

## **EVOLVING PARADIGMS IN THERAPEUTIC METHODOLOGIES: INTRODUCING “THE REASET APPROACH”**

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### **Abstract**

*The Reaset Approach, pioneered by Tom Meyers, is a comprehensive therapeutic methodology and treatment modality that responds to contemporary global health challenges. In a rapidly changing world, traditional methods can fall short in addressing today’s multimodal chronic stress-related causes of ailments. Chronic stress leads to stress-related dysautonomia, which is the disruption of the autonomic nervous system. Left untreated, this condition gives rise to a wide range of interconnected physical and mental health issues. The Reaset Approach offers a fresh perspective in the treatment of these evolving health challenges, presenting a comprehensive therapeutic methodology and treatment modality which prioritises the restoration of autonomic balance (ease) before addressing structural and functional imbalances. The focus on autonomic balance initiates a new era in healing and makes The Reaset Approach a true revolution in the evolution of manual therapy, bringing it into the 21st century.*

### **An Innovation in Addressing Contemporary Health Challenges: The Reaset Approach**

The Reaset Approach, pioneered by Tom Meyers, is a comprehensive therapeutic methodology and treatment modality that has emerged as a response to today’s changing global health concerns. In our rapidly changing world, the underlying factors behind ailments have shifted. As a result, many traditional manual techniques, devised in different eras and contexts, have been rendered less effective and are even potentially exacerbating certain conditions.

Where once mechanical stress was the main cause of many health problems, today, due to the changing working environment and increasing demands on an individual’s personal and professional life, psychosocial stress and adaptive stress have become a more significant contributor to many health problems.

### **Unveiling the Neurobiological Response: The Reaset Approach in Autonomic Regulation**

Prolonged exposure to stress and the resulting allostatic load disrupts the balance between

the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) branches of the autonomic nervous system. This dysregulation, known as stress-related dysautonomia, leads to a wide range of physical and mental health problems. These range from musculoskeletal pain to headaches or migraines, lack of energy, sleep disturbances, stomach or bowel problems, cardiovascular disease, mood swings, cognitive impairment, brain fog, depression, anxiety, etc. Many of these symptoms are often experienced together and lack clear explanations and have proven difficult to treat – until now.

### **A Multimodal Approach to Stress-Related Dysautonomia: The Reaset Paradigm**

Enter The Reaset Approach, akin to the emergence of osteopathy in the late 19th century. The Reaset Approach represents the first step in a transformative process that reevaluates and redefines the outdated *modus operandi* for health and healing. It aims to provide a fresh perspective and an effective therapeutic methodology to address the

limitations of conventional practices and takes them into the 21st century.

### **Autonomic Balance in the Modern Context: Insights from The Reaset Approach**

The Reaset Approach encompasses a comprehensive and practical application that reaches beyond therapeutic touch, encompassing various facets directed at promoting autonomic balance and overall wellbeing. It introduces a revolution in the evolution of manual therapy with its unique therapeutic methodology and treatment modality which can be integrated into a wide spectrum of manual therapy practices.

### **From Traditional Techniques to Neurobiological Therapies: The Reaset Approach's Influence on Health and Healing**

The Reaset Approach is as much a philosophy as it is a hands-on treatment approach that involves stimulating the cranial parasympathetic nervous system, initiating a response that seeks autonomic balance. Additionally, tension release within the viscerocranium sets off a cascade of events, activating calm through sensory receptors that convey vital signals to the brain. By stimulating decompression between the occiput and the upper neck region, an influence on the myodural bridge – the connection between the outer and inner body – is exerted. This influence impacts sensory input, blood flow, and nerve function, all of which contribute to potential autonomic equilibrium.

As tension is released within the myofascial system, sensory receptors are activated, transmitting signals to the brain and contributing to a sense of relaxation. The sacral system indirectly stimulates the sacral parasympathetic nervous system, further enhancing autonomic balance. Furthermore, spinal decoaptive manipulations may exert an

inhibitory effect on the sympathetic nervous system, aiding in relaxation and contributing to an overall state of balance. By amalgamating these components, The Reaset Approach's aim is to facilitate autonomic equilibrium before treating the physical symptoms the patient presents with.

### **The Reaset Approach: A Comprehensive Therapeutic Modality for 21st Century Health Challenges**

Unlike most traditional or recent manual therapy approaches, The Reaset Approach extends beyond its focus on physical concerns: Given the significant role that stress-related dysautonomia often plays in mental health issues, it has the potential to expedite a speedier recovery for individuals seeking mental health support as well.

### **Bridging the Gap Between Mind and Body: The Reaset Approach's Impact on Autonomic Balance**

*For instance, it has the capacity to soothe the autonomic nervous system, akin to our body's control centre. In moments of accumulated stress, the autonomic nervous system can become imbalanced (stress-related dysautonomia), leading to both physical and mental health issues. The Reaset Approach effectively restores this balance, measurable through heart rate variability (HRV), thereby fostering healing and an improved quality of life. Essentially, using The Reaset Approach is offering the body a helping hand in returning to a state of ease (reaset) and adaptability (resilience), priming it before the therapist starts focusing and dealing with specific issues a patient might have.*

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## About Tom Meyers

Tom Meyers (born in 1970), as well as being a Belgian Osteopath D.O., MSc. Ost., and body-centred stress coach who runs a private practice in Brussels, is also a visionary on a mission to help people flourish in the flow of evolution and thrive in this fast-changing, uncertain and challenging world. Tom's fascinating life on the road less travelled has given him a wealth of experience that has led him to become a thought-provoking wellbeing futurist, a sought-after speaker, and the author of books including "Futurize Yourself – Design Your Life on Purpose" and "The Futures Effect – Change Your Story, Change Y'our Future!". In addition, Tom is the founder and instructor of The Reaset Approach, which is initiating a revolution in the evolution of manual therapy. But beyond his impressive credentials and accomplishments, Tom's greatest strength lies in his ability to connect with people and inspire them to discover their own unique abilities and sense of purpose.

Are you a manual therapist ready to take yourself and your skills to the next level? Visit [www.thereasetapproach.com](http://www.thereasetapproach.com) and register for one of the upcoming workshops, or reach out to [thereasetapproach@gmail.com](mailto:thereasetapproach@gmail.com) for more information or to suggest a workshop location near you.

Your journey towards a more impactful and fulfilling practice begins today.

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