. Formula™**, fibrosis is a tightening of the muscles, tissues and organs in the body. It is the cause of much disease, and because of that, as you now know, it can eventually be fatal.

What Can Heal Fibrosis?

There are quite a number of ways to heal fibrosis, to loosen up and lighten up, and let go of the trauma from your tissues. In this section, we'll go over what fibrosis is, and how to heal from it.

Most of us have heard of cystic fibrosis, but we are not aware that fibrosis is far more common and occurs in many tissues within the body. Let's take a quick look at what it's all about.

What exactly is fibrosis?

Fibrosis is pretty much what it sounds like - too much fibrous tissue in or around an organ or muscle, for example. What happens is, fibrous connective tissue either spreads over or replaces normal smooth muscle or other normal organ tissue. It's similar to scarring, with similar results - the tissues harden. The more fibrous tissue there is, the worse the condition.

What causes fibrosis?

It could be due to injury, where scar tissue replaces normal tissue. It can also occur because of chronic inflammation, infection, toxicity, old trauma patterns (when tissues are held in a stressed or tense state for too long), or the general process of aging.

Where does it occur?

Fibrosis occurs in many areas of the body, and in many ways. It manifests in various diseases such as pulmonary fibrosis, cirrhosis of the liver, atrial fibrosis, arthritis, or kidney failure. Although it can affect all the organs of the body, it is most common in the heart, lungs, peritoneum, and kidneys.

In fact, fibrosis, along with the altered tissues and organ dysfunction that it causes, is the most common characteristic of most chronic diseases. According to Dr. Daniel Weber, fibrosis is the most common reason many organs fail (including the kidneys). Typically, fibrosis increases in all organs with aging.

Unfortunately, despite fibrosis being so damaging, and despite the ongoing research on it, there are currently no effective anti-fibrotic drugs to be found in Western medicine. Perhaps that is why so few people in the Western world understand how damaging it is, or even know about it.

Traditional Chinese medicine, however, does treat it, and research suggests that certain plants and herbs used in Chinese medicine have beneficial effects. Three promising herbs being researched currently are Scutellaria, Rhubarb and Salvia.

Aside from Chinese medicine, is there any other way to treat fibrosis?

The answer to that question is the reason for this book, **The P.L.A.Y. Formula™**. Learning how to relax, how to let go of stress (even for little while), and to laugh again, all go a long way to starting the healing process and delaying further fibrosis.

This is not to say that if you don't laugh, you will get fibrosis. But if your muscles and tissues are contracted due to inflammation, injury, toxins or old trauma patterns, you will tighten up more over time - if only because your muscles are now in the habit of holding tight and no one has told them that it could be time for them to loosen up and let go. By this point, the situation has become chronic. And as you know by now, if you are closed, tight, and contracted, you are not able to heal as easily as you could if your cells and tissues are more open and flowing.

What else can help or alleviate fibrosis?

There are many things that can help, such as good massages and deep bodywork, regular exercise, and an organic diet, with an avoidance of GMOs, pesticides, sugar, especially high fructose corn syrup and sugar substitutes. Make sure that you avoid environmental toxins, and keep choosing healthy anti-aging habits. Also, the four steps of **The P.L.A.Y. Formula™** help you make constant healthy choices to open up and loosen up on physical, emotional, mental and spiritual levels.

The P.L.A.Y. Formula™ helps people to practice how to shift from a rigid, narrow mindset to the more comprehensive, more inclusive and relaxed BodySet™. Use these four steps to consistently keep loosening and lightening up a little bit more every day!

You'll find the 9 Steps to Reduce Fibrosis on the next page...

Here are the 9 Steps to Lighten Up and Loosen Up and Reduce Fibrosis:

1. Chinese medicine, herbs, acupuncture
2. Relax, and let go of stress
3. Learn to laugh again
4. Get good massages
5. Experience deep bodywork
6. Enjoy regular exercise
7. Choose an organic diet
8. Avoid environmental toxins
9. Learn the 4 Steps of **The P.L.A.Y. Formula™**