

"Concussion" Movie Spurs Interest in Dr. Ronald Murray's Manual Regulation Therapy

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Thanks to the latest Hollywood release, "Concussion," starring Will Smith, and the prevalent role that NFL football plays in American culture, more and more people are becoming aware of the impact of concussions on those who play impact sports, including football, at all levels.

The PBS documentary, "League of Denial: The NFL's Concussion Crisis," released in October 2013, generated widespread public awareness of the inherent risks for mental and health issues arising from the frequent concussions, as well as repetitive sub-concussions, experienced by NFL football players. In 2015, Sony's production, "Concussion," which features the story of Dr. Bennet Omalu's discovery of chronic traumatic encephalopathy, a degenerative brain condition, and his interactions with the NFL, is generating much controversy, especially amidst allegations of the NFL's attempt to cover up medical evidence linking concussions from playing football to traumatic brain injury.

"Seeing an increased interest in traumatic brain injury is no surprise, as big block buster releases usually trigger this type of interest," said Ronald Murray, Doctor of Integrative Medicine and Director of Asclepeion Center for Body Mind Therapy. "With this movie's release during this holiday season for families to watch together, you're sure to see a lot of parents, in particular, wondering about the long-term effects of their sons playing football and other contact sports."

Murray, author of "A Colloid Fluid Model: The Bridge Between Biological and Energy Medicine," published internationally in Explore Magazine, and pioneer of Manual Regulation Therapy (MRT), explains how the model gave birth to MRT. MRT is a unique and integrative therapy that combines conventional physical therapy, cranial sacral therapy, visceral manipulation, and myofascial release to provide a totally unique approach to treatment. These treatments prove highly effective in helping those suffering from the effects of concussions, both as a result of violent hits and smaller repetitive blows, to experience relief, and even complete recovery.

Murray notes, "While it's always good to see a neurosurgeon or neurologist, their success in helping patients with traumatic brain injury is, unfortunately, relatively limited due to the tools and therapies they use. That's where my Manual Regulation Therapy meets an important need in making a qualitative difference in the wellbeing of those suffering from traumatic brain injury." In addition to his hands-on therapy work, Murray also recommends nutraceuticals that have neuroprotective compounds for treating concussions and, in some cases, hyperbaric oxygen therapy, which can help repair damaged brain tissue, as well as reduce swelling and inflammation.

Additional details on the immense benefits of post-concussion Manual Regulation Therapy can be found by listening to Dr. Ronald Murray's interview on Essential Healthy Living Radio (<http://ehlradio.com/ArchivedShows/2014/060814ehl.mp3>). His Asclepeion Center for Body Mind Therapy (<http://www.ronmurraywellness.com>) is dedicated to helping those dealing with challenging health issues that other practitioners may have not been able to completely resolve, and offers sound advice and treatment to provide a completely innovative and holistic approach to healing.

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