

Start Now

BALNEOGLO CHILL DOWN BODYWORK LIVING ABOUT



B BODYWORK

noun body·work \ 'bä-dē- wərk \

A term for the use of touch to either improve bodily structure and function (e.g., circulation and relaxation), or as a therapeutic modality to reduce pain and heal damaged musculoskeletal units. Central to all forms of bodywork is the belief that there are blocks in the flow of energy and fields that indirectly cause disease, and which, when unblocked, result in a return to the state of health.

BODYWORK EMPLOYS PRESSURE TECHNIQUES DESIGNED TO REMOVE SUSTAINED MUSCULAR CONTRACTION AND SCAR FORMATION THEREBY REDUCING INTERNAL PRESSURE ON THE JOINTS, THE NEUROVASCULAR SYSTEM AND INTERNAL ORGANS.

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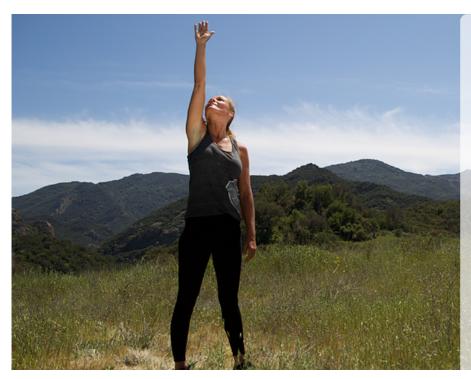


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CHILL DOWN

NOUN \ 'CHIL\ ADVERB\ 'DAÜN\
CHILLDOWN IS NEEDED FOR ENGINES USING CRYOGENIC
PROPELLANTS -- LIQUID OXYGEN AS THE OXIDIZER MOST
COMMONLY, SOMETIMES IN CONJUNCTION WITH LIQUID
HYDROGEN AS THE FUEL. PUMPING LARGE AMOUNTS OF VERY
COLD FLUIDS INTO AN ENGINE RESTING AT AMBIENT
TEMPERATURE CAUSES A VARIETY OF PROBLEMS, SO THE
PLUMBING AND PUMPS NEED TO BE BROUGHT DOWN TO A
WORKING TEMPERATURE BEFORE THE ENGINE STARTS.
CHILLDOWN IS PERFORMED BY ALLOWING RELATIVELY SMALL
AMOUNTS OF THE CRYOGENIC PROPELLANTS THROUGH THE
SYSTEM UNTIL IT REACHES A SAFELY LOW TEMPERATURE.

CHILL DOWN IS A PROGRAM DESIGNED TO
RECONNECT YOUR MIND TO YOUR BODY, IMPROVE
MOBILITY, INCREASE METABOLISM, BALANCE,
STRENGTH AND PREVENT INJURY. IT'S ALL ABOUT
TRAINING THE NERVOUS SYSTEM.

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