**Scar Tissue and Its Effects on the Body**

Scar tissue can restrict movement because it is less elastic than healthy tissue. When it forms around joints, muscles, tendons, or organs, it can limit range of motion, cause pain, and even disrupt organ function. Keloids, a type of overgrown scar tissue, extend beyond the original injury site and can further restrict the surrounding myofascial tissue. For instance, a scar from a hysterectomy can lead to neck and back pain due to tension and pulling on the connected fascia.

To address these restrictions, we employ a variety of techniques aimed at releasing scar tissue and restoring balance. Using **NAET (Nambudripad's Allergy Elimination Techniques)** and **SRT (Stress Reduction Therapy)**, we assess and rebalance the body in relation to scars, keloids, and other factors that affect skin healing.

One effective tool is the **Rapid Release machine**, which uses high-frequency vibration therapy—typically around 10,000 RPM—to target and break up adhesions and scar tissue. These adhesions act like sticky cobwebs, binding muscles, fascia, and other soft tissues in abnormal ways. The machine's vibrations generate subtle movements within the tissue, helping to loosen dense, fibrous collagen without applying intense pressure or causing discomfort. This process may also enhance blood flow and support lymphatic drainage.

**Acupuncture** may be included for clients comfortable with needles. By creating controlled micro-injuries, acupuncture stimulates the body's natural healing mechanisms—boosting circulation, encouraging fibroblast activity, and releasing growth factors to promote tissue repair and reduce adhesions.