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Call for a consultation today!
Together we can see if you qualify as a candidate for
Matrix Repatterning or if you should focus on
something else.

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5 CAUSES OF SNORING / SLEEP APNEA

Traumatic Head Injuries
and
A Structural Treatment that Works!

Highlights:
• Why we Snore
• What is Sleep Apnea
• 5 Causes of Snoring or Sleep Apnea
• Various solutions. Do they work?
• Concussions
• Why Matrix Repatterning can change your Life
  and the lives of others

James Hammer rmt cmrp Date: March, 2012
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4  How Matrix Repatterning can change Your Life and the Lives of Others without any equipment:
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There are NO Mechanical devices or Apparatuses involved in this therapy!
This is Hands ON!
Matrix Repatterning is based on the following principles:

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The Tensegrity Matrix is the scientifically proven structure of all life on the planet. Everything from viruses to vertebrates have been found to have the same underlying structure at the molecular level. According to this new concept, the entire body (bones, muscles, organs . . . everything) is one continuous piece of strong and yet flexible fabric called the tensegrity matrix.

The Matrix Repatterning provides stability and flexibility and absorbs energy from injuries and other sources. A large amount of energy (such as comes from an impact) may cause the molecules within the matrix to change to a rigid state and form a primary source of restriction. Dense structures, such as internal organs (full of dense water) and bones absorb most of the energy in impact injuries, and often become primary sources of restriction.

Joints, muscles and ligaments are designed to give way when strained, but may form primary restrictions when over-stretched. Scar tissue may also be a source of restriction. Strain patterns from the primary restrictions may cause many other parts of the body to move and function abnormally, resulting in pain and other health problems.

Concussions or Traumatic Head Injuries

There is a Solution

- 3 million Canadians suffer head injuries every year
- Nearly 1 million are serious enough to be considered a true concussion
- Many suffer from many chronic symptoms, such as those listed.
- Matrix Repatterning has an impeccable track record in reducing concussions and returning people back to normal.
- YES...You can play hockey again!

Why We Snore!

Why do people snore?

Vibrations of soft tissues located at the back of our throats cause the noisy, annoying sounds of snoring that sometimes prevent non-snorers from getting their ZZZZs.

The palate, uvula and tonsils are the tissue structures that flap against each other when someone has too lose tissue at the back of their mouth or when an obstruction is blocking the air passageway to the back of the throat.

If the tissues falls back far enough it cuts off the air passageway and prevents one from breathing which is called Sleep Apnea

People with / or more snoring problems can have one of the following conditions: Headaches  Ringing in the ears  Dizziness  Hearing loss  Blurred vision  Memory loss  Learning issues  Mood changes  Daytime Sleepiness  Lack of Focus

Snoring can be a serious medical problem because it disturbs sleeping patterns and deprives the snorer of necessary rest. It reduces the oxygen to the heart and brain and can possibly cause other serious Health Issues.

Did you know?

20% of the population experiences snoring problems. Males and obese people have more problems with snoring. Snoring tends to be louder when a person sleeps on their back.

There are more than 300 devices registered in the U.S. Patent and Trademark Office to help cure snoring.
**WEIGHT MANAGEMENT**

*Are You Overweight?*

Being overweight is another thing that can lead to a snoring problem. If you’re overweight, fat tissue can build up in your neck and throat area, which puts a strain on your breathing by blocking your airways.

Being over-weight in the stomach area can also create snoring. The excessive weight will pull down on your throat and tongue pulling back and down reducing or cutting off the air passage way.

The obvious solution here is to lose some of the extra weight.

**Case Study**

One person I met verified this.

She was on the CPAP machine and over weight. She stated that by losing 20 pounds she was able to go off the CPAP and also stopped snoring.

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**Matrix Repatterning**

Matrix Repatterning® is a revolutionary approach which utilizes a scientifically proven model of organic structure—the Tensegrity Matrix. This model explains many of the observed phenomena related to complex movement, structural integrity and tissue reaction to trauma.

Due to the interlinked nature of the molecular matrix, many disorders may be the result of patterns of tension arising from primary fixations anywhere in the body. Water-filled internal organs and crystalline bone, due to their density, tend to absorb much of the force of impact injuries and are therefore frequent sites of primary restriction.

Matrix Repatterning allows for a high degree of diagnostic accuracy and reproducibility of results. Treatment involves gentle manual pressure or light recoil (totally non-force) at the source of the restriction. Many practitioners and patients report rapid, profound and lasting results including pain relief and significant restoration of function and range of motion.

**Facts:**

Matrix Repatterning is a clinically-proven, gentle form of treatment designed to relieve pain and restore optimal function, by releasing the source of the injury at the cellular level. Trained to perform a detailed assessment in order to determine the location of the injury within the head and neck and then to perform a series of safe, gentle corrections to restore these structures to a normal state. In most cases, this allows for accelerated healing of areas of the brain affected by these injuries by improving circulation and reducing inflammation.

The definition of concussion varies with different authorities. Specifically it implies a violent blow resulting in usually temporary impairment of brain function such as of thinking, vision, equilibrium and consciousness.
brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

Why is Matrix Repatterning revolutionary?

Matrix Repatterning starts by recognizing that every cell in our body is part of a continuous interconnected three-dimensional matrix web. When our bodies sustain injury a whole region of interconnected cells which was once strong and flexible becomes rigid and weak. A lifetime of these injuries (most of which we have forgotten) accumulate in our bodies and may manifest as pain in joints and soft tissue. Imagine that I am pulling down at the bottom of your sweater and it limits your shoulder movement.

Do you have a shoulder problem or a tension problem at the waist level? This illustration demonstrates that the cause of pain or decreased range of motion in the shoulder for example may actually be located elsewhere in the body.

Matrix Repatterning Therapy addresses the underlying problem rather than the symptoms.

Allergies

Do You Suffer from Allergies?

One of the symptoms of allergies is nasal congestion, which can make it difficult for your body to get the oxygen that it needs.

7 most allergic foods include:
Wheat  Dairy  Eggs  Sugar  Corn  Soy  Peanuts

These products create phlegm in your mouth and throat area. Once on your back this phlegm can fall to the back of your throat causing you to snore. It can also blocks your sinus causing difficulty breathing and can create a nasal snoring.

My suggestion is to try and figure out if you have a food allergy and try and remove that food from your diet. Going to a health care person who specializes in food allergies can help you discover your allergy and then can take their recommendations can help you rectify your problem.

Antihistamines can also contribute to snoring so the best solution is to just take a decongestant rather than an antihistamine.

These are some of the most common causes of snoring, but it’s always best to speak with your doctor or other health care professional to get their opinion on the causes and best treatments for your particular situation.

Another point of interest: They have found that Laundry Detergents are linked to Anxiety and Panic Attacks. This can cause stress and lack of sleep. Studies show lack of sleep has been linked to higher sensi-
Alcohol and Drugs

Alcohol

If you drink alcohol on a regular basis, check to see whether your snoring is a problem on those nights you don’t drink anything.

Alcohol is a depressant and can contribute to snoring because it relaxes the muscles in your neck and throat. This relaxation is more advanced than with regular sleep and this can cause your airways to become restricted.

If you find that your snoring is better when you don’t drink before going to sleep, the obvious answer is to stop drinking. But if that isn’t a viable option, you should make sure your last drink is at least 4 hours before you go to sleep.

Drugs

Drugs may also cause a similar effect. The drug can place you in a deep relax state allowing the tongue to relax more than usual and cut the air passage way off causing you to snore.

Sleeping Pills Or Antihistamines? These items have a similar effect on your body as alcohol – they cause the muscles in your throat and neck to relax more than normal, which leads to blocked airways and ultimately snoring.

Case related

I had one client who took medication for migraines which relaxed her even more when sleeping and causing her to snore. I treated the symptom, Headaches, and she was able to quit and the snoring also stopped.

Another person would have a few beers before bedtime. I convinced him to try and not have the beers before bedtime and he found he slept better, woke better rested and the snoring almost was nil. Making his family happy.

Concussion in Sports

What Should I do If a Concussion Occurs?

If you suspect that an athlete has a concussion, implement your 4-step action plan:

1 Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.

2 Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
   - Cause of the injury and force of the hit or blow to the head or body
   - Any loss of consciousness (passed out/knocked out) and if so, for how long
   - Any memory loss immediately following the injury
   - Any seizures immediately following the injury
   - Number of previous concussions (if any)

3 Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

4 Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play. A repeat concussion that occurs before the
A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Others may not understand why they are having problems and what their problems really are, which can make them nervous and upset. The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently. Stress can cause tension in the neck and upper body. This muscle tension can get to the point where it starts to pull on neck structures and pulling the tongue to the back of the throat. This tension will cause a restriction in the air passage way and you will start to snore.

Case Related
On client I had started to snore at tax time. When he came in for treatment an examination did not reveal a structural cause. We concluded it was stress and once tax time was over the snoring stopped.
Stress can create many symptoms such as headaches, pain and even snoring. Try and fine the cause and eliminate the symptom. Relaxation techniques such as Yoga, Tai Chi, Meditation or anything that gives you release from every day work stress or life problems will help you. If your not sure of what to do please ask and we can figure something out to help you.

Products for Snoring and Sleep Apnea
There are numerous patented oral appliances that treat sleep-disordered breathing (SDB) such as snoring and obstructive sleep apnea (OSA) by addressing the entire range of pathologic processes that result. These prosthetic devices are to help control sleep-disordered breathing. These oral appliances usually do not work or cause other health issues down the road. From CPAP devices, Mouth Guards to Surgeries. These devices are all treating a symptom and not addressing the cause. Investigate what may be causing your problem and try and rectify it. Before trying these expensive ineffective procedures look at Matrix Repatterning as a safe, gentle and non-
Structural Causes

Structural Causes such as
Traumatic Head Injuries, Concussions,
Sport Injuries, Falls and MVA’s

Head injuries include both injuries to the brain and those to other parts of the head, such as the scalp and skull. Head injuries may be closed or open. A closed (non-missile) head injury is where the dura mater remains intact. The skull can be fractured, but not necessarily.

A head injury may cause a minor headache skull fracture, which may or may not be associated with injury to the brain. Some patients may have linear or depressed skull fractures.

At any rate trauma to the head will affect the brain in many ways. If the skull or denser tissues of the body are not treated the symptoms of a concussion will continue and if the area is ever traumatized again everything will return.

The picture to the right shows how close the brain is to the skull and the neck in proximity to the vertebrae of the neck.

The bottom diagram looking to upper right shows the affect of a blow to the skull. The bone is in contact with the skull and the senses of the brain in that area are affected.

It is a proven medically fact that denser tissue can absorb energy in the form of water which creates a swelling and affects surrounding tissues.

Matrix Repatterning will release those strains and allow tissue to return to normal activity.

The people checking on you should take you to an emergency department right away if you:

- Look very drowsy or cannot be awakened.
- Have one pupil (the black part in the middle of the eye) larger than the other.
- Have convulsions or seizures.
- Cannot recognize people or places.
- Are getting more and more confused, restless, or agitated.
- Have unusual behavior.
- Lose consciousness (a brief loss of consciousness should be taken seriously and the person should be carefully monitored).

**Danger Signs in Children**

Take your child to the emergency department right away if they received a bump, blow, or jolt to the head or body, and:

- Have any of the danger signs for adults listed above.
- Will not stop crying and cannot be consoled.
- Will not nurse or eat.
months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. Sometimes, people do not recognize or admit that they are having problems. The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be missed by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.

**When to Seek Immediate Medical Attention:**

**Danger Signs in Adults**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Contact your health care professional or emergency department right away if you have any of the following danger signs after a bump, blow, or jolt to the head or body:

- Headache that gets worse and does not go away.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.

**CONDITIONS ASSOCIATED WITH STRUCTURAL IMBALANCE:**

Concussions and Mild Traumatic Brain Injuries
Headaches & Migraines
Dizziness & Ear Noise
TMJ (Temporomandibular Joint Problems)
Frozen Shoulder
Heart and Respiratory problems
Back, neck or joint pain
Scoliosis
Carpal Tunnel Syndrome
Digestive complaints
Restricted movement
Unstable joints
Arthritis
Menstrual Pain
Fibromyalgia
Postural imbalance
Sleep problems: Snoring and Sleep Apnea
Foot problems

*These conditions often respond well to Matrix Repatterning.*

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Imagine that I am pulling down at the bottom of your sweater and it limits your shoulder movement. Do you have a shoulder problem or a tension problem at the waist level? This illustration demonstrates that the cause of pain or decreased range of motion in the shoulder for example may actually be located elsewhere in the body. Matrix Repatterning Therapy addresses the underlying problem rather than the symptoms.
What is a Concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Health care professionals may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

What are the Signs and Symptoms of Concussion?

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion.

Some of these symptoms may appear right away, while others may not be noticed for days or months after the injury, or until the person starts resuming their everyday life and more demands are placed upon them. Sometimes, people do not recognize or admit that they are having problems.

Symptoms of concussion usually fall into four categories:

<table>
<thead>
<tr>
<th>Thinking/Remembering</th>
<th>Physical</th>
<th>Emotional/Mood</th>
<th>Sleep</th>
</tr>
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<tbody>
<tr>
<td>Difficulty thinking clearly</td>
<td>Headache</td>
<td>Irritability</td>
<td>Sleeping more than usual</td>
</tr>
<tr>
<td>Feeling slowed down</td>
<td>Fuzzy or blurry vision</td>
<td>Sadness</td>
<td>Sleep less than usual</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>Nausea or vomiting (early on)</td>
<td>More emotional</td>
<td>Trouble falling asleep</td>
</tr>
<tr>
<td>Difficulty remembering new information</td>
<td>Dizziness</td>
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