

FASCIA:

THE UNIVERSAL SINGULARITY

Fascia is the white fibrous connective tissue made up primarily of collagen that lays on top of and penetrates every body system. The fascia houses the blood, nerves, and lymphatic system. The skin is also partially made up of fascia.

As we age or have injuries and traumas, our fascia becomes thicker, disorganized, and in more severe cases, glue-like. The primary reason for unhealthy fascia is that the average person does not address their fascia (think never brushing your hair). Other factors include, but are not limited to, inadequate biomechanics, sugar intake, mental stress, injury, breathing toxins, unbalanced microbiome, hormonal problems, high impact exercise, not enough circulation, and so on.

To regenerate fascia, making it smooth, supple, and hydrated, it needs to be “brushed.” You cannot roll it (despite popular belief), massage it, laser it, drug it or do surgery on it. The FasciaBlaster tool penetrates the tissue with its patented claws, similar to how a regular hairbrush penetrates and organizes hair. The brisk scrubbing motion with the rigid claws, over time, regenerates the fascia.

The bottom line with fascia is that there is a lot of unknown information and misinformation. The first course in any medical field is anatomy and physiology. Yet, anatomy and physiology courses are almost void of fascia. Students learn about the body by removing the fascia and pulling out individual parts to study in dissection courses. (Think the kids game "Operation"). An academic fascia-based curriculum would properly dissect the body into thin layers to see it holistically.

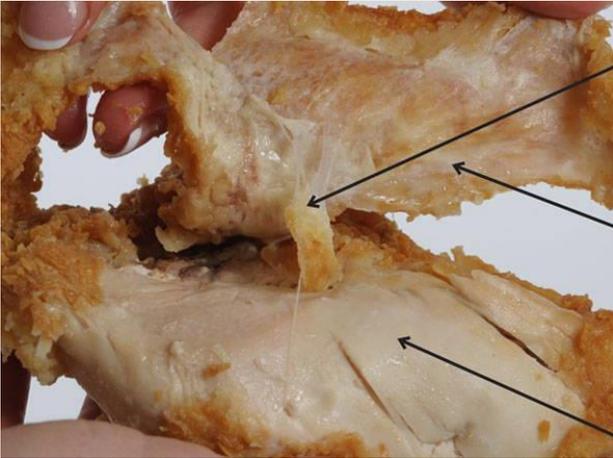
Nowadays, medical schools treat fascia the same way Ancient Egyptians treated the brain. They considered the heart the source of wisdom, emotions, memory, and the soul, and threw out the brain! Until we change the foundation of medical knowledge, general practitioners will continue to have significant fascia understanding and treatment gaps.

At the Ashley Black Experience, we are thrilled to see so many people interested in fascia. To better comprehend this universal singularity, we have continued to lead cutting-edge fascia research. Our dream is to have medical degrees based in the field of Fasciology. As we are only scratching the surface of Fascia education and treatment, we are excited at the possibilities of how our products can impact lives as fascia becomes more a part of the conversation.

We are only just beginning to scratch the surface of Fascia education and treatment. More people today are becoming aware of the latest fascia research and seeking comprehensive fascial tools to treat their pain, mobility, and soft tissue health.

The potential for fascia care is limitless.

THERE ARE FOUR KINDS OF FASCIA IN THE HUMAN BODY:



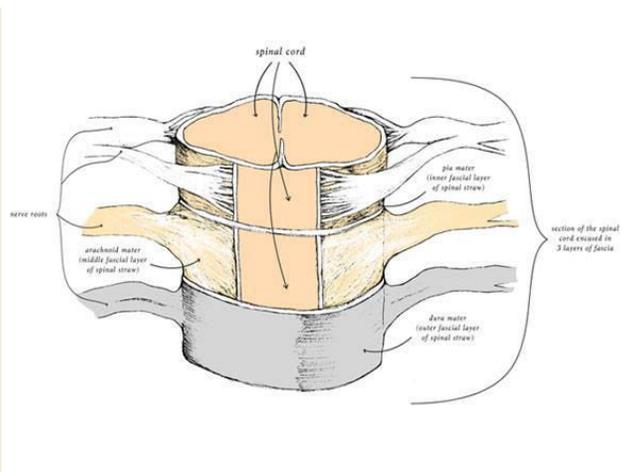
STRUCTURAL FASCIA runs in thin sheets covering surfaces such as muscles and organs. Some of these sheets run from head to toe and hand to hand in long strips at various depths to form a “casing”. Pictured here running in sheets below the skin, on top of the muscle and connecting to the bone.



INTERSTRUCTURAL FASCIA is a network of spiderweb-like fibers that penetrate inside the structures. Shown here, the fibers are penetrating the fat and the muscles.



VISCERAL FASCIA is the jelly-like fascia that surrounds our organs and is attached to all the other types of fascia in the abdomen. Not shown.



FASCIAL SPINAL STRAW, which is three layers of fascia that surround the spinal column and attach to all the other types of fascia. The discs of the spine are unique because they have no direct blood supply. They are “fed” and hydrated through the fascia that surrounds them. Fascia is also responsible for shortening the distance between vertebrae.

The bottom line with fascia is that there is a lot of unknown information and misinformation. Keep in mind, the first course in any medical field is anatomy and physiology. The anatomy and physiology currently taught is almost void of fascia. They learn about the body in dissection courses by removing the fascia and pulling out individual parts to study. (Think the kids game "Operation"). In a fascia based curriculum the body would be dissected layer by layer in thin slices to understand it more holistically. The entire basis for our understanding of the body needs a reboot (think changing operating systems). Until the foundation of medical knowledge is shifted, we are going to have to stumble our way through.

At the Ashley Black Experience, we are excited to see so many people interested in the study of fascia. We are conducting research and trying to "push the needle" for a better understanding of the importance of fascia. Our dream is to have medical degrees based in the field of Fasciology. We are only scratching the surface of our understanding of it and our treatments for it, and excited at the possibilities of how our products can impact lives as fascia becomes more a part of the conversation. The potential for fascia care is limitless.