

# Block Therapy

[00:00:00] **Andi:** Welcome everyone. And I'm so thrilled to be here with my friend, Cathy Hohmeyer. I'm Andi . Tell us about yourself really quickly,

**Cathy:** Kathy, who are you? And when we, we met years ago, I was running a restaurant and interested in wellness and the Weston Price, food type of ideas.

And someone saw Andi at a conference and we zoomed her in, like probably the first Skype ever. Yeah. Yeah. I had a little wellness thing and we talked about German New Medicine and I kind of, you know. It's so easy not to keep up with it that I went, "Oh yeah, that's really cool but", and then I did other things with wellness and then we reconnected.

Yeah, I run a resort, do wellness retreats, and into other wellness ideas, including something we're going to be sharing today called block therapy.

**Andi:** And we had the first ever in the United States, GNM retreat at her place up in upstate New York. And it was beautiful. Gorgeous.

Tons of fun.

**Cathy:** Yep. That was really cool. So now yeah, we're both, it's both a couple of years later connecting the dots. Yeah, basically.

**Andi:** Yeah. And we are busy ladies, so I am super excited by what you're doing now and what you have kind of brought into my life. So I, you know, I want to introduce all of our people who are listening and reading this and listening to this podcast or watching us as a video.

I want to introduce you to Block Therapy B L O [00:01:30] C K therapy. Now Kathy was telling me about it. You gotta try this. You gotta try this. I'm like," yeah, I don't have time. Yup. Yup. Yeah." And then finally she says, you really have to try this. It's like, Oh, okay. I'll try it. So I bought the block thinking, Oh my gosh, I'm buying a block of wood.

**Cathy:** Yeah. Yeah.

**Andi:** But it's a very special block of wood.

**Cathy:** Very special. That's why they call it the block buddy. But anyway, sure.

**Andi:** That's true. It is a buddy. And, and so she has taken me on, I will say my block and Kathy have both taken me on a journey. And of course I approach my entire life from a German new medicine perspective.

So I always have to look at everything from the GNM lens. And so tell us about black therapy and what is it doing, Kathy. And then I'm going to bring in the GNM component.

**Cathy:** Yeah. In general, a block therapy was created by Deanna Hansen. And , years ago I interviewed her and thought that there is something special to this.

And then I , interviewed her again. I went, you know, what I'm going to do. I'm going to be a block therapist because there is something about this. I don't do it all the time. I'm not one of those fanatics about it. I should do it a lot more, but I'm telling you it's saving my legs, my neck, my teeth.

What it does is you, it, it has to do with breathing, but it's not breath work. It's basically exercising your diaphragm to really get your internal furnace going. And there's different ways that you lay on the [00:03:00] block and do the block. Like you can do an arm section or legs section.

You can do 15 minutes of it. You can do a two hour intensive if you want to, but by breathing and staying in a certain position about three minutes, for the most part, you actually are melting fascia. And when I did an intensive one time of arms, I could feel my body stand up. I could feel it balance itself out.

Now you're supposed to have more weight on your heels than on your toes. And most of us both stand and have our weight very forward. Our head weighs about six pounds, but, if it's forward, yeah, you've got a heavy head or a six to 10, I forget. But once your head is balanced, the weight is off it.

So when your body is balanced it's free to, obviously free to move, your, your muscles loosen. Your body becomes balanced and you actually stand in alignment, not just physically, but energetically. And, it has to do with releasing emotions sometimes that are locked in your body or your muscles in different areas.

I had some real heart craziness going on and thank goodness for GNM because it didn't scare me. But I was blocking my chest and opening back up and balancing my heart and my chest. Yeah.

**Andi:** Oh, my gosh, I love that.

**Cathy:** What I told you about the heart issues. Crazy.

**Andi:** Right. So back up a little bit, Kathy, because [00:04:30] what is fascia?

That's a word that maybe people have heard, but maybe not. Yup.

**Cathy:** Yup. And of course, everybody has seen it. If you've cut a piece of meat. I was trained as an occupational therapist, but nobody told me about fascia. We dissected cadavers, but it was just tissue that we moved out of the way. We thought fascia just, you know, covered and Like band-aids, you know, put your body together.

But what fascia is, is really your in between energetic where the light travels in your body and what communicates everything in your body, aside from holding, you know, being, you know, holding your liver next to your, you know, whatever's you know, your muscles, it's all the tissue that when you cut a piece of meat, all that fascia.

You might, well, you know, Grizzle more as like the tendons and such, but it's that very thin film that carries fluids and nutrients, not only your blood vessels, but the fascia carries

nutrients and oxygen as well. And it communicates everything. Whereas blood vessels, you know, go up and down your fascia.

I kind of have my little man here and it's not a great example, but, if you've got the film covering you know, a body and the fascia starts to bunch up, so you get a bad, you know, a bad shoulder, your fascia on your neck and head is going to scrunch down. It's going to affect the back, just, you know, picture somebody putting a, you know, a silk stocking over this kind of guy and grabbing it.

The back is going to pull, your neck is going [00:06:00] to pull. So you may have a shoulder issue, but you may feel pain in your lower back because your fascia is totally connected in all that. And it's pulling. Your shoulder is tight. So the fascia is bunching and it's pulling your back just as an example. Yeah.

Yeah. So the fascia just covers all of your body and is, is just a full sheet kind of, and it goes different ways. There are some that crisscross and spiral, and there's some that go up and down. So there's different lines of them.

**Andi:** So when you say it covers your whole body, you know, that illustration is on the outside of the body, but what we're talking about is on the inside.

So it's around all your organs around all your muscles. Right. It's around everything inside. And isn't it something like, , we have like a football field worth of fascia in our body or something like that.

**Cathy:** Yeah. Yeah. It's kind of crazy. Yup. When fascia adheres to bone, it's like 200, no 2000 pounds per square inch.

So it pulls and it pulls on your body. So, you know, we've got all sorts of tweaks, if you've had any operations with scar tissue, a block therapy will break up scar tissue, the scarring in a GNM program and in different areas, even inside an Organ, this melts by using your diaphragm, heating your body.

Holding the position that's comfortable, even though it's it, you can feel it, it literally melts tissue and [00:07:30] just after 15 minutes of doing this in one spot, you can tell the different range of motion in an arm and a leg. And you can feel you know, a back loosen up. It's amazing.

They have wonderful before and after pictures of people with scoliosis, all sorts of things.

**Andi:** Oh, that's fascinating. Okay. So let's look at, from a GNM perspective then. So when we're talking fascia, we're looking at that connective tissue, not ligaments and tendons, but that, that sheet, like Kathy said, and that's going to be a very mild self devaluation conflict.

Mild. So it's not a big one. It's a little one. And it's a self-deval. So that means you're feeling less than, gosh, I feel like I'm getting old. Oh, I'm not as fast as I used to be, or I'm not as pretty as I wish I were, or anything that devalues you, I'm not as fast. I'm not as good. I'm not as whatever. I'm feeling less than.

So we do that a lot when we compare ourselves to others or even our former self. So self devaluation is huge and it's our skeletal muscular system, which is when you look at the gross national product here of, of America, we spend so much money on skeletal, muscular issues. And so I have spent a ton of money on that, and I'm an athlete and I've always been involved with sports, all kinds of different sports, and I've had injury after injury.

And so you do that for 40, 45 years and pretty soon, evidently what [00:09:00] I found out is your fascia gets bunched up. Now, not only from sports and injuries from sports, just sports themselves and injury from sports. But then let's talk about self devaluation. If we have a longstanding self devaluation, I'm now seeing that.

Okay. So that can also affect. You know, the fascia in a way that it's cell loss in the conflict active phase. And it's cell replenishment in the PCL phase. And yet if we have a lot of relapses now we've got a lot of, you know, cell loss, cell replenishment, cell loss, cell replenishment. So it's kind of like an injury site and I'm thinking now that okay, that fascia is affected and it can get bunched up in that process.

So to illustrate. Does that sound right so far?

**Cathy:** Yeah. And I just want to add one thing that, you know, when we're all out there exercising, we have these flabby underarms and the inside of our thighs. We're like, we can't get rid of this fat. That is actually displaced. Fascia.

**Andi:** Are you serious? Cook. Ok.

All right. Good to know. So everyone check your arms. How we doing?

**Cathy:** I try and exercise that all off and say, Oh my God, my thighs are fat or my arms won't start wiggling, but that's not muscle it's displaced fascia.

**Andi:** Well, that makes sense. And I think of all the things that we do, like for our body image, you know, it's like, Oh, I wish this was bigger [00:10:30] or smaller or whatever.

And then if you have pain, which we would associate with a PCL phase, but let's say you got injured, you know, you were in sports, you've torn ligaments or whatever, and you're injured. And now you're walking differently. You're compensating for the fact that you're limping. And so that's using your muscles and that can impact your fascia in a different way as well.

And then I look at all the different things that you can do. So I have done rolling for years and years and years, all kinds of rolling. I've done all of these types of things, right? Yeah. You get those knots on your back. Oh my gosh. We have a \$350 percussion instrument. My husband is a cyclist. So, you know, you're using that on your muscles and everything.

Here, here's the one that gets you right up in here. You know, the things that I have done over the years, here's a roller. So you can, you can roll, right? I mean, I'm showing you about a quarter of what we have in our living room, which is like a gym. Okay. So I've had injuries and I've had self devaluations and I've had some neck pain that was from an intellectual self devaluation.

This was probably about 12 to 15 years ago. We're not talking recent. A long time ago. I know what it was. And it took several years to work through it. And gradually, eventually I ended up getting [00:12:00] some x-rays and physical therapy. What had happened is I had enough cell loss that the vertebrae had shifted in my, in my neck.

And so it was pinching on nerves. And it was super uncomfortable. And I have Dr. John Sarno's information in the back of my mind as well. Like it's all emotionally based. And yet it really felt really uncomfortable. So I did some physical therapy. Well, it, it still hurt. I did 16 sessions of roughing. It still hurt.

So, you know, and then I'm working on, okay, where am I feeling intellectually devalued now? And so I do the whole GNM thing. And then, you know, you showed me the blocking and I started blocking. And within a week that pain was almost gone. It's been about four weeks that I've been working on this.

And I did get the little one too. Oh my gosh, what fun? And that pain is like a whisper of what it used to be. Yeah. And this has been over a decade of 10. So I'm a believer.

**Cathy:** People usually get it once they, they either don't try it or, or don't quite get it. Cause you're, you're sitting there on the block.

And, and if, if anybody just wants to take, I'll tell you how this feels. If you just want to take your thumbs. And rest your head right into your thumbs, above your eyes and press. You can feel that pressure. And you may end up just into, like, you're [00:13:30] going to get a piece of tweaking pain there. Go up until you, if you don't feel that, which I do, I've been working kind of on the upper areas of my eyes.

And this is called fluid isometrics. When you learn to use your hands in different spots too, you can give yourself a facelift with your hands and the block.

**Andi:** I'm there. I'm ready.

**Cathy:** If you just press right there and feel that, you want to call it pain, pressure, that's what you feel for about three minutes and then smile when you're doing it because it helps.

But that's kind of thing, that what you'll feel on the block. And then you, you breathe and exhale in and out through the nose or breathe through the nose, really concentrating on the exhale. And you can do as much visual visualization or not if you want to, while you're breathing, but it's all about the breath and breathing through that pain.

It's all, as long as it's comfortable enough, you're going to feel pressure. But as long as it's comfortable enough, the only rule is if To breathe through. And if you can breathe the same time, you've got the pressure somewhere, then you're, then you're fine. Or, or back off, it's all up to you, but that's kind of what you're going to feel on the block.

And then by the end of three minutes, you're going, wait a minute. Where's the other one? Because pain is the restriction. When you feel that lump, that pain, or just that, that area, and you can feel it on your own self when you, you go, Oh yeah, that's sore. Then that's usually a fascial restriction. And by going through, I wouldn't stay all in one place at once

because it's [00:15:00] your whole body that's affected, but it, that is the restriction and you go searching for the next one.

You go, Oh wait, wait a minute. Where's the next one? Where's the other one? And you feel them kind of literally melt out and you go, wow.

**Andi:** Right. I will say that since I've started doing this, my gait has changed and I'm super thrilled. I'm also a horseback rider. So those inner thigh muscles, those adductor muscles are feeling totally different. And I have worn a lift in my left shoe off and on for the past 40 years.

Mostly off, but often on for a decade or so. And I'm now down two thirds. It's. It's down to a third of what it was and that's after four weeks of using the block and I'm really psyched to think that, okay. Maybe I won't ever have to wear that again to use it because my hips have always been slightly skewed like this which brings the hip higher. In this case, this one.

And so, you know, we raise this up and that has always been a lower back tension. And so me, it's like I've injured my low back. So I've got all this low back stuff going, not feeling supported, you know, from a GNM perspective. And it's like, I am so supported. Why does this still hurt?

Well, that pain is gone.

**Cathy:** Yeah, because it does. When, once you get kind of an injury, wherever you think it's coming from. One, the pain site might not be the cause site, but also it's tweaking the rest of your body. So you've been [00:16:30] working on that one place and you go, well, that's all good. But the other part had gotten pulled out of whack or, or bunched up a bit, maybe from another reason.

I mean, we're so complex who knows, but this helps balance and. And yeah, pull that off.

**Andi:** I'm so glad you said that because you know, you think, Oh, my neck hurts. You gotta work on your neck. No. You gotta work down here. You gotta work way further down. And because we're all connected in a way we don't realize, right.

So important to understand.

**Cathy:** Yeah. And like I said, with knowing GNM, I mean, my heart was going so bad that it was literally pushing me to the side of the couch, but I knew the program. So it didn't frighten me. I started blocking in order to you know, loosen the shoulder and, and back and neck muscles to let more nutrients and oxygen into that whole area.

So that whatever program was going on there would bring in the nutrients and oxygen to take care of the program.

**Andi:** Oh my gosh. I love that.

**Cathy:** Coffee and a block and you're all good.

**Andi:** Awesome. Yeah. Have we covered everything?

**Cathy:** Yeah. I mean, yeah, we could, yeah. I guess leads into having this be the precursor to a question and answer both on, you know, maybe a GNM program [00:18:00] and blocking and pull this together. I mean, we're just connecting the dots and going, Oh my gosh. So when people start asking questions, say, wait a minute, I have a pain here and maybe I have a program there.

It's going to be. Fabulous.

**Andi:** So what you're talking about then is us, blending together GNM and blocking. Are you going to hold, are you going to do videos on that? Do you, do you want to hold live classes? You know, how do you want to go with this?

**Cathy:** Yeah, I've been doing classes and I've been doing both onsite and online.

So at the same time, I have a few people in and you know, we put on zoom and people can show up. The neatest thing that we did last, I guess not last weekend, the weekend before we had a few of us on that know GNM so when we, while we were going through the, you know, the block the scenario, basically, I think we did upper, you know, we did, did we do legs, we did legs.

So we just, we did legs. We just did a class. It took about an hour or so, and just did our core. You always start in the core and we worked down one leg and then down the other, but in the meantime we were talking, Oh, that would be we, we related GNM and the programs and the muscles, and Yeah. So the way that they support you and we started relating programs to it.

So I can see a conversation after people start blocking and putting together pieces that it's really, really cool to reduce pain, get yourself centered again, [00:19:30] because if it was a longstanding program you know, you're, you're more than one area is just out of whack. If you've had scar tissue in any different area and have that kind of melts away that scar tissue so that your electrical system and your all the transport system in your body can work in that area much better than it has been.

**Andi:** I know one thing you mentioned during that class is we did a lower abdomen block, and you mentioned other women who have had C-sections. There's scar tissue there. Right. And so let's unbind that. And when we do what happens with your body?

**Cathy:** And that's what I'm working on. I had an ovarian cyst and they took my appendix while they were there, talk about early art organ harvesting. We are in there so we will take that.

So there is a little bit of my immune system gone already. And now only on my right side, do I have a varicose vein? On my leg and it, what really caught me into blocking was I got my block and on the right leg, I just felt a whoosh. Now, I don't know if it really, you know, opened up or if I had just stopped the blood for a second, but I felt a surge of, you know, fluid and heat go through there like I hadn't felt in years. So I'm like, Oh my gosh, I'm

hooked because my right leg all the way down through that scar tissue, you know, in my right lower abdomen and inside from surgery and then, you know, down my leg and, and having the varicose vein. And I'm sure it's just, you know, it's all [00:21:00] connected, you know, different things, but all together it's gone into you know, pulling together I'm opening up the tissue.

And as the program releases from you know, varicose vein program, then I can get oxygen and minerals and heal that Varicose vein area.

**Andi:** Wow. Varicose fan would be a ball and chain conflict, like dragging, something around.

**Cathy:** Yeah. And on top of that, I had surgery on the top of my leg. So altogether, I've got this whole area that I working on specifically, identifying a number of reasons and going, yeah, we got this.

Yeah.

**Andi:** There's one thing I want to mention Kathy, is that, you know what I think block therapy is for that person who they've tried everything, you know, they've tried the rolfing. They've tried. Massage, Felden cross. They've tried lots of different modalities and they still have pain.

And then my first instinct is say, learn German new medicine, because if you can learn GNM and understand why you have your pain, even if you had an injury. Right ? Because there could be a GNM component to the pain. That's, you know, two years later that needs to be addressed. And let's say you've done that. Now you've learned GNM, you've addressed it from a GNM perspective and maybe it's decreased or diminished, but it's still there. That's when it's really important to find a [00:22:30] block therapist like yourself to work through the mechanical issues. Right. So there's the GNM component. There's the mechanical issues.

And you know, to be smart, you want to look at both. Exactly.

All right. Well, I am so excited to think of us kind of blending block therapy with GNM. So stay tuned, everyone. We look forward to bringing more to you.

**Cathy:** We can put a link if they want to see what it's all about. I can put mine for now and people can start to explore block on their own, tune into classes. And if we want to do, you know, a weekly class especially for, you know, GNMers to really get at the root of a lot of things, then I can see that happening.

**Andi:** That is so cool. Okay. Yeah. So let's put your link in so people can access more information on how to get this and how to get the block and all of that. That sounds great. So I look forward to seeing all of us on the floor with our blocks.

**Cathy:** Yeah. And if anybody has questions, think of any questions that you might have chime in.

We'll do a live. We'll put this video out. We'll do a live for question answer. See what kind of questions come up with everybody. See if we can get people going on the block for all

different areas. It's good for anybody. Really. Even if you can't get down on the floor, even if you can't get into different positions, you do it on a bed, you do it in a chair.

And once you kind of learn how to do it, you do it on, like, I just took it an hour to a town and [00:24:00] back, and I was just kind of doing my eyes and took my baby. I was doing my block, of course not driving, but it's something that you can do just about anywhere and open the fascia, open the tissue up and rebalance your body.

**Andi:** All right. So you're talking about like a Facebook live? That's what we'll do and, and take questions or?

**Cathy:** Sure

**Andi:** Sounds great. Thank you so much, Cathy.

**Cathy:** Awesome, Andi. Really cool stuff.