

Pouring water on a stone: John F Barnes PT

Recently Sheila Walker posted the following thread on hydration and posed this question to me:

“Dear John,

It seems we’ve become a society obsessed with the notion of hydration, as witnessed by the blooming bottled water industry. Seems as though, everywhere you go, you can see people with their water bottles in tow. Could you please share your thoughts on how relevant our fascial system correlates with cellular hydration and therefore how to improve the effectiveness of keeping ourselves truly hydrated?”

As Sheila has observed, everyone is walking around with their cute little water bottles, guzzling copious amounts of water. This is about as effective as pouring water over a stone. The surface becomes wet, but the water never penetrates to the interior.

The “stones” I am referring to are the collagenous restrictions of the fascial system that do not show up in any of the standard testing now being done. The “ground substance” of the fascial system, the environment of every cell of our body, should be a gelatinous to a fluid state. When we undergo trauma or a “thwarted” inflammatory process, the ground substance dehydrates. As the cellular environment, the fascial system, hardens it produces crushing pressure on the cells and blocks the flow of water, nutrition, oxygen, hormones, and/or medicine into the cell’s interior. These fascial restrictions also block the excretion of toxins from the cell.

So, unfortunately no matter how much water you take in, in the presence of fascial restrictions, it doesn’t get to where your body needs it the most. This is why I say, without Myofascial Release, the intention of drinking plenty of water is good, but it is as effective as pouring water over a stone! Myofascial Release enhances cellular function and the effectiveness of good massage, bodywork, and energy techniques.