

Advanced Muscle Integration Technique

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What if there was actually a way to permanently fix all of the past physical damage to your body?

Advanced Muscle Intergration Technique (A.M.I.T.) or Muscle Activation Technique (M.A.T.) has the ability to do this better than any technique I am aware of.

A few years ago, I had the opportunity to take a year long course on this technique from Dr. Craig Buhler who was the Utah Jazz's Chiropractic Physician during the Jazz's winning years.

Those of us who followed the Jazz through those years witnessed the remarkable consistent success of the team and the fact that the super-stars like John Stockton and Karl Malone never missed games due to injury.

Since Dr. Buhler resigned as the team doctor, Jazz super-star injuries and games missed went from one of the very lowest in the NBA to one of the highest.

John Stockton has been one of the most outspoken regarding this and continues to praise Dr. Buhler as being the key to his staying healthy throughout his career. If you look at the NBA Stats, no other player in the history of the NBA has ever played as many minutes for as many years as John Stockton.

Since I started using A.M.I.T. in my practice, I am continually impressed with what this technique can do for patients with new injuries as well as the ones with chronic pain from past injuries.

I have also been personally treated with this technique and have seen remarkable changes in my strength as well as a major reduction in my chronic pain despite the fact that I continue to be involved in athletic activities that push my body to its limits.

In his book "The Four Hour Body", best selling author Timothy Ferriss hailed A.M.I.T. as "one of the key techniques for reversing a lifetime of injuries and physical abuse". All people who are physically active eventually get injured. As these uncorrected injuries remain untreated, the body has more issues to deal with, ultimately causing chronic pain (oftentimes away from the injury site) and ultimately decreasing performance.

In my particular style of practice, (that of taking a holistic approach to health and healing), A.M.I.T. is one of the many things I use to help my patients heal.

A.M.I.T. works the quickest on healthy patients that have new injuries.

Chronic problems take more time because more muscles need to be treated and oftentimes other health issues need to be addressed to get the full benefit of this technique.

Most patients will appreciate the value of this technique after they have had their very first muscle re-activated. The increase in strength is immediate and oftentimes profound. The best part is that the muscle stays strong or gets even stronger when it is rechecked days later.

For more info on A.M.I.T., see the article written by Dr. Buhler on this website and visit: www.amitmethod.com/

<http://www.youtube.com/watch?v=2Db-HqmLKgs>