

COMPLETE Health

June & July 2015

Holistic Natural Happy Healthy Life



The Chameleon Approach
75% of illness is caused by this
Soul Continuum
The Trouble with Thyroid

5 great ways to SPA at home
The dental health/heart attack
connection

RAW Kids, Raw Recipes, Astrology
and much more....

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The Chameleon

Ross Emmett talks The Emmett Te

Ross Emmett, the founder of the EMMETT Technique, has been in clinical treating over 100 clients a week and now travels throughout the world lecturing seminars on his unique insights into bodywork.

ROSS, WHAT IS THE EMMETT TECHNIQUE AND WHY DO YOU REFER TO IT AS 'THE CHAMELEON APPROACH TO THE BODY'?

It is a safe and simple muscle release therapy which addresses pain and discomfort and movement restriction issues. It involves light finger pressure at specific locations on the body to stimulate the gentle release of muscle tension.

The chameleon approach refers to the ability of an Emmett practitioner to be like a chameleon when treating clients. The chameleon is very good at adapting and changes its' colour according to its environment. The Emmett practitioner will adapt his / her style according to who he is working with to achieve rapport and the best result for each individual client.....

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technique

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SO IS IT SIMILAR TO OTHER MANIPULATION THERAPIES?

It is a unique therapy. It is extremely gentle. It involves no high velocity thrusts or painful adjustments. It does not need any special equipment or environment and can be done anywhere, at anytime.

WHERE DID YOUR INSPIRATION FOR THIS TECHNIQUE ORIGINATE?

When I left school, I started working with animals. I began to watch the animals I was working with and caring for, seeing the changes in their movement or behaviour. The animals would show me what they needed or wanted, where they wanted a comforting hand or a scratch and when they had received enough they would simply walk away. I found I could make a difference to an animal with a simple touch. This is where my technique started.

YOU CREATED THIS TECHNIQUE FAIRLY INTUITIVELY?

I did not have any training in body work at the time. I was developing my own technique in those early years. My experiences growing up (then working with the animals, later as a dog judge and trainer), working in different occupations and also as a sportsman with a love of boxing and swimming, all these experiences taught me how to read the animal or person in front of me. I had developed how to work out their strengths and weaknesses and use this ability to make a change with a lightness of touch. I also learnt to adjust the way I worked to the needs of each client, becoming the chameleon, to enhance the result. My technique is about making a change or making a difference to the way the body works.

HOW DOES IT WORK?

The way it works, I believe, is on the sensory receptors within the body. The brain has the ability to self evaluate and re-calibrate. The technique works on unique micro points within muscles and muscle groups, using light pressure. The technique needs to be performed with the right pressure, in the correct direction and with precise timing to achieve the best result. I see this as very similar to using a touch screen on a computer: if you place a finger on the touch screen with too much



pressure, for too long a time or with touch from more than one finger, the computer does not respond and your action does not get a result. The same can be said of the body.

WHAT KIND OF ISSUES CAN YOUR TECHNIQUE HELP WITH?

I don't know any limit on the conditions that can be assisted, but we know it has a large influence over anything to do with muscular aches and pains and restriction in movement.

YOU ARE QUALIFIED IN MANY FIELDS, INCLUDING BOWEN TECHNIQUE, NLP AND HYPNOSIS, DO YOU FIND YOURSELF COMBINING ALL OF THESE PRACTICES WHEN DEALING WITH CLIENTS?

Any learning I've had has always been beneficial. My first priority is to the client and not to one modality, I will utilise all the skills I have to create the change that I need. But I know I can make a difference using the EMMETT Technique on its' own.

HOW CLOSELY RELATED DO YOU BELIEVE THE MIND/BODY CONNECTION IS WHEN IT COMES TO ILL HEALTH AND IMBALANCE IN THE BODY?

Massively connected, you can't have one without the other. If I can make an analogy; the body without the mind connection is like having a balloon without air in it - you've got to have the balloon full of air to have the shape - to get the full potential.

YOU TEACH MANY OTHER THERAPISTS INCLUDING MEDICALLY TRAINED DOCTORS – WHAT DO YOU BELIEVE DRAWS THEM TO LEARN AND THEN IMPLEMENT THE EMMETT TECHNIQUE?

I believe that there are three things that other therapists / medical practitioners are looking for:

- The technique has a quick release



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www.emmett-uk.com or www.rossemmett.com.au

- It is a simple technique that can be carried out without much preparation and it can be carried out anytime, anywhere
- the acceptability of the technique by the client - they benefit from becoming pain-free without being put through great ranges of movement or heavy manipulation

HOW (AND WHY) DID YOU PERSUADE A BUSINESSMAN IN SINGAPORE TO STOP WEARING HIS \$80K WRIST WATCH?

By telling him that he could improve his golf handicap, simply and quickly! The whole idea is that we know that certain clothes and fashions can impede movement and activity. This businessman's passion was in his golf and the need to improve his golf. So once I showed him that some of his choice of fashion, especially his big heavy watch, was impeding his golf performance, he was very willing to change his fashion and took off his watch.

WE'VE READ WHERE YOUR TECHNIQUE IS SHOWING POSITIVE INDICATORS FOR FIBROMYALGIA AND CHRONIC FATIGUE ?

As Emmett practitioners, we do not treat conditions, instead we focus on easing the pain and discomfort that is present at the time. I believe that the way it helps is about the lightness of touch needed to make a difference. So a gentle touch, without forcing the pressure, will allow a person's brain to go and re-calibrate without the potential overload of a heavier treatment - without forcing the issue. We're allowing the body to react within it's own scope.

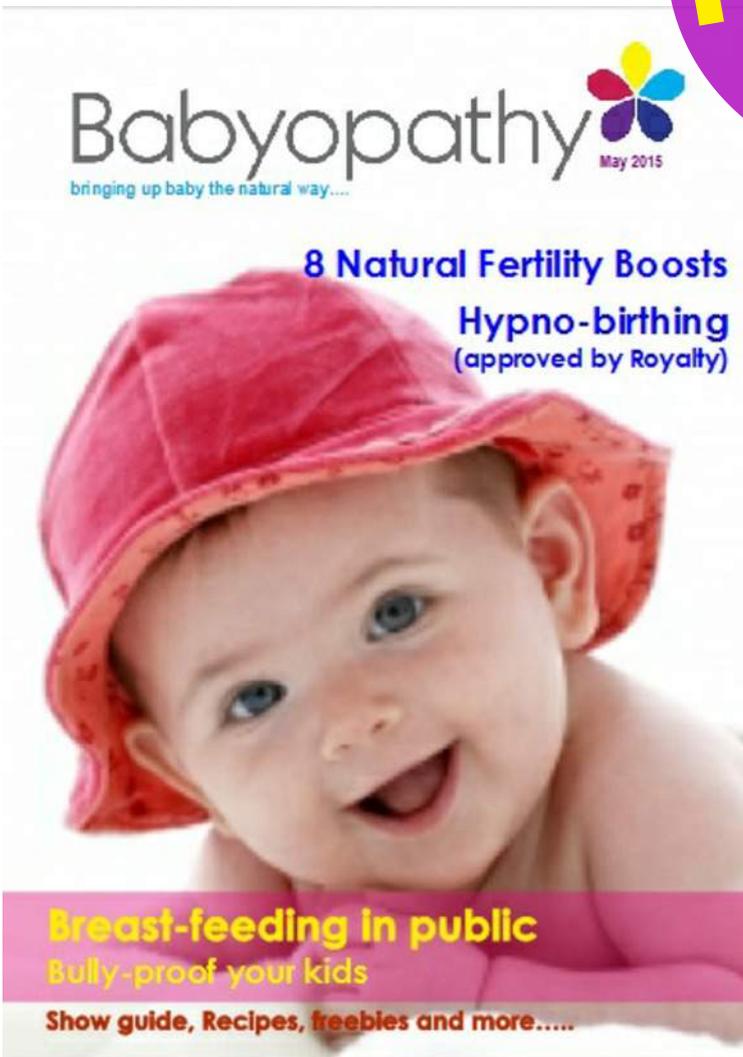
DO YOU HAVE A 'STAND-OUT' CLIENT SUCCESS STORY?

There are so many but if I must choose one I think of Lee, who had fungal meningitis and as a result, couldn't hear or see and had lost the feeling in her hands and feet. To help Lee get some sensitivity back and feel no pain in her hands and feet; to see her react to a conversation; to see her get a sense of seeing shadows where none were visible before; that, to me, was dramatic. Of course it is easy to remember the dramatic changes but for many a small change in the range or comfort of a movement can make a huge difference to their abilities.

WHAT WOULD YOU SAY TO PEOPLE OUT THERE IN PAIN?

That we don't have to accept things as they are, that there is possibility for change, that a difference can be made. All you have to do is to be willing to find what will make that change for you.

Parent?



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