

## How to Reduce Inflammation without Medication

By Dr. Gabriel Russo

After one of my patients returned home on an airplane from India, she was experiencing tremendous pain. She said that after the flight, her feet and legs had swollen up and she could barely walk because she was in so much pain. She was getting ready to go to the emergency room and asked for my opinion. I told her to come in and let me work on her, and if she still needed to go to the emergency room afterwards, then go.

After I performed a meningeal release maneuver and then adjusted her with the Advanced BioStructural Correction™ (ABC™) technique, the swelling immediately reduced. The pain subsided to a large degree and she felt there was no longer a need to go to the emergency room. The following day the swelling continued to subside. How did this dramatic change occur, without medication?

To understand how her inflammation decreased so effectively we will discuss fluid dynamics. If you have a plastic bottle filled with water and you squeeze the bottle, the water will flow out of the bottle. It will move from a place of high pressure (the squeezed bottle) to a lower pressure area (outside the bottle). In the same way, when blood vessels are under tension and stretched, their openings are narrowed, and fluid will move out of the vessels into the surrounding tissue (from high tension to lower tension). When fluid moves into the surrounding tissues, there is swelling or inflammation.

Conversely, when you slacken the vessels and reduce the pressure, then the high pressure fluid in the surrounding tissues can flow back into the lower pressure blood or lymph vessels

and be carried away. Consequently, swelling recedes.

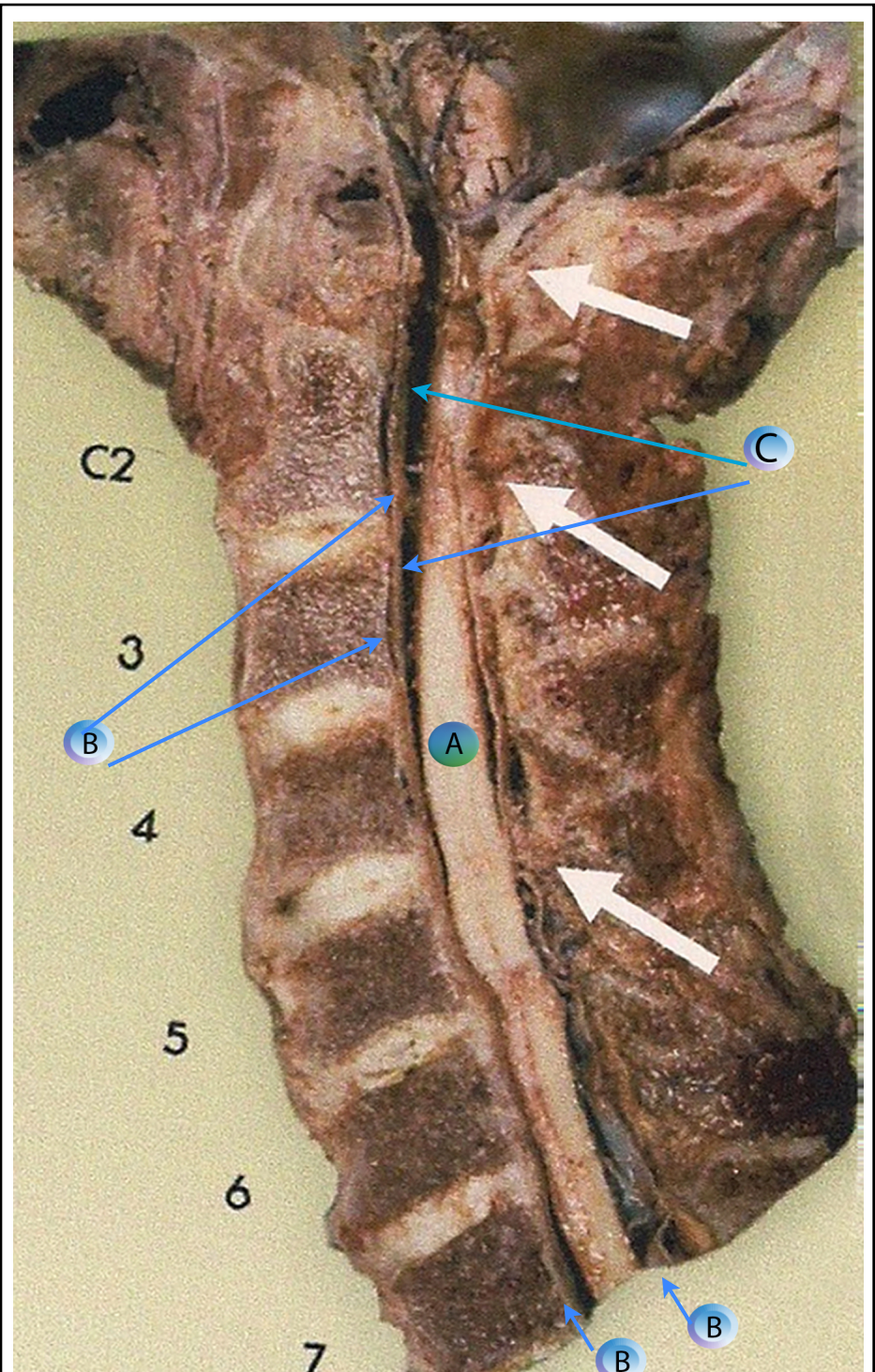
Our bodies are like a push button toy (pictured here) on a pedestal where you push up on the bottom and the whole figure collapses, then when you let go, it tightens the cord and it pops up again.

To understand how this dynamic applies to our bodies, let's discuss something we call meningeal adhesions. The picture on the next page shows a cross section of human spine, looking from the side. The spinal bones and disks are visible. For this discussion we are interested in the white spinal cord in the center and it's covering, a fibrous sheath called the meninges. The spinal cord travels in the center of the spinal column and contains all the spinal nerves connecting the brain and all parts of the body. The meninges that covers the cord is made up of 3+ layers that contain the cerebrospinal fluid, the blood supply of the brain and spinal cord. Around the cord in some parts is black, depicting the open space between the spinal cord and the meninges. These dark parts are where there are spaces between the sheath and the cord. In a healthy spine there should be open space for the cord to be able to move freely through its whole length. Where you see the sheath close to the spinal cord is where it is attached and stuck to the cord. These stuck places are what we call adhesions. In the picture, the white arrows point to these adhesions in the meninges.



Like a sleeve along your arm, if it is not stuck in places, your sleeve will ride up and down your arm freely. If it does get stuck it will hinder the movement of your arm as you move. In your spine, when these adhesions form, they restrict the movement of the spinal cord. This constriction and disturbance of the spinal cord affects nerve transmission and ultimately health and wellness (see article: *The Revelation of Neuro-Science Research that forms the Foundation to understand how Advanced BioStructural Correction™ (ABC™) achieves Revolutionary Results*). These adhesions actually cause stretching of the spinal cord. And they cause a disruption to the flow of the cerebrospinal fluid, as they build up pressure in the system creating discomfort, pain and dis-ease of the organs. As a "hose" is stretched, it compresses, narrows the opening and becomes under more tension. This causes a buildup of pressure and leads to inflammation, as well as a build up of toxins. This inflammation can become a chronic situation and can cause a wide range of consequences including: swelling of joints (sometimes called arthritis), increased blood pressure, lack of mental clarity, migraines, etc.

When meningeal adhesions are released using ABC there is a major restoration of natural functioning in the body. First, the stretch is removed from the spinal cord and brain stem, restoring a more normal neurological functioning. Second, this stretching that has been translated along the ligaments and muscles to all other parts of the body is now released also. Thirdly, as tension in the system reduces, it allows the swelling to subside or be carried away by the blood and lymph vessels, thus reducing inflammation in the system.



**A** is the spinal cord. **B** is the meninges, the thin sheath around the spinal cord that creates the container for the cerebrospinal fluid to flow through. **C** is the black empty space between the spinal cord and the meninges. The 3 white arrows point to places of meningeal adhesions, where the sheath is stuck to the spinal cord.