

# GET ME THAT MATT!

For our gadget review this month, Desk Monster's went to visit Matthew Brownell of **Stress Solutions** to have a look at his amazing, innovative and revolutionary energy bed's, designed to conquer stress and create a perfectly balanced and healthy body. All office workers with hectic lifestyles will hugely benefit from this treatment, we highly recommend paying him a visit or having a mat to feature in your office for your team.

## A bit about Matthew

Matthew Brownell is one of the rising stars of the holistic health and wellness scene. He has rockstars and international footballers on his client list and a thriving practice in the heart of Manchester. He is dedicated to making holistic health and wellness accessible to everybody.

Matthew is the inventor of the **Muscle Alignment Technique (M.A.T)**, a revolutionary body posture corrective treatment which also releases tension and stress points throughout the body.

Matthew says he has recently seen an increase in clients with stress related conditions. "Historically people have come to me with many different ailments and problems – sometimes physical sometimes emotional. Most of these are ultimately stress related and with many facing increased pressures both at work and personally I have seen a marked increase of interest in this field."

"The stress-related hormone adrenaline plays havoc with the body especially when we don't burn it off. It pumps blood around the body when we are under stress – sending extra blood around the body and into the arms and legs," Matt explains. "Unfortunately this takes it away from the face and abdomen which leaves many with digestive problems such as irritable bowel syndrome, acidity, acid reflux, constipation, butterflies and anxiety feelings in the stomach."

"My job is to find the root cause of the stress related problem and start from there," says Matt who has almost 20 years experience as a complementary therapist. He uses a specific method called the muscle alignment technique which essentially 'straightens you out'.

## OUR REVIEW ON THE BEST GADGETS AND MUST HAVE TRAINING TOOLS

"It is amazing how many people are walking around with a neck out of place, one hip higher than the other or one leg shorter than the other – pulling them out of position. Walking around in a misaligned body affects everything you do so I focus on correcting any imbalances and adjusting the flow of blood supply."

### Matthew in action

Christine Hughes who lives and works in Manchester visited Stress Solutions for the first time back in spring 2008 with a sporting injury. "I had a bad knee from running and was recommended by a friend to see Matt. He spent most of the consultation looking at my feet, back, neck, abdomen – pretty much everywhere else than my knee. The conclusion; my whole body was 'wonky' and this was putting a strain on my knee and other joints. After a lot of stretching, intensive massage and other therapies I went home feeling great and next day I put it to the test with a long jog. It had done the job and my injury was completely gone."

Christine has an office based job and she believes most city people would benefit from this type of therapy. "I visit Stress Solutions every month for a health and stress MOT. Even though I usually feel fine, working in a busy office and sitting by a computer all day does take its toll on the body and the therapy helps prevent work and sports related injuries and aches. Many people have backaches, headaches and other pains which they either ignore or take painkillers for. They don't stop and think about what may be causing those pains and whether their body is trying to tell them something."



### Desk Monsters on the bed!

Adam from Desk monsters visited Matthew and tried out the bed for himself, here is how he got on!  
"I had heard of Matthew's treatment so was intrigued to see if it was instantly as effective as it was meant to be. Like most of you reading, I often find there are not quite enough hours in the day, and juggling a full time job, training and editing a magazine can sometimes make life seem pretty stressful! The idea of the treatment only taking 15 minutes max was therefore a big selling point! Matthew explained the benefits of the treatment and I was instantly blown away, the theory seems to make so much sense and his proven experience and followers demonstrate the treatments effectiveness.

The ease of the treatment really was brilliant; literally you lie on the mat, get connected up and lay with a mask on your eyes and music in your ears. I didn't think I would be able to relax enough in 15 minutes but at the end of the time I sat up and felt like I had just had a good ten hour sleep. Amazing. Matthew then instructed me to drink water and take one of his supplements as the body is much more effective at absorbing nutrients after the treatment. I literally bounced around for the rest of the day. Whether this was all in my head or not I will not know until the next treatment, but I can not wait to go again and would love everyone to try it for themselves. I believe it is the future!!

### About the energy mat and it benefits

The IMRS energy mat uses a frequency generated by PEMFs pulsed electro magnetic fields, the IMRS was developed so that people take the benefits of having the healing frequency of PEMF in their home or work place. It is vital in my opinion, this is why positive PEMFs frequencies should be used in every work place environment because in most offices there is or are negative frequencies sometimes called electrosmog or dirty electricity

### What is Electrosmog?

The IMRS is essential for business users or office workers especially those who work in an environment that contains electrosmog or sometimes known as dirty electricity and here are the reasons why.

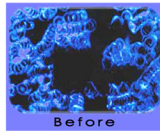
Every work station, phone, wifi, printer, fax, mobile emits a frequency range that is in a high band frequency range. You may not know this but many schools are now banning wifi for instance because of its negative effects to young developing brains of students.

The office obviously has alot more frequency devices and these frequencies not only pass through us but they also prevent the natural frequencies of the earth passing through us.

### Slide 'A' How does this happen?

Please take a moment to view Slide 'A', these are cells that are closed up. As you can see they overlap each other and because of this state, they can not uptake a lot of oxygen, distribute nutrition or take any toxins away.

When a high frequency range field passes through our bodies, the cells within the body respond and when they don't like the frequency, there response is to close in, shrink and they do not work as effectively. It has been proven and shown with the advances in dark field microscopes that the positive effects of the IMRS is and does energise each cell which in turn allows them to separate away from each other which in turn allows them to collect more oxygen, distribute more nutrition and take more waste away.



### Slide 'B' Solution

#### Matthew says

"As a complementary therapist I see many cases of IBS irritable bowel syndrome and in many cases when I ask the person with IBS if he or she uses a lap top, 8 times out of 10 they do and they use it on their knees, the static field of the laptop interferes with the cells of the abdomen and prevents them from working as efficiently".

"I conducted several days of treatments in one office based in Manchester as part of their stress awareness week that is set up by the government I was able to reduce the stress related symptoms by as much as 73% in only 3 days, the majority of the conditions originated from their abdominal walls, stress affects this area probably quicker than any other and this is why electrosmog, dirty electricity needs to be countered with the positive effects of the IMRS.

Slide 'B' is an image of the effects on cells after an 8 minute session on the IMRS, take note of the way the cells are separated and optimised for health and wellness. Missed days at work through illness maybe reduced if IMRS technology is implemented into your office.

Contact Matthew Brownell direct at [matthewbrownell@me.com](mailto:matthewbrownell@me.com), visit his website [www.stress-solutions.info](http://www.stress-solutions.info) or [contact@deskmonsters](mailto:contact@deskmonsters) for more information

