



# THE HUMAN SIDE OF SCARS

by  
Alastair McLoughlin LCSP, BTAA

***Changing  
Lives for the  
Better***



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Further information:

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Acknowledgements

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# Introduction

In the 'average' 85-year lifetime of an 'average' human being they will have had, on average, nearly six Operating Room surgical procedures\*. (The number is actually 5.97 procedures. I'm not entirely sure how you 'nearly' have six surgeries. Does the surgeon suddenly stop before they finish number six? This is uncertain.)

What *is* certain is that all those surgeries produce a scar. And the scar lasts for the rest of their (or your) life.

With the number of surgeries on the increase, year-in, year-out, even if *you* don't have a scar, then I'd take a bet that your partner or mom or dad certainly does.

As the number of surgeries, in the US, is in the region of the 'millions per year', there is a high statistical probability that you will have a scar of some kind, somewhere on (or inside) your body.

Why does this matter? What's the big deal?

Well, scars may affect you more than you realise and it is the purpose of this brief, but valuable book, to bring your attention to some of the side-effects that scars exert upon the way we live, function and operate.

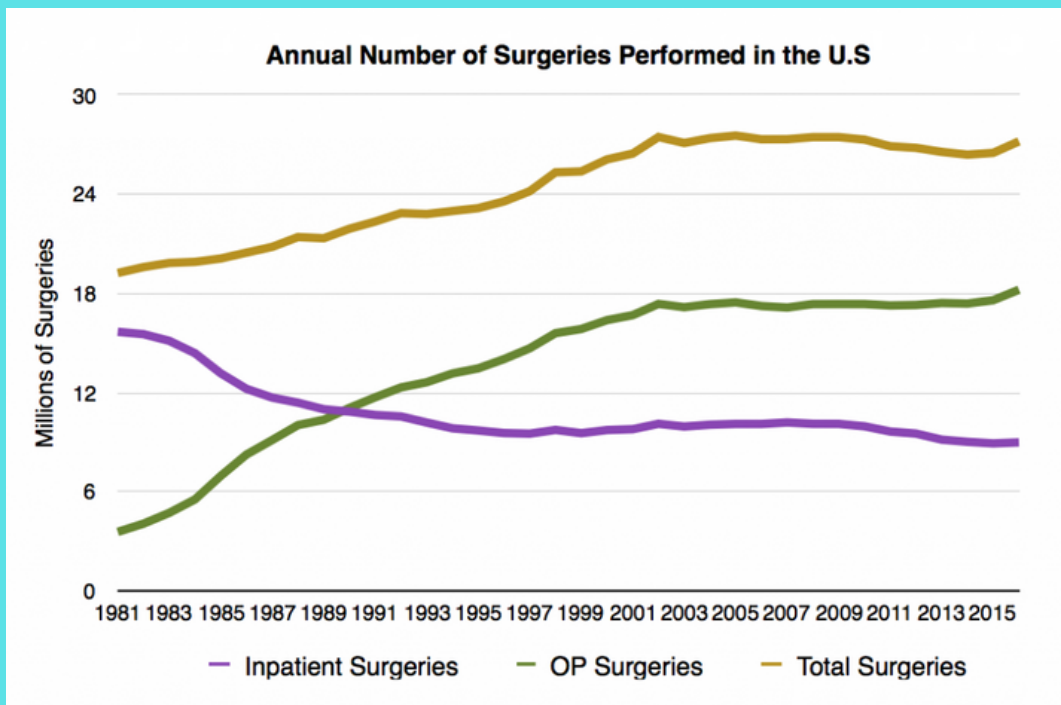
The sad part is that, unless there is obvious pain or other serious complications from scarring, doctors do not often consider the treatment of scar tissue to be a priority. Occasionally a scar will be referring pain or causing a problem elsewhere, and scars are not often considered to be the cause.

The even sadder part is that scars are seldom treated or addressed (as they really should be) soon after your surgery. If they were, it could eliminate months or years of ongoing health issues that can be difficult to resolve.

Why difficult? Well, as I said, doctors and surgeon don't often consider the deeper and more widespread implications for which scars are responsible.

This book may help you recognise if any of this is relevant to you - even with a scar that doesn't seem to cause any problem at all. And that's where it starts to get really interesting.

But first: Surgeries. Just how frequently do they occur? (Remember, you get a **FREE** scar with every surgery!)



Source: [https://truecostofhealthcare.org/admissions\\_data/](https://truecostofhealthcare.org/admissions_data/)

This data represents surgeries only within the US. This figure can be multiplied many times over for a worldwide estimate. In the UK, over 10 million surgeries are performed every year -

Source: <https://nhsproviders.org/media/1128/operating-theatres-final.pdf>

As we know, scars never go away. They are there for life. So the number of scars is cumulative, year upon year.

This takes no account of the surgeries from self harm, accidents not requiring surgery, and from other sources. Let's now consider the negative effects of scarring upon different body systems.

# The Fascial System

In recent years the fascial system has become a real 'buzz-word' amongst those who specialise in the treatment of muscular-skeletal pain, such as osteopaths, chiropractors, physical therapists, massage practitioners and so on. It holds a fascination (pun intended) for anatomists and physiologists.

But what is fascia and why is it such a fascination to bodyworkers?

If you ever visited your butcher and picked out a lovely joint of meat for the Sunday roast (sorry vegetarians and vegans), then perhaps you caught sight of the thin, silvery skin that enveloped the meat.

And to keep the non-carnivorous readers happy, here is a picture of an orange.



The interesting thing about the orange is that the orange is divided into segments by fascia. Each segment is covered in fascia. When you break open the segment, each juicy bit of orangy flesh is covered by - yes you guessed it - fascia.

The fascia on an orange does its job at separating each of the component parts of the orange. The skin, the segments, the fibres are all covered in orangey fascia.

Now the joint of meat is another animal altogether (pardon the pun). The silvery skin on a joint of meat, even though its very thin (you can see right through it) is extremely tough. Cell-for-cell, fascia is stronger than steel! This silvery skin also covers different structures within the meat. It covers the outer, superficial layers of meat and also the deeper layers. These are called the Superficial And Deep fascial layers (no kidding!).

If you ask your butcher for any organ meat (offal) - typically kidney, liver, heart, tripe (stomach) - they will also have their own silvery fascial skin around them. At this point I can feel my vegan readers fighting back the urge to evacuate their stomach contents, so I'll move swiftly on...

The same fascial coverings are plentiful in us humans too. If we delve deeper into the body we find that every muscle, organ, nerve, gland, blood vessel and bone is surrounded and encapsulated by fasciae.

**What does it do?** It connects (and separates) every part of the body with every other part, wrapping around muscles and holding organs in place. Fascial 'bands' extend through the body like pathways, or a system of highways and roads, branching off, yet remaining connected to the 'grid'. Fluid is held between the membranes of fasciae and helps the gliding motion of muscles upon each other. This fluid helps smooth out the articulations of joints. It helps reduce pain, increase range of motion, and serves to nourish muscles and nerves.

So you can only imagine what happens when all these connective tissues are sliced through by the scalpel of a surgeon or the trauma of an impact injury that pierces our outer covering - the skin. Yes - it's traumatic.

As the body seeks to heal itself, scar tissue is produced within days of the skin and other tissues receiving their trauma. Within seven days from the

time of tissue injury, scar tissue begins to form. The process reaches a point of highest production around 21 days after injury. Then slowly, the production of scar tissue slows down. Depending on the nature and seriousness of the injury, scar tissue production can continue for a year or two.

Imagine you have to repair your socks or jeans. (Do people actually still do that, these days?) Then you'll find the area where the hole has been mended is not quite as stretchy as it used to be.

There is a thicker area where the cotton has been used and you can feel where the fabric has been pulled together.



Now just imagine what can happen when the skin, fasciae, muscles and other tissues are sewn together in similar fashion.

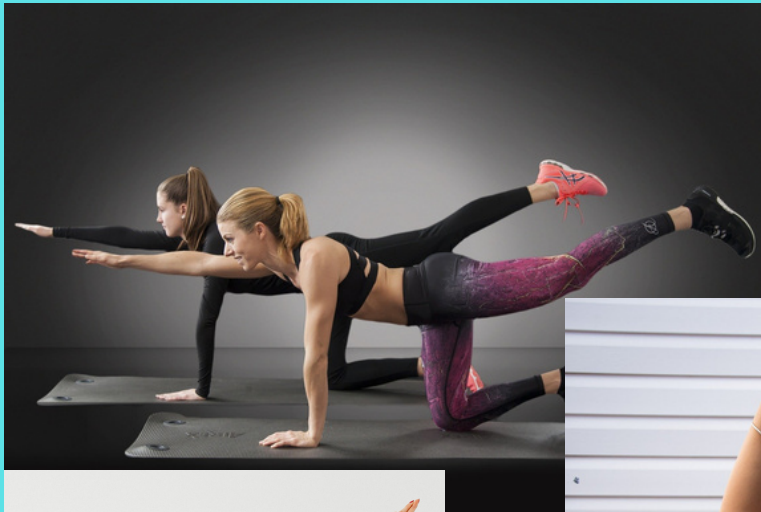
The gliding action of the fascia can be severely impeded.

The resulting scar can impede free flow of blood and lymph fluid. (The lymph system is like the vacuum-cleaner of the body. It sucks out the toxicity, acids, dead cells and other metabolic waste from your tissues.) Lymph sucks!

No longer is free movement of the many layers of fascia possible. So, for example, when a woman has a lumpectomy performed due to the development of a breast lump, the resulting scar tissue can affect the



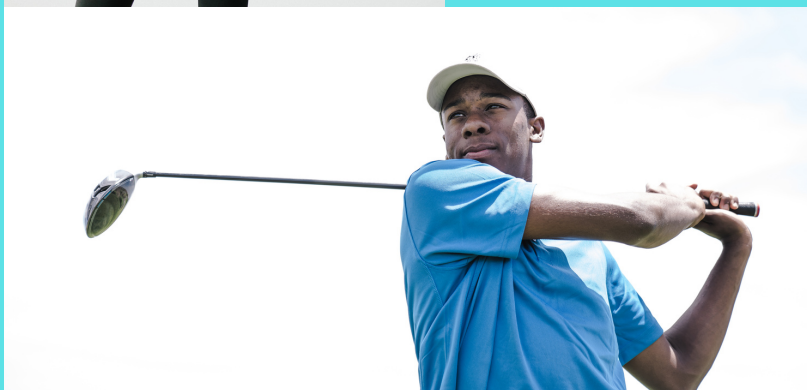
range of movement of the shoulder because the fascia of the breast and chest is intimately connected to the shoulder joint and its musculature. If you have a scar from that type of surgery, (or any other chest or shoulder surgery) is your shoulder a little restricted, or does it pull a little when performing certain movements? If so, then scar tissue is responsible for that limitation in movement.



It gets even more interesting when you consider the fascial system is connected and interconnected - **right throughout the body!**



Look at the photos (left and below). It is very easy to see how the fabric is being pulled around due to the movement of the subject. That is **exactly** what happens to our fascia when we move. It has to glide and move with our bodies. But what do you suppose happens when we have a scar?



After the surgeon has cut through the various layers of tissue - or if the tissue is damaged by being injured in some way - then a scar will eventually form to bring the two edges of the wound together so it can heal. If the cut is deep, then the scar will be deep and permeate several layers of membraneous tissue.

When the scar is healed it is less elastic than the surrounding, healthy skin. It is more rigid, thicker, more fibrous and the sliding action over its adjoining surfaces becomes restricted.

A scar is also weaker than healthy tissue. It has only around 80% (or less) of the tensile strength of undamaged skin. It binds and restricts tissues that should be free and easy to glide over one another. This, in turn, restricts adjoining other structures too and this is where it gets fascinating and even more interesting.



When you observe the dissected human body, one cannot help be struck by the awesome way in which body systems are interconnected with each other. If you ever pushed into jello with your fingers, did you observe how the whole jelly moves too?

Just as when a drop creates ripples in a pool of water, that is how interconnected the body really is.

There is no denying that the whole body is a continuous entity, not a series of body parts connected by joints. Everything flows uninterrupted - except when there is a scar!



## "Not a lot of people know that." - Michael Caine



After you're past the fact that Michael Caine didn't actually say that, although nearly everyone thinks he did, are you aware that the low back pain you experience could be caused by an abdominal surgery you underwent years ago? Or that same abdominal surgery is also creating shoulder restrictions!

A scar on your foot could be causing you to walk slightly differently, causing the body to compensate in some way.

That change in gait (the way you walk) could create compensations throughout your body. Typically that can create a lot of neck and shoulder strain and tension headaches.

The neck strain that causes reduced blood flow to muscles and nerves, could have a knock-on effect into your elbows and wrists.



Scar tissue can also bury deep into the abdominal cavity creating bowel and bladder problems, such as incontinence, leakage, abdominal pain or discomfort and reduced regularity of function. Corrective surgeries performed on infants can create a lifetime of problems - all due to scar tissue.

Besides affecting the mechanics of the body and how we walk and move, build-up of scar tissue can seriously impede organ function. Unfortunately (for you) some healthcare practitioners are not aware that scar tissue is creating your problem.

# The Acupuncture System

For thousands of years the Traditional Chinese Medicine model (TCM) has been used to treat illness and injury. Some modern surgeries have been carried out using Acupuncture as the only method of anaesthesia.

Chinese doctors believe that for good health to be maintained, the body's Life Force ( called Xi or Chi - pronounced 'chee') must flow uninterrupted, just as water flows through a river. Any interruption of the flow of Chi can cause stagnation.

The lack of energy in a specific place along the meridian can cause dysfunction and illness.

There are 12 major pathways (called meridians) that both receive and pass along Chi to every organ, gland and cell of the body. These are named:

Lung, Large Intestine, Stomach, Spleen, Heart, Small Intestine,

Bladder, Kidney, Pericardium, Triple Warmer, Gall Bladder and Liver.



There are also two special meridians: Governing Vessel (running along the length of the mid-line at the back of the body) and Conception Vessel (running along the length of the mid-line on the front of the body).

Each acupuncture 'point' has a specific name and location along its meridian. The acupuncture points are numbered. In its simplest form, and based upon a detailed diagnosis, an acupuncturist would 'needle' specific points in a certain way to release the blocked 'Chi' responsible for the ailment or complaint.



Interestingly, acupuncturists also recognise the role that scar tissue plays in the stagnation and interruption to the flow of 'Chi'.

They see scar tissue as creating a 'road block', or interference, to the free-flow of energy. Energy movement is inhibited or even diverted due to the presence of scar tissue.

Ancient acupuncturists developed protocols to help overcome the restrictive and inhibiting effects of scar tissue.

We have also seen interesting examples of how scar tissue is connected to a seemingly unrelated health issue.

### Case study

*A 44 years-old woman experienced dysmenorrhea for the past 25 years, usually requiring medication on a monthly basis for pain control.*

*As a girl she received an injury requiring 5 stitches in her lower leg. The scar was not particularly apparent but was slightly depressed and was a little numb. After three 1-minute MSTR® treatments the woman became pain free.*

*The location of the scar was at acupuncture point called Spleen 6 - shown here >>>.*

*Subsequently, the scar is no longer depressed or numb. Note: The scar was not causing any distress or discomfort to the patient.*



There are a couple of noteworthy points about that case study. Firstly, the scarred area was not causing any distress, pain or discomfort for the patient. Apart from a little numbness, it appeared to be almost asymptomatic. She'd had the scar for years and just 'accepted' it as a testimony to her accident as a girl. From that standpoint, *why* would (or should) a practitioner even consider giving any attention to that scar? Secondly, how could it possibly be relevant to any particular ailment that she had been experiencing?

One only has to refer to the acupuncture model for clarity. The indications for the treatment of acupuncture point known as Spleen 6 includes (amongst many other things) - dysmenorrhea.

As this patient had been taking analgesia on a monthly basis for many years, it is obvious that the real cause had not been discovered. Symptomatic relief, with no permanent 'cure', was the best she had been able to achieve. Even though the acupuncture system is dismissed by many as being unproven and unscientific, there is no denying that there is some validity to considering the acupuncture system, when other medical models fail to address the cause. In this case, it seems the cause was the blockage of the Spleen meridian by scar tissue.

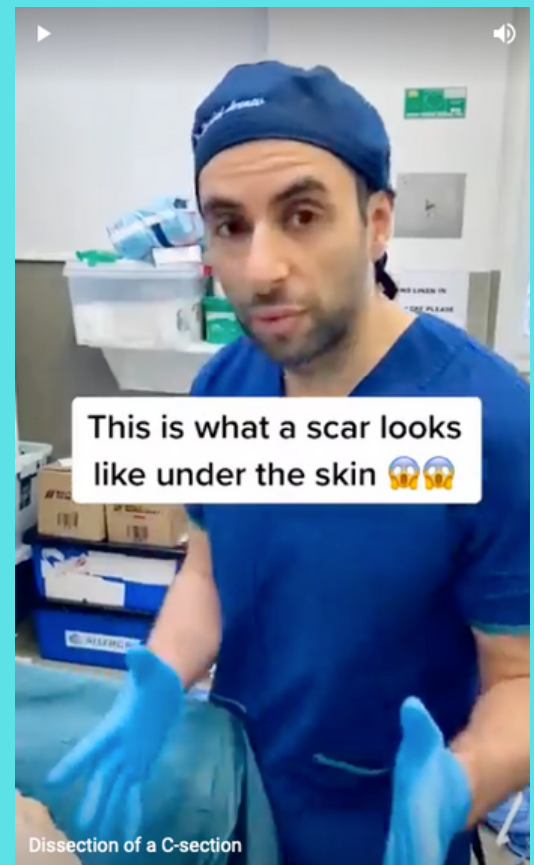
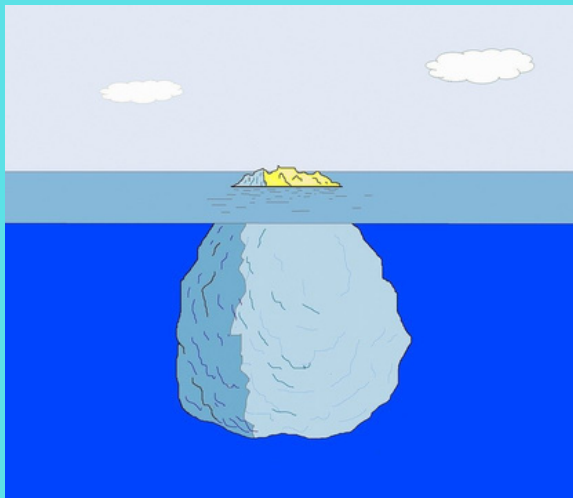
## The Iceberg Effect - think in 3D

Many people see a scar and don't realise the depth and width scar tissue can extend away from the visible surface of the scar.

Lots of hidden scar tissue causes problems of which both the patient and the practitioner are totally unaware.

Just like an iceberg, the greatest amount of scar tissue lies beneath the surface.

*After an abdominoplasty, this surgeon reveals how deep scar tissue from a C-section can be... >>>*



# Emotional Effects of Scars

Not only are various body systems affected by scar tissue, but the emotional and psychological effects of scars should not be dismissed or ignored.

Effects of scars on the emotions of the patient can be hurtful and long-lasting. The sight or touch of their scar can trigger memories from the time the scarring took place. Whether it is a trauma or surgery, the details of the event that scarred them for life can be as vivid and raw as the day it occurred.

*Perhaps you, the reader, have a scar? You might have several. If so, can you remember how you received the scar? Where and when this event happened? What memories and emotions come to mind when you recall that surgery or accident? Take a moment to ponder upon your own scar. What does it feel like? Do you avoid touching it? If so, why?*

People often remember the details of the events of that day in minute detail. Scars can look and feel unpleasant to the touch. In fact, many people avoid looking at or touching their own scars. They dislike them immensely, trying to cover them over especially when they are in plain sight, such as on the face.

For some people, scars are a mark of survival. They signify their personal battle, through which they overcame their trial or ordeal. Some scars are worn like a 'badge of honour'. In some cultures they symbolise a rite of passage and the recipients are proud of them.

Scars from self-harm are often an outward call for help and they may become a symbol of overcoming and conquering their own inner demons.



Emotions often associated with scars (or more precisely the patient's response to the events that created their scars) include, but are not limited to:

- low self-esteem
- sleep disturbances
- loss of libido/sex drive
- anxiety, depression
- anger
- fear
- self-loathing / self-image problems
- feeling as if the body is 'disconnected' in some way

If you have a scar, do you feel any of those emotions described?

As we said, not everyone has negative feelings about their scars, but sometimes people do. People can carry around those feelings for years after the surgery or accident. Often, and over time, the effects can become worse. The emotions becoming more deep-rooted and entrenched in their psyche as time elapses.

Some of these emotions could be categorised such as those who experience Post-Traumatic Stress Disorder (PTSD).

Patients who feel some of these emotions when thinking about or touching their scars, do not realise that anything can be done to change these feelings.



Happily, negative emotional states can change, often quite quickly, once the scar feels more 'normal'. It is quite an interesting thing to observe: emotional and psychological states changing as their physical scar changes.



# Dissociation

An interesting observation about scars is that of the dissociative state. This is sometimes the case with scars of the extremities (arms or legs). When the scar is numb and desensitised, it will sometimes make the subject feel as if the arm or leg no longer belongs to them. It may feel like that specific body-part is foreign and not a part of them. This attitude displays dissociation within their own self. Here is a real life example:

*A 55 year-old man had surgery for an ulna nerve entrapment (that's the nerve that hurts when you bang your "funny bone" in your elbow.*

*The scar was about 10 cms (4 inches) in length. It was now about three months after the surgery and he described the elbow scar as being numb. In his own words he felt that his arm now "no longer belonged to him". He had already disassociated himself from his arm because of the lack of feeling in his scar.*

*After just about 8 or 9 minutes of treatment for the scar, I asked him to re-check the feeling of the scar and tell me if anything had changed.*

*"Yes", he said with eyes wide in amazement, "I can feel it."*

*His next words were powerful:*

*"It's just as if I got my arm back again!"*

*The dissociation he had experienced for the last weeks had suddenly disappeared. Due to the fact he could now feel his scar, he at once became more 'in touch' with his arm. No longer did he feel as if his arm didn't belong to him - as if it was detached in some way. No, it reintegrated with his whole.*



I have noticed a similar response for some women with C-section scars. They may experience a similar dissociative state their lower body feeling disconnected with the upper body, due to the numbness they experience through the scar. Even after many years this dissociative state can cease once feeling returns to the scarred area.

When we can affect the psychological and emotional state of a patient through helping feeling return to their scars, then we have produced a very powerful and transformative event. An event that will reach deeply into a person's heart and soul.

When we are able to affect the psychological and emotional state of a patient through helping feeling return to their scars, then we have produced a very powerful and transformative event. It's an event that will reach deeply into a person's heart and soul. In effect, we have created an incredible healing event - affecting the body, mind and spirit. A truly holistic treatment outcome and one that changes their life for the better.

Those who dislike their scars often cover them over. They may not like looking at them - and they certainly don't want anyone else looking at them.

Scars from self-harm are often hidden. The subject is often ashamed of what they have done to themselves in times past. For some, their scars are a sign of triumph over adversity and a really bad time in their life. For others, the opposite is true. They hate themselves for what they did. They hate looking at themselves. Those scars from self-harm represent everything that was wrong in their lives. They became 'numb' to their surroundings and to the people around them. The only way they could create some real 'feeling' was to express their anger and frustration by harming themselves.

This is a very complex topic and many emotions are involved. Happily, we have many examples of people who have had their whole life outlook changed once feeling returns to their scars.

We also have similar changes and improvements with people who experience PTSD (Post Traumatic Stress Disorder) due to the traumatic events they have been through. These events can be from a wide spectrum of causes, ranging from planned and emergency surgeries, through to those affected by abusive relationships and the even the battlefield of war.



When the emotions are tied into the events that created their physical scars, we can witness amazing transformations. Just as emotional and psychological health can be negatively affected by physical events that happen to a person, we can also positively affect the psychological state by means of treating the physical body - by treating those scars and bringing feeling and re-connection with one's own self.

This topic obviously needs exploring further as the benefits to people with scars that contribute to PTSD, scars from self-harm, emergency surgeries, burn victims and a whole plethora of situations that produce physical scarring, is immense.

## Finally...

By now, I hope you're beginning to realise that scars are massively important and affect people in so many different ways. Small scars can produce big effects, both within the physical and the emotional being of the person.

I am concluding this little ebook with a few stories, written by the subjects themselves, or from their practitioners. By reading these stories I hope to impress upon you the importance of treating scars and the sheer pleasure and transformational effects that scar treatment produces.

### **Kim's story:**

"The scar is from my Cesarean Section is from August 2021. In October 2021 I got my first treatment for the scar." The scar affected Kim in so many ways:

"Before the scar treatment I felt that my body was restricted. The scar was tense and it pulled my body forwards and downward. My belly was swollen in a strange way and I had problems emptying my bowels. I also felt that the scar affected me psychologically. I felt low and sad and I was very tired and worn out."

Kim continues: "Sometimes I also had terrible pain both in the scar and in my abdomen, I could barely walk or even rotate my upper body. It is of course not so strange that it can take time to recover after pregnancy and childbirth, especially after a large surgery of the abdomen. People told me to be patient, to give it time, not to expect to be able to move freely and to be able to exercise until a longer time had passed."

"But I felt that there was more to it, both emotionally and physically, than that the scar just needed more time. I could not accept that my entire maternity leave would be "wasted" or for me to be that limited."

"Luckily I found out that my therapist, Monika, gives this scar treatment and I contacted her right away. Ten weeks after the Cesarean section I got my first treatment."

Treatment: "The first time, half way through the treatment, Monika asked me to touch my scar and I immediately started to cry. It felt like me, I could feel my belly and I dared to touch the scar, which I did not dare to do before. And it was a wonderful feeling that my sensation had returned. Directly after the first treatment I could squat down to tie my shoe laces. I flew out of Monika's clinic with my head up in the clouds! Everything had eased, I felt free and happy again."

"I received 2 more treatments and now the scar does not bother me anymore, the only time I can feel that it is there is when my daughter kicks me on the scar while I breastfeed her, ha ha.

I exercise, go for walks, carry my baby, lift the pram, and both the swelling in my abdomen and the problems with my intestines are gone. I have got my spark back in life.

"I do not regret for one minute that I went to Monika Lindblom (MSTR® practitioner) to get my scar treated." - Kim Rolfsson - Sweden.



Pre treatment



Post treatment



## Susan's Shocking Story

Susan\* came to me with the complaint of 'lightening bolt like' stabs of pain in the left side of her face, that she would have to brace herself for, every time she would bend over to put on shoes, cough or laugh. She has a history of ear issues with hearing loss. During Covid she had emergency surgery on her pancreas, followed with infection and a few other procedures to get everything right. She said she told her husband she felt like she was dying inside and just has to try something different. She felt the medical community, and her chiropractor, did not seem to understand what was happening with her. She had referred another family member to me. So, she thought after 6 months of suffering, she should come try it herself (but she new nothing about MSTR®).



## Scar History

When Susan\* made the appointment I told her to be thinking about all her injuries, her scars and surgeries and to make a list over the next week. We would talk about them at the consultation. She proceeded to tell me of the multiple tubes in her ears all her life, she also has a pacemaker due to an electrical problem with the heart that causes "vagal drop out", is how she explained it, (same side of face pain).

We talked about the traumatic event of the emergency surgery involving her pancreas, also the removal of her Gallbladder, removal of her Spleen, a laparoscopy surgery to remove a cyst on an ovary, how they nicked her artery during inner ear surgery, scar on the right knee from broken glass, scar on left hand from coring an apple, groin scars from stent placements —we laughed a little bit about her playing the game of seeing how many organs she can live without!

Then she told be the story surrounding the C-section birth of her son. In that moment of mentally scanning her body from head to toe to see if she forgot to tell me anything, she said: "Oh! I forgot to tell you about my biggest and oldest scar!"

At seven years old she had a heart valve repair surgery. The scar goes from approximately the "left" (side of electrical shocks to the jaw) side of the xiphoid process, under the left breast, traveling under her left arm, across the ribs and around the body, under the inferior angle of the left scapula and ending at approximately T4/5. There is also a scar on the right side of the spine slightly inferior to this end point, where the drain was inserted.

## Medical History

Susan\* struggles with psoriasis directly on the scar under the left breast as well as behind her ears and on her scalp. She has been diagnosed with Psoriatic Arthritis, diabetes, chronic fatigue, fibromyalgia and Tinnitus.

She's had a significant fall on her tailbone which caused her to pass out. Has history of migraines and kidney stones. She was in a motor vehicle accident where she was rear ended. Also recent shoulder impingement from a fall. Pain described as 3/10 in the lower thoracic spine (appears to have some mild scoliosis), 1-8/10 in left shoulder depending on what she is doing, 2/10 in the forehead area and spikes of sudden electrical shocks of 8/10 in left jaw/face. Shoulder abduction ROM Right arm:145 degrees, Left arm: 45 degrees. Mild- Moderate restriction in cervical rotation both left and right as well as lateral flexion and extension.

## Treatment Sessions

First session: MSTR® on the oldest, longest scar—the heart valve repair that wraps around the left side of the body. I worked very slowly and carefully as she talked in small spurts about the story. The first set of passes I worked about 1-2cm along the superior edge of the scar along the row of dots from the stitches used, working from the thoracic end of the scar toward the breast. The second set of passes I was only able to work directly over the scar from the thoracic end to just about level with the axillary area. She had had enough for the day. She was surprised how sore it was in places as she said she “never touches it, forgot about it.”

I did NOT do any other work this session. When she got off the table and came out of the room, she said “I can't believe it, I was able to bend over and put my shoes on and tie them WITHOUT ANY POUNDING PAIN OR SHOCKS in my jaw or face.” She said she could still feel some pressure, like its still there, but NOTHING like it was prior to the session! Post treatment ROM in right arm increased to 180 degrees with the left remaining at 45 degrees. Neck cervical rotation and extension had dramatic improvement while lateral flexion only mild improvement.

Second Session: Prior to the treatment Susan\* stated her left arm still hurts when reaching for stuff or putting her coat on. Her face hurts only when coughing or laughing. She had a super stressful week and just wanted a relaxing session, so I did Bowenwork® therapy this time. She said she felt twitchy, floaty and glued to the table.

Third and Fourth Sessions: I did MSTR® on the Spleen/Pancreas scar from just off the xiphoid to and around navel to where it meets with transverse C- section scar. We also did some Art of Bodywork®. Susan\* continues to make progress as we continue to work through this complicated case. We have more scar work to do on the C-section scar as well as the heart valve repair scar which currently has an active patch of inflamed psoriasis under the left breast that needs to heal up first.

## **Reward**

The biggest reward that touched my heart the most was to hear the words:

“Not only is the pain in my face GONE but I no longer have the feeling of dying inside.”

She also stated that she just cant believe how much these subtle, gentle moves can make such

dramatic changes. Susan\* shared that she

has always felt “unstable and off balance on her feet” and figured it was because she has had trouble with her ears all her life. Then one day after parking in a place she parks every week and walking along the same curb, she realized she wasn't struggling to hold her balance. She said she feels so grounded and balanced and no longer struggles with feeling unstable on her feet!

Time does not allow me to write about every case. We have heard “if something sounds to good to be true it probably is”.....well, MSTR®, Art of Bodywork® and Bowenwork® blows that theory out of the water, EVERYDAY!

\*Name has been changed

by Tina S. Hull, LMT - MSTR® Practitioner & Instructor Bowenwork® Specialist

## **Laurel's story**

### **Scar Tissue and Infertility**

A 28 year old female friend of mine came to me curious if the scar tissue release treatment I offered could help her. She had suffered an ectopic pregnancy and subsequent emergency surgery in 2017 and since then had endured many traumatic multi-staged miscarriages. She saw her doctor and was told that she had severe inflammation related to her repeated losses. She was directed towards laparoscopic surgery to excise the scar tissue that had developed. However she felt that there must be an alternative healing approach and came to me about scar tissue treatment.

I spoke with her at length about her surgery and miscarriages. She explained that she was not comfortable touching her laparoscopic scars and doing so elicited a very unpleasant sensation she described as feeling “gross”. Upon further assessment, she rated the level of emotion tied to her scars as a 8-9/10 in severity – which would indicate being highly distressing or upsetting. As her friend, I was able to walk with her through the deep grief and depression through these losses.

During the treatment, I worked carefully around the laparoscopic incisions and deeper towards the fallopian region. Gentle palpation allowed me to locate deeper layers of fibrous tissue, which I was able to address. I addressed supporting structures including her diaphragm and hip flexors to encourage release of grief.

After getting up off the treatment table, she experienced chills and nausea, as well as dizziness. I wrapped her in a warm blanket and made some tea. I walked her backwards to allow her body to process and re-integrate, with me right behind for balance and support.

Later she would share with me that during the session she experienced significant emotions of grief and sadness. As the day went on, she experienced surprising depth of fatigue and despite her history of insomnia, was able to take a nap for several hours and later that night, sleep soundly – something that was near unachievable before.

Upon waking from her nap that first day, she used the restroom and noted dark urine accompanied by a re-appearance of chills. In the coming days, she would share that she had maintained the ability to sleep more soundly and was experiencing a growing sensation of peace in her body where there was great emotional pain and the turmoil of grief and depression before.

She saw her chiropractor a couple of weeks later and with ultrasound was able to confirm the fallopian tube was now open. She became pregnant within a month and was able to successfully carry her baby to full term. Her little boy is now 8 months old.

How magical to hold him, knowing the incredible journey of his mother. This was one of my first cases using MSTR® scar treatment in my practice, and often comes to mind to this day as one of the greatest experiences I have had in bodywork.

It exemplifies the complex multi-system effects scar tissue can have on the body, and the great impact we can have in our client's lives when we learn to treat scar tissue thoughtfully.



By Medical Massage Therapist Laurel Maier, LMT –  
Lynwood, Washington, USA - MSTR® practitioner





## Next steps...

I hope this little ebook has helped to bring to your attention the role scars can play in not only your physical wellbeing, but your emotional health too.

Many people think nothing much can be done about scarring. The hundreds, if not thousands, of stories I have read confirm this viewpoint is completely untrue. On the contrary, much can be done to improve the physical and mental effects of scars.

**If you're a member of the public** seeking help with the effects of your scars, whether it be numbness, stiffness, pain and restricted movement, or if you experience some of the emotional and psychological effects of scarring, then please go to our website and locate your nearest qualified MSTR® practitioner. (See page 3)

The MSTR® treatment itself is not invasive, painful or unpleasant. Some people even find an MSTR® treatment is a relaxing experience.

Improvements in both physical and emotional effects often improve from the first session.

Besides scar tissue, healthcare professionals around the world have noted improvements with presentations such as:

- Plantar fasciitis
- Restrictions in shoulder movement
- Sports injuries such as quadriceps and hamstring tears
- Axillary Web Syndrome (AWS)
- Dupuytren's Contracture
- Peyronie's Disease
- Underlying fibrous tissue from past injuries where the skin wasn't punctured
- Any areas of dense, fibrous tissue

MSTR® is a versatile and straightforward and non-painful approach to the treatment of scars and fibrous tissue. The low cost of this ebook will more than be recouped after successful treatment and it will prove to be a worthwhile little investment.

**If you are a healthcare professional:** MSTR integrates easily into your existing practice work and is being employed by practitioners from a whole range of therapeutic backgrounds including:

- Doctors
- Oncology nurses
- Chiropractors
- Osteopaths
- Physiotherapists
- Myofascial practitioners
- Massage therapists
- Pilates and Yoga teachers

We offer training in this consistently effective and reliable method of scar treatment.

No creams, oils or gels are used. No equipment or tools are needed. MSTR® relies solely upon the sensitivity of the practitioner's hands.

MSTR® is:

- Efficient
- Cost-effective to learn
- Easy to integrate into your practice
- Easy to learn and master
- Produces high levels of positive outcomes

and we provide...

- A supportive framework in which to learn
- A knowledgeable team of instructors who care about their work
- Superb student and ongoing practitioner support

Our One-Day training classes teach you how to successfully treat post-surgical scars and hidden, underlying scars too. The low cost of this ebook will more than be recouped when you learn how you can treat scars effectively and successfully. It should prove to be the best money you ever invested.

### **About the author:**

Architect of MSTR® is the author of this book, Alastair McLoughlin. His background in manual therapies stretches back to the early 1980's.

Alastair is British and lives and works in Hessen, Germany.

MSTR® is currently (mid 2022) taught in 10 languages in 24 countries by a team of 25 instructors.

To find out more about training and to download our research reports, please refer to page three of this book.



For further information please email the author at:

[info@mcloughlin-scar-release.com](mailto:info@mcloughlin-scar-release.com)





# THE HUMAN SIDE OF SCARS

by  
Alastair McLoughlin LCSP, BTAA

***Changing  
Lives for the  
Better***

