

# **UNDERSTANDING FASCIA: THE COMPLETE GUIDE BY ASHLEY BLACK**

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## WHAT IS FASCIA?

Answering this question is not as easy as it seems. It all depends on who you ask. There are many different anatomical or medical terms describing fascia tissue which can make describing fascia challenging to explain. In Latin, fascia means “bundle, bandage, strap, unification, and binding together.”

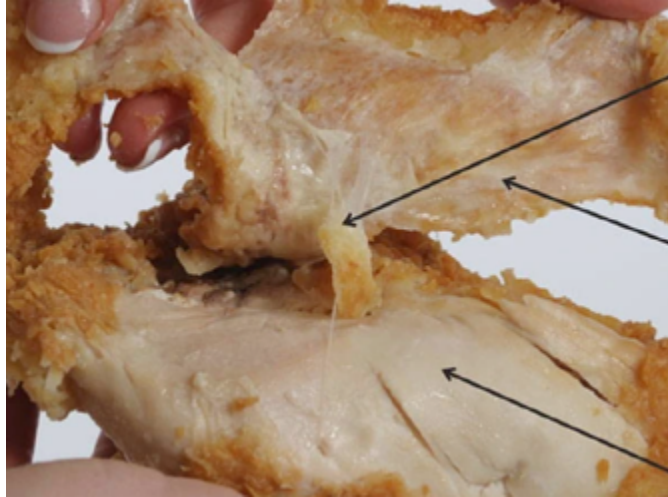
Some still feel Fasciology is a pseudoscience, while others are passionately convinced that the fascial system holds the key to many health mysteries. However, there seems to be a collective understanding of fascia that it is connective tissue, a communication system, and a fluid system.

After studying the fascial system for many years, trying to find solutions for my disabled body from JRA to a bone-eating bacteria, I decided to simplify what information I could pull together from the many different Eastern and Western philosophies I studied.

The following are “Ashley Black” terms I have made up to help unify the fascia conundrum into simple and digestible ideas. All the different explanations of fascia seem to be organized into these four types of fascia.

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# STRUCTURAL FASCIA



Structural fascia is the fascia that lies just beneath the skin, or subcutaneous fascia. This picture shows the fascia of a chicken breast and the membrane of fascia it is lined with. Tom Meyers, author of *Anatomy Trains*, describes this as long strips of fascia and traditional textbooks might call this type of fascia a sheath, membrane, aponeurosis, superficial fascia, epimysium or dense connective tissue.

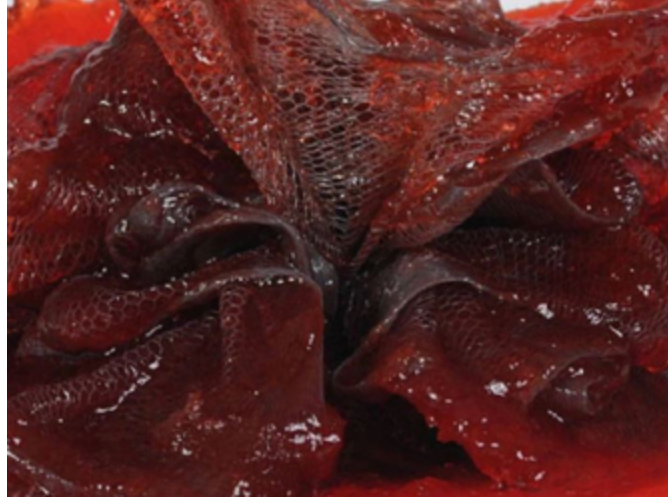
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# INTER-STRUCTURAL FASCIA



Inter-structural fascia is cobweb-like fascia that runs through the structures of the body including the muscles. This type of fascia is commonly referred to as myofascial tissue or “the fuzz” and traditional textbooks might call it interosseous membrane, intermuscular septa, perimysium, endomysium, loose connective tissue and more. What everyone seems to agree on is that this fascia is literally in every nook and cranny of our bodies penetrating virtually every structure such as the brain and joints.

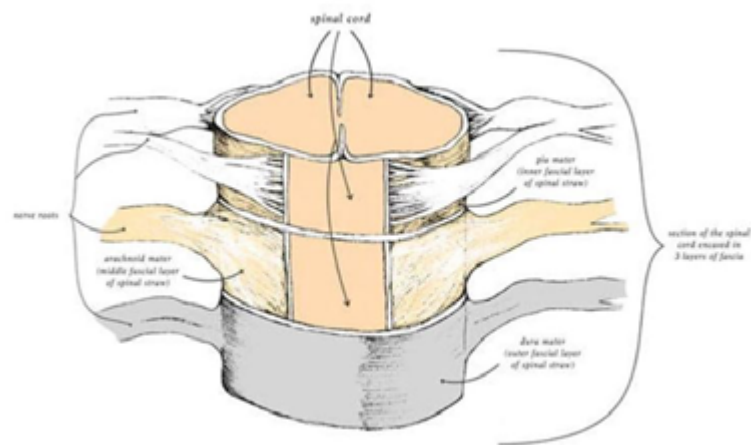
# VISCERAL FASCIA



This isn't blood. It's a sponge surrounded and penetrated by gelatin for a visual. Visceral fascia is jelly-like fascia that is found in our abdominal region. Most philosophies tend to agree on this type of fascia and actually call it visceral fascia. You have felt and seen this type of fascia if you have ever gutted a turkey and felt the goopy slime inside. That's the visceral fascia. It surrounds and penetrates the fat and organs in our bellies.

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## THE SPINAL STRAW



The Spinal Straw Fascia is where it seems Eastern vs. Western traditions are having a stand-off on what to call this. Even an untrained eye can see that the tissue looks like all the other fascia, yet most anatomy books call the three layers dura mater, arachnoid mater, and pia mater. For simplicity, I call it the spinal "straw."

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I hope that this simple description of the layers of fascia can help build a picture in your mind and help you all you search the internet for answers. This isn't just 'theory' either.

Scientific researchers conducted a FasciaBlaster study with 43 women over a 90-day period.

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## STUDY RESULTS

The at-home FasciaBlaster protocol was to warm up for approximately 20 minutes in a sauna, apply the Blaster Oil®, FasciaBlast each leg for 20 minutes and the abdominals for five minutes, then perform isometric contractions. The protocol was followed five days a week, with a rest day every two days.

### Research findings showed:

- A reduction in subcutaneous fat (SAT)
- An increase in the resting metabolic rate (RMR)
- A decrease in systemic inflammation (CRP)
- An increase in collagen production (PICP)
- An increase in Irisin
- Safety markers showed no stress on the internal organs or systems

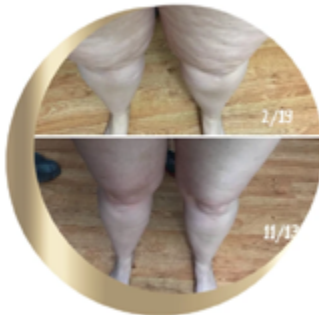


# WHAT PEOPLE ARE SAYING

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Holy cow ladies!!! Take your before pictures for sure!! The pic on the left is during my first couple of days blasting at the beginning of April and the one on the right is tonight before I blasted I'm still in shock! I have had my hump for 36 years, it quite literally has always been a part of me... I got it after a horrific fall down cement stairs framed in steel panels at a park when I was 3. I fell down the 12 stairs, fractured my skull in 3 places at the base, fractured 3 vertebrae and I had amnesia for 3 days. For some crazy reason 3 is actually my lucky number! As for this unwelcome guest who's been hitching a ride my whole life and stealing ponytail confidence, messing with my posture and causing necklaces to ride up the front of my neck and choke me...I will not miss you. Not one bit. Thank you Ashley Black! #proudlywearingponytails #blasterforlife



I've been using the FasciaBlaster for over a year now and I'm a true believer. I started out with the Mini 2 (but now have all the blasters) which I use 4 days a week after my workouts. I follow the guidelines to heat internally, heat externally, blast, then cold, flush and activate. There are some weeks that I blast only 3 times a week as life can get in the way and that's ok. I feel for most getting results with blasting does take time but you'll get there! I'm not one of the many people that get the quick results, but I know it works and blasting has changed how I feel about myself.

I highly recommend the FasciaBlaster.



I heat my fascia with very warm bath and heat pad. Heat is key. I used the nugget on my legs and then blasted. I am a 2 1/2 year blaster and very impressed with my results. I used the nugget on my legs with the poke and wiggle technique. I blasted over my legs after doing that. It works!!! Love all of Ashley's tools. They transformed my body!! I can't believe I can cross my legs like this and still love my legs.

# HOW TO USE THE FASCIABLASTER®



Now that you understand what fascia is...let's discover how to use the FasciaBlaster...

The short answer to the question "How do I use the FasciaBlaster?" is— don't think, just do! FasciaBlasting is both a science and an art, so you can learn a lot as you go on this journey of self-discovery! Grab your FasciaBlaster, rub it on bare skin with oil in a way that feels good, and you're off to the races!

So many of our users have had epic success with intuitively using the FasciaBlaster, so we encourage you to ease in, and see how it feels for yourself while gradually working your way up to more pressure and vigor!

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## HOW TO USE THE FASCIABLASTER® TOOLS BASICS

**EASY AS:**    **①** BARE SKIN    **②** OIL    **③** SCRUB

Use on bare skin WITH oil, scrubbing in a washboard technique. DON'T overthink it, and enjoy the experience of caring for yourself and your fascia! If you choose not to read another word of this report, you will still know enough to begin exploring your tissue with the FasciaBlaster tools.

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# IF YOU ONLY HAVE ONE TOOL... HERE'S WHY YOU MAY WANT MORE!

In the beginning, we only had the original FasciaBlaster, so lots of people got started with just one tool. Now we have a whole FasciaBlaster family! After many years of receiving feedback from hundreds of thousands of users and practitioners, we developed the "best practices" for FasciaBlasting tools! This is NOT REQUIRED, but we want you to have the BEST results and experience possible!

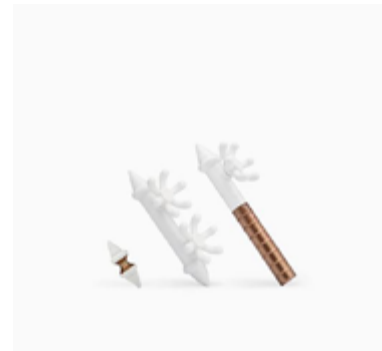
## Here's a brief explanation of each category of tools:



**A Prep tool** with small claws—The idea is to use the small claws to establish temporary blood flow to the tissue. If you don't "push into the tissue" and simply glide along at the surface light and brisk, you can desensitize the surface layers for deeper work later.



**A Massage Tool** with larger claws—The larger claws are designed to penetrate into the myofascial tissue (myo means muscle and fascia is, well, fascia). As your body allows, you can push harder and deeper as desired.



**A Refining Tool** anything with a "nugget" tip allows you to address stubborn areas like clumps. FasciaBlasting often unveils spots in the body that are particularly tight or dysfunctional that feel like gravel. The Refining tools are amazing for this type of tissue.

Simply begin with a Prep tool until the tissue feels a little looser. Then continue to scrub with a Massage tool, pressing harder if it feels good. Then complete the session with a Refining tool using the "poke and wiggle wiggle" technique shown in the tutorials. In case you missed it, you can see each of these categories of FasciaBlaster tools used in action on all of our tutorials, by [body part](#).



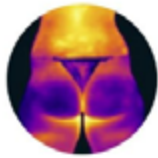
# HOW AND WHY TO USE THE BLASTER OIL® AND AFTER BLASTER CREAM™

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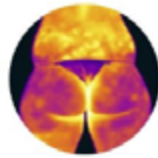
## Our Blaster Oil Special Ingredient:

Activates browning and thermogenesis processes for body fat reducing and cellulite erasing effects

Converts stubborn fat storing cells to fat burning cells



BEFORE



AFTER



WHITE  
FAT STORING



BROWN  
FAT BURNING

## SIMPLY:



- 1 Spray the oil on "hands-free" and rub in with the FasciaBlaster of your choice before Blasting.
- 2 Use the Blaster Oil generously WHILE FasciaBlasting.

3 Once you've completed your FasciaBlasting session, rub in excess oil, wipe it off, or shower.

4 Apply AfterBlaster Cream and allow it to absorb!



## Our AfterBlaster Cream ingredients help tighten & stabilize the skin

You will love the way you look, feel, and SMELL!

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# HOW TO INCORPORATE HEAT, ACTIVATION, FLUSHING, AND COLD

The following can be added to your program to take your FasciaBlasting to the next level. This is the order we recommend: Heat, Prep, Massage, Refine, Activate, Flush, and then Cold.

## HEAT



Fascia loves to be warm! It's in a more malleable state, and we really hope you incorporate this component as it makes FasciaBlasting even more effective and enjoyable!

**Heat internally** by doing any type of cardiovascular exercise.

**Heat externally** by using heat from a hot day, sauna, hot bath, a sauna suit, steam room, or any external heat source of your choice.

## ACTIVATION



FasciaBlasting simply reveals what is "underneath" bad fascia. Often times fascia is so tight that it gives the illusion that muscles are toned when they are actually bound in the fascia. So, if the muscles are deconditioned, as can happen when 'choked' by the fascia, then you can build muscles. Better muscle definition can fill up the skin and really make the body look toned and youthful. Remember that as we age we lose muscle mass, so we highly recommend activation and resistance training as part of a healthy lifestyle and FasciaBlaster program.

- Isometric contractions performed after FasciaBlasting or throughout the day will fire the muscle to build it and possibly grow it. Simply "squeeze" or contract the muscle as hard as you can while "not moving".
- Resistance training is any exercise that involves resistance. Some recommended activities are weight training, bands, body weight exercise, and some forms of yoga. If you don't know where to get started, Ashley has a regimen that you can follow [here](#).

## FLUSHING



Flushing is a simple technique where you lightly perform self-massage with your hands. It's great after FasciaBlasting or anytime to get things moving around and keep the fluids from becoming stagnant.

## COLD



Cold is a great addition to the FasciaBlaster program because it reduces swelling, which is always a good thing. You can use a cold bath, Kryofreeze, a cold pack, or jump in the snow! Anything that cools the tissue safely is recommended. Don't use cold immediately before FasciaBlasting.

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FasciaBlasting is fun and easy and will become second nature as you go through your journey to explore your body in a new way. You design each FasciaBlaster session to fit YOUR needs and schedule. Whether you stick to the basics or include as many of these steps as you like, any amount of self-care is always better than none!

As I always say "when in doubt... Blast it out".



## **PREP. MASSAGE. REFINE.**

**Get a perfect starter kit with everything you need to begin your FasciaBlasting journey immediately!**

### **Your Starter Kit Includes:**



- **FaceBlaster™**

- **Mini 2™**

- **Nugget™**

The FaceBlaster™, a unique design with 3 tiny, dainty claws that employ the same benefits of the FasciaBlaster® for smaller, delicate areas, the Mini 2™ to massage and refine with nugget tips for trigger point work, and the Nugget™, a pocket-size tool to help target small or stubborn areas.