



Natural Ways to Relieve Pain

A special report written by
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Founder of North Shore Myofascial Release

4 Simple Steps
to a
Pain Free
Life

Greetings!

Have you been struggling with various aches and pains that never seem to go away?

Have you tried physical therapy, massage, chiropractic and other modalities with limited results?

Do you not want to rely on medication to relieve pain?

You have a sense that something is missing in your healthcare, all tests come back negative but you still have pain. You want to be active again, wake up feeling ready to start the day and enjoy your life.

Well I am so glad you are here!

You are about to discover the simple path you can take to living pain free while enjoying your life- with ease and gentleness.

In this training, I will share with you how to transform your ongoing, chronic pain to knowing what steps to take to start living pain free.

- The missing link in Healthcare that isn't shown on a C-Scan or MRI that contributes to most pain, symptoms and dysfunction.
- Common myths and mistakes that keep people in pain from living the life they truly deserve.
- A simple 4 step formula to find and gently release tight, restricted areas in the body to relieve back pain, neck pain, TMJ and much more.

Let's get started!

So it REALLY is possible to relieve ongoing chronic pain and tension effectively with long lasting results.

Yes! When you follow the steps I've outlined here, and you get the right support, it is entirely possible to live pain-free and enjoy your life. I know because I've done it myself.

To begin, I'd love to share with you a secret to getting long lasting results.

The difference between those who are on a path to living pain free and those who get stuck in pain... Is the willingness to try something different!

Albert Einstein, once said "Insanity: is doing the same thing over and over again and expecting the different results."

If you try something different what's the worst thing that could happen? Just try something else. Be willing to try something different, even if it is not for you there is always an opportunity for you to learn something different about your body along the way. The key to living pain-free is to be open to trying something different that goes with the information I'm about to share or any other pain relieving treatment.

So the question is... Are you willing?

I hope so! Because it is my sincere desire for you to live a life that is free of pain and discomfort- so you can be active and enjoy your life in a bigger way, and have fun doing it!

Here's what you should know about me:

I am a Myofascial Release therapist and teacher who also runs my own practice, helping people to transform their lives.

You should know that I also and sometimes still am (you'll learn later that healing is a journey rather than an event) struggle with ongoing chronic aches, pains and other symptoms plus I wasn't feeling fulfilled and fearful to enjoy life. I then learned the missing link to relieving pain, started helping myself by getting the treatments by trained experts in the area but I was still struggling to get the results that I knew were possible. Then like the quote from Anais Nin, "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

And then I went from struggling to get out of bed, numbness in both my legs, hormonal imbalances, stressed, lower back pain to going for walks with neighbors, paddle boarding, working a full day with clients while still having energy to enjoy life.

Because of that I set out on a mission to share this knowledge with people in chronic, ongoing pain.

Are you ready?

The missing link in Healthcare that isn't shown on a C-Scan or MRI that contributes to most pain, symptoms and dysfunction

The belief that if it is not on a C- Scan or MRI but you feel that pain then it must be in your head is not true. You may already have had a feeling about that and that may have been the reason you are reading this. If so, You are correct!

The truth is there is a system in our body, named the Fascia or connective tissue that isn't shown on a C-scan or MRI that when restricted contributes to most pain, dysfunction and many other symptoms. Unfortunately, it is the missing link in our healthcare. Doctors, nurses, dentists, chiropractors and most physical therapists are not addressing the fascia to help relieve pain.

Did you know that when this fascia is restricted it creates over 2,000 pounds per square inch of pressure on a single nerve ending? Ouch! That's the equivalent of two horses on your nerve and no wonder you are in pain.

So if you are getting PT, taking medication, exercising, and getting massages and you are not releasing the tight fascia then you are missing out on living pain free.

Fascia looks much like a web that reaches throughout your entire body, holding things in place.



Most clients I work with ask, How do I know if it is my fascia? The answer is this, everyone is born with fascia and it is constantly being affected by our everyday life, stresses, traumas , injuries and has most likely never been treated, this means years and years of ongoing tension and tightness. My mentor and teacher, John Barnes, PT says *"if you were born then you have restrictions in your fascia."*

For some, we have restrictions in our fascia that may not affect us or affect us differently. They feel the affects of it many years later, others feel it immediately after an injury or trauma.

One simple way to tell is when fascia is restricted it is hot, hard and tender. Gently feel areas in your body that may be your pain areas. Feel for any hot, hard or tenderness. Found some? Those are the restrictions of your fascia that create pain and other symptoms.

Common myths and mistakes that keep people in pain from living the life they truly deserve.

If you have pain, you need to get rid of it. We spend thousands of dollars and a lot of time trying to get rid of our pain.

We numb it out with medications, receive injections and sometimes we cut it out surgery. Now I am not saying that surgery is bad often times it is necessary and I am very thankful that live a country with the option of safe surgery however surgery is best when it is the last resort.

Rather than thinking you want to get rid of your pain, it will be helpful to believe instead that pain is a messenger. It is your friend. Here to share a message with you. If you numb it out or cut it out how will you hear the message.

For example, if you were to put your hand over the hot stove, you would feel the heat, your body would send a message to you that this is hot. You would hear the message and move your hand so that you don't get hurt. Another example of the body sending messages is you feel cold, your body has sent over a message to you. Maybe it is cold in the room you are in and you need a sweater or maybe you are getting a cold and have the chills. It is up to you when you receive the message to help yourself. To make a choice.

Now you may be saying, which I hear a lot from the clients I work with.. Jessica, I am feeling the pain and I don't want to hear it more. I get it, I hear you. Sometimes we need to support from a trained therapist to guide us into feeling. In a moment, I am going to give you the steps to feeling into the pain. You may be tempted to skip over it. "I feel pain all day long."

Beware of this thinking and remind yourself of what I mentioned in the beginning of this report.

Be willing to try something different because we can't make a change trying the same thing over and over expecting a different result.

4 simple steps to feeling pain and start getting relief

- 1.If you are sitting, lying down or anywhere that is comfortable for you. Pick one area that you feel pain.
- 2.Close your eyes.
- 3.Direct your attention, mind or awareness into the area
- 4.Breathe into the area

Another common myth and mistake that I see often in clients that I work with is they are focusing on their symptom area. The truth is a symptom is just that- a symptom and not the cause.

For example, one client I was working with had plantar fasciitis and what I found when working with her was that her pelvis was out of alignment. There was tight restrictions of her fascia that were pulling her pelvic bones. Those restrictions were also pulling down into her feet. When we worked to open up and balance her pelvis, her foot pain resolved permanently and a bonus was she noticed she wasn't getting up in the middle of the night to go to the bathroom. Now I didn't even know that this was an issue and she never shared it because she thought it was something she had to live with as part of the aging process. We never treated her bladder directly!

Our bodies have this amazing ability to heal.

It is important to look beyond your symptoms and get to the root cause of them. Our mind may get fixed on looking where the symptom is because this is what we have been taught for many years. Once we make that shift, a whole world of possibilities open for us.

Everything in our body is connected via the fascia. If you have pain in one area or have been constantly getting treatment to one area without long lasting result then try looking at the whole body. Now that you know how to find tight fascia like I explained above.

Get curious. Feel around other areas in your body.

Where did you find areas that were hot, hard or tender?

Write them down here:

If you could just figure this out then you know you would feel better

Do you find yourself asking questions such as, "How come I can't figure this out," or saying, "I feel like if I could just figure out what was wrong with me then I could fix it!"

The problem with "trying to figure it out" is that it is coming from a place in our logical brain. There are two sides of our brain, the logical, analytic side and the feeling, intuitive, creative side. Most of us spend our day in the logical side of our brain. It is a wonderful part of us that helps us balance our checkbook, make to-do lists, etc. It figures things out.

The feeling, intuitive, creative side of our brain is where healing takes place. It is where we connect with our body to help it facilitate the healing process.

Figuring out takes up a lot of energy and is exhausting. It's like running in the hamster wheel around and around not getting anywhere.

Everyone was born with this ability to access each side of their brain. It might be easier for some but we all can do it. It requires going inward. Feeling into your body.

When working with clients, I encourage them to quiet that means no chatter and feel where my hands are on their body as I am working with those hot, hard tender areas. That is where the healing begins to take place.

A Revolutionary Approach to Health Care

The John Barnes Approach to Myofascial Release is a revolutionary form of hands-on therapy. It follows all the principles that I mentioned above to achieve long lasting results. It is a mindset and treatment that is nothing like you will find in traditional and nontraditional forms of treatment for pain. It addresses the missing link in our healthcare, fascia with gentle, sustained pressure that melts/stretches those hot, hard, areas. It addresses the whole body allowing you to get to the root of the cause not just your symptom. It works with the body's feeling brain where healing happens. It is safe, gentle and effective. It achieves long, lasting results.

So that's it, The 4 simple steps to relieve pain naturally. Now that you seen the steps and have gained new knowledge about the myths. You know that living pain- free is possible for you. How do I know, because I did it! I am no different than you and neither are my clients.

I believe with all my heart NOW is the time to empower yourself by trying something different to relieve your pain.

Are you excited to start living pain free and enjoying your life?

Are you willing?

Your next step is simple...

Think back to the questions you answered earlier in the report.

Did you find areas that were hot, hard or tender in your symptom area?

Did you find areas that were hot, hard or/and tender that were outside your symptom area?

Are you trying to get rid of pain and it isn't working?

Do you find yourself trying to figure it out?

If you are willing to try something new

Let's continue on your path to pain free together here.....

<https://www.northshoremfr.com/programs/90-days-to-a-pain-free-and-joyful-life-program/>

I am here to support you further and share with you my proven path- The Pain-Free and Joyful Life Program where past clients have reported relief from ongoing chronic pain, anxiety, trauma, disconnection, unhealthy patterns and much more!

Join me now.

<https://www.northshoremfr.com/programs/90-days-to-a-pain-free-and-joyful-life-program/>

“Before starting the MFR sessions, my neck, shoulders and chest were tight. When lifting my chin or turning my head to either side, the movement was restricted and even my skin felt stretched. Emotionally and physically I was feeling very stuck. My energy was almost entirely devoted to taking care of other people ahead of my own needs and consequently, I was feeling run down and unhappy.

I signed up with the intention of doing something for myself. I wanted to feel more at ease physically and also work on improving my self-care. My lifestyle had become very sedentary and it was so hard to muster the motivation to do any kind of activity. I tend to go to extremes; either I’m at the gym 12 hours a week or I’m on the couch 8 hours a day. I was looking to the MFR sessions to help me find balance and a path to wellness that was gentler.

The MFR sessions have helped my amenorrhea caused by PCOS. I could go months and months without a cycle, but after a few MFR sessions, it always starts and I feel so much better. The work has a way of helping my body find its rhythm and balance.

Emotionally, I felt lighter after our series. There was so much emotional baggage that I had been holding onto physically. I feel like I can move forward now unencumbered by these old traumas. It wasn’t always easy to go through the process, but Jessica was a tremendous support. Having a separate time to check in with her between MFR treatments was great because often things came up after I left the office, or even days later, and it was really helpful to have that time to discuss it.

While my physical shifts were huge, I have to say that my mental shifts were even more profound. I would tell anyone who is on the fence about signing up that, “You are worth it.” And that’s not something I could have said to myself, easily or with confidence, before I started. If someone was worried about justifying the time or the cost, I would tell them that they are worth it; that improving your well-being is priceless and this program is a great investment of your time and energy.

For me, this has created a cascade of other positive changes in my life. I’ve been able to build new, healthier habits and shed old patterns of guilt and pain that were holding me back. I was hesitant to sign up initially because I didn’t have a specific injury or ailment I was dealing with, but this isn’t like indulging in a weekly massage. This is much deeper than that and encompasses so much more than other bodywork modalities.”

- Kelly F.

Always a Spiritual Awakening

My last session was nothing short of a miracle. My shoulder and arm were nearly incapacitated when I came into see her. I have not had pain to that degree before, ever. I am a professional pianist, too, which added to my mental distress. She took her time and started very far away from where my pain was centered and by way of slowly easing out other blockages, I was 80% pain free when I left. Today, the next morning, I am 100% pain free! I was SO happy I could play again, FREE of pain!



– Rebecca H.

Intuitive Healing

Jessica's energy is warm and safe and I enjoy working with her. After doing some "rebounding" my knee issue that had been around for years has finally disappeared. Her intuition and ability to really listen to both words and the body is her gift. She has helped me, my sister, brother in-law and niece.....all with great results! Thank you Jessica!

– Donna L.

Relief for my Back Pain

I can't believe how I lucked out when I found NSMR and Jessica. I had tried PT, chiropractic, massage and acupuncture and really found no significant relief for my back pain. I've participated in 6 treatments and she has helped not only my back but other areas as well. I'm in a different place physically as well as emotionally. Thank you Jessica!

– Marybeth G.

Meet Jessica Kaloutas, LMT

Jessica Kaloutas, LMT, is a Myofascial Release therapist and teacher to many who have suffered from various chronic pain issues, acute injuries, as well as various symptoms and trauma. It is her calling in life to help facilitate the body's natural ability to heal and help clients return to a pain-free and joyful life.

Known for blending the art, science, and ancient wisdom of Myofascial Release along with empathy and compassion, Jessica educates and treats individuals on the fascial system and mind/body connection for personal empowerment, long lasting pain relief, and increased quality of life.

“With Myofascial Release, I began to understand importance of treating the whole body, not just the symptoms and that every ‘body’ is unique,” says Jessica. She believes in treating a person as a whole- physically, emotionally and spiritually, helping clients relieve pain and discomfort as well as get to the root of the cause.

Jessica believes that Myofascial Release is the most efficient and effective form of therapy for pain and discomfort. She has witnessed many clients as well as herself go from living in pain to pain-free and enjoying life.

She has studied extensively with John F. Barnes, PT, one of the leading founders of Myofascial Release since 2010 and has held a Massage therapy certification from Spa tech Institute since 2005. She is considered Expert Level Therapist in John Barnes Myofascial Release and continues to deepen her skill and knowledge with continuous training.



Jessica Kaloutas
Expert Myofascial Release Therapist
Owner/Founder of North Shore Myofascial Release

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