Interoceptive Fasciatherapy to Reverse an Alzheimer Diagnosis: a Case Study

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BACKGROUND: Multifactorial data-driven analysis revealed a temporal ordering of late-onset Alzheimer’s disease progression: earliest/strongest factor might be vascular dysregulation (brain blood flow decrease), followed in order by amyloid-ß deposition, glucose metabolism dysregulation, functional impairment, and grey matter atrophy [1].

PURPOSE: Describe how interoceptive fasciatherapy may influence these primary factors, quality of life and an Alzheimer diagnosis.

APPROACH: Male, age 67, has Alzheimer family history (mother/grandfather), participated in protocols at Douglas Mental Health University Institute Research Center. Late 2016, he received an Alzheimer diagnosis, took combination therapy (Memantine & Rivastigmine/Exelon patches), anxiety medication and nearly some for two Alzheimer risk factors: hypertension and hyperglycemia. He presented stiff cervical/lumbar areas, right eye/scalp intense pain, stuttering, snoring, anxiety and extreme afternoon fatigue. In youth, he experienced traumas (head, emotional), regular migraines, and daily sugar cravings into adulthood.

Weekly one-hour sessions began in April 2017. While I provided firm, supportive, holding pressure on a body part [2]; he was supine, raised body-awareness by describing interoceptive sensations, stretched fascia using a deep nose in breath and released tensions with a deployed throat out breath. When sensations stopped, I changed location for another cycle.

RESULTS: The first two sessions, he felt as if “fresh water poured into his brain”. Concurrently, sugar cravings stopped, a liking for fruits/vegetables developed and lost 5 kg. The fifth week, he relaxed the cervical/lumbar areas. The eighth week onward, he most probably released traumatic pent up energy [3] using vigorous and repetitive bodywide contractions/releases (Figure 1). He noticed many improvements: hypertension/hyperglycemia returned to normal; reduced anxiety and eye/scalp pain; better sleep, energy, speech, mood and memory tests.

His MD also noticed, scheduled a fluorodeoxyglucose PET scan for glucose metabolism in October 2017 and, with a 99% confidence level, concluded: “Your brain is amyloid-ß deposition free and healthy,” reversed the Alzheimer diagnosis, stopped Alzheimer medications, deprescribed anxiety medication and encouraged him to continue with fasciatherapy.

CONCLUSIONS: Evidence suggests weekly interoceptive fasciatherapy sessions improved this individual’s quality of life and cognitive functions. Further studies are needed to clarify the role of daily sugar cravings as a natural response to correct insufficient glucose supply to the brain.


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Figure 1. Thirty second video excerpts at the 47th minute - October 16th 2017: a) deep nose inbreath, b) deployed throat outbreath, c+d) thoracic/pelvic lifts (16X), e+f) head lifts (21X), g+h) head rotations (17X).