

# PSYCHOLOGICAL EFFECTS FROM ACCUMULATED DENSE FASCIA AND SCAR TISSUE (ADFST) CHANGES FROM RESISTANCE FLEXIBILITY™

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**BACKGROUND** Trauma results in accumulated dense fascia and scar tissue (ADFST) with the concomitant physiological distress, depersonalization, franticness, compulsive reenactment, menticide, lust, and toxicity replacing normal psychological and physiological health. Trauma can result from emotional (sexual), head, body, or life abuses. This research documents the significant positive psychological and physiological health upgrades that result from Resistance Flexibility (RF)™ training in Cooley's 16 Kinematic Pattern muscle groups. ADFST is explicitly connected to the past events, and holds that part of the person in a warped sense of time and space. Dramatic changes in the person's perception of time and space are reported as the myofascial flexibility and strength is upgraded through RF, and with concomitant predictable results in personality trait developments. While being RF trained either in self or assisted stretches, there is a commonly reported experience of being unable to sense the enormous amount of resistive force the person being stretched is generating while RF.

**METHODS** Thirty individuals ranging in age from 16 to 66 reported on their psychological developments after one month of assisted RF performed three times a week for one hour.

**RESULTS** Participants reported concomitant psychological benefits from removing ADFST in Cooley's 16 Kinematic Biomechanical Patterns for the lower and upper body consistent with Genetic Personality Type (GPT) theory. Traumatized myofascia tissues place a ceiling on athletic and artistic success, emotional maturation, and longevity. Removing of ADFST becomes a psychological freeing agent.

**CONCLUSIONS** Improvements in flexibility and strength in Cooley's 16 Kinematic Patterns muscle groups for the lower and upper body can result in dramatic psychological upgrades, and GPT trait development. Further research is warranted.

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**REFERENCES**

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