

What is the Matrix Repatterning Program?

It's a revolutionary treatment that can alleviate some of the most stubborn painful conditions.

Cold, Heat, Stretching, Manipulation, Medication, Surgery, Matrix Repatterning. If you would have said all but the last were ways of treating stubborn conditions like fibromyalgia, neck and back pain, and accident-related pain, you wouldn't be alone. While Matrix Repatterning may not be part of our vocabulary yet, Dr. George Roth, chiropractor and naturopathic physician, has been using it to help his patients relieve pain for over twenty-five years. Developed by Roth, Matrix Repatterning addresses pain at the molecular level by resolving strains and tension throughout the body.

Visit Dr. Roth at:
www.matrixrepatting.com

The tensegrity matrix. Most of us were taught that the cell is simply a bag filled with fluid, yet researchers have shown that within each cell there is a molecular framework made up of protein filaments. In addition, binding proteins on the cell membrane connect each cell to every other cell, forming a continuous fabric throughout the body—what Roth calls the tensegrity matrix or simply the matrix. When we experience an injury, the affected area of the matrix may become stuck in a rigid state, which pulls on the rest of the fabric of the matrix causing strain and pain. Matrix Repatterning releases tension within the matrix, and restores its inherent flexibility, thus relieving strain and pain.

“Pain is not the problem,” says Dr. Roth. Symptoms, such as pain, are not the enemy. They provide valuable information that something is wrong and needs your attention. Honor the aches and pains as opportunities to receive important messages designed to direct your attention to conditions or areas that require some form of action. Roth offers specific strategies to manage pain and put it in its proper perspective.

The primary restriction. The matrix is generally very flexible and strong. However significant force, such as strain or impact injury, may cause the molecules and protein fibers within part of the matrix to become rigid. This forms a primary source of tension, called the primary restriction, which may be located in any part of the body including muscles, joints, bones, internal organs, and even teeth.

“Many therapies directed at the site of the pain are useless,” says Dr. Roth. Because the primary restriction is the real source of pain treatments that address the site of pain are generally not effective, since they address the symptom rather than the underlying cause.

Gentle, yet effective. Because Matrix Repatterning is an unusually gentle technique and if you're used to being poked, prodded, and adjusted you may be surprised to learn that a therapy doesn't have to cause discomfort to be effective.

Shift happens. The matrix has a “molecular memory,” which allows it to return to its normal shape when only a minimum amount of pressure is applied to the area of primary restriction. Roth uses an ordinary plastic water bottle to illustrate this for his patients. It takes a fair amount of pressure to force a plastic bottle out into a new shape, but only a minimum to return it to return it back to its original shape.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain
George Roth, DC, ND, ISBN: 1-57224-391-0, \$18.95, 157 pages, Published in January 2005 by New Harbinger Publications
800-748-6273, www.newharbinger.com

About George Roth, DC, ND

George Roth, DC, ND, is a chiropractor and naturopathic physician and coauthor of *Positional Release Therapy*. He is in private practice in the Toronto area and has used Matrix Repatterning to treat patients with painful conditions for over twenty-five years, using Matrix Repatterning and other therapies. The self-help program he offers in *The Matrix Repatterning Program for Pain Relief* grew out of his own struggle with a painful condition. Dr. Roth has studied with leading specialists around the world. He conducts seminars for professionals and the public throughout North America and has been a featured presenter for the Physical Medicine Research Foundation, the American Back Society, fibromyalgia support groups, the Canadian Chiropractic Association, the University of Toronto Faculty of Medicine, the University of Western Ontario (Dept. of Sports Medicine), the Canadian Memorial Chiropractic College, the University of Illinois, Institute of Physical Medicine and Rehabilitation, and physical therapy, chiropractic and sports medicine conventions in the U.S. and Canada. Visit Dr. Roth at www.matrixrepatting.com

Suggested Interview Questions

1. In your book you start out by explaining what you call the tensegrity matrix or just the matrix. Can you give us a lay-person's understanding of what this is and how your work rests on it?
2. What is the primary restriction?
3. Why are organs frequently the site of the primary restriction?
4. You say that the matrix has specific electrical and mechanical qualities and that a primary restriction can develop when these are affected. Tell us more about the electrical and mechanical nature of the matrix and give us an idea of what can affect it on these levels.
5. How did you develop a Matrix Repatterning self-help program and how do you know it works?
6. Since you are a naturopathic physician, rather than a conventional doctor, can you tell us the kinds of questions you ask when someone comes to you with a painful condition that conventional doctors probably wouldn't ask? Why are these questions important?
7. You talk about the effect that pain has on nerve pathways. How does this affect a chronic pain sufferer and how does it determine the specific Matrix Repatterning techniques that you choose to use with him or her?
8. "Pain is not the problem," is the title of chapter 3 in *The Matrix Repatterning Program for Pain Relief*, yet there are millions of people in chronic pain who say it's exactly problem. What do you say to them and what does this tell us about your approach to pain?
9. One of the most surprising things you say in your book is that bone is actually a flexible substance. Can you explain this?
10. It seems like more people than ever are suffering from some painful condition. Is there, in fact, an increase in the number of people in pain and if so, do you have any thoughts on why?

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Raves for Dr. George Roth and *The Matrix Repatterning Program for Pain Relief*

“George Roth is a talented and intuitive hands-on clinician. Much of clinical practice is empirical—you do it because it works. Roth goes beyond that. He devours information like a spider eating its prey, organizes it, and then spins it out in a complex web that enmeshes theory and practice in a highly developed system. Here is a simple mechanical method for diagnosing and safely treating a variety of musculoskeletal malfunctions that will be useful for clinicians and also as a self-help book...”

—**Stephen Levin, MD, Orthopedic surgeon, former associate clinical professor at Michigan State University and former assistant professor of orthopedic surgery at Howard University**

“My practice is based on seeing patients who have not achieved success with traditional treatment. They often come to see me as a last resort. I have been using Matrix Repatterning for four years on a variety of diagnoses, from sports injuries to chronic pain. I have been very excited about the results, seeing significant functional improvement and pain reduction in just a few visits. I encourage colleagues and the public to look into this breakthrough program.”

—**Debora Hickman, MS, PT, Physical therapist and doctoral candidate of physical therapy at Loma Linda University**

“I am a strong advocate of Matrix Repatterning, and I whole-heartedly endorse it for everybody. It makes a lot of sense once it is understood. I know that every training room and major pro team will be using Matrix Repatterning in the future because it works better than anything out there, and as athletes, we are driven by results. Matrix Repatterning delivers!”

—**Mark Cunningham, Athlete and personal coach**

“I am the mother of four very active children. They have constant bumps and falls (skating, bicycling, and so forth). Matrix Repatterning has allowed us to overcome many of these injuries with the tools we have learned. I can hardly imagine how our family ever managed without it. Thank you so much for this amazing program.”

—**B.L.**

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