

MASTER FIXESTM

This course teaches seven self treatments that make chronically weak muscles instantly strong and keep them strong!

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MASTER FIXES

This Master Fixes book and companion video teaches seven self treatments that usually make all chronically weak muscles found through Targeted Muscle Testing instantly strong and keep them strong when the Master Fixes are performed regularly!

The focus of Master Fixes is on creating and maintaining excellent health. This is an educational program only. Master Fixes do not diagnose or treat disease, injuries, or ailments. This course does not provide anyone with a certificate or license to practice or teach any healing art.

For safety reasons, prior to performing Master Fixes, show this book to your Medical Doctor to be sure that the Master Fixes are safe for you. Promptly stop doing any Master Fix if there is pain.

Master Fixes are activities which are best learned in person or alternatively from video. Static photos do not completely represent movement; however, they do serve as useful, portable reminders. Therefore, this book is designed to remind you of techniques you have studied on the Master Fixes video and/or in class.

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How to Introduce Quick Self Fixes and Targeted Muscle Testing to Friends and Colleagues

**Start learning how to muscle test, find weak muscles,
and make them instantly strong using
Quick Self Fixes!**

Five Targeted Muscle Tests and Five Quick Self Fixes for the Shoulder Joint

**This free course includes a
30 minute video and 16 page companion book.**

This course focuses on five major shoulder muscles. These muscles are commonly found chronically weak in adults on one or both sides of the body. Learn five easy muscle tests to quickly assess these muscles and five corresponding Quick Self Fixes that make the weak muscles found instantly strong.

Only do these Targeted Muscle Tests on people who do not know about Master Fixes, or you will not find weak muscles to make strong with Quick Self Fixes!

Please enjoy even more "Amazing Muscle Testing Fun" by fixing weak muscles found with one different Master Fixes at a time. Test all ten shoulder muscles. Next use one Master Fix per person tested to make all weak muscles found through Targeted Muscle Testing instantly strong!

This is “AMAZING MUSCLE TESTING FUN!”

Go to
www.QuickSelfFixes.com



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INTRODUCTION

The concept of Master Fixes comes from a program called Quick Self Fixes developed by Cassius Camden Clay, D.C.. Master Fixes are the most important part of the Quick Self Fixes concept. A Master Fix is a self treatment which makes all weak muscles found through Targeted Muscle Testing instantly strong! Strong muscles promote better function and comfort.

Targeted Muscle Testing is a muscle strength evaluation system developed by Dr. Cassius Camden Clay. Targeted Muscle Testing challenges a person's muscle strength against a tester's pressure as a means of quickly determining repeatable levels of muscle weaknesses and/or strengths. Most people, including Olympic athletes, professional sports athletes and body builders have a significant number of muscles that test chronically weak. The odds are extremely high that a significant percentage of your muscles would test weak also. These muscles are not weak because you need more exercise. These muscles are most often weak because of connective tissue tightness and/or joint fixations that are disrupting nerve conduction, blood flow, lymphatic drainage, and/or cerebral spinal fluid flow that are essential for sustained muscle strength. These muscles have gone dormant like a bear hibernating in the winter to conserve its resources.

A NEW PARADIGM

The standard belief that exercise is the only way to make weak muscles strong is false! We now know that we can make a significant number of weak muscles instantly strong and keep them strong using Master Fixes.

A daily routine of Master Fixes contained in this course will activate dormant muscles and keep you strong.

This program contains six Master Fixes and the Cranial Fix, and takes less than four minutes to complete. It is ok to perform Master Fixes several times a day. Definitely do Master Fixes prior to strenuous physical activity. Master Fixes have been tested extensively over time and are guaranteed to be effective.

Dr. Clay randomly discovered the concept of Master Fixes around 2006 when attempting to make an unresponsive weak muscle strong. Dr. Clay's first Master Fix was the "Large Intestine Fix". After 15 or so failed attempts to make a weak muscle strong, he massaged the large intestine and the muscle became instantly strong! After that, whenever Dr. Clay failed repeatedly on making a weak muscle strong, he performed the "Large Intestine Fix" and it worked almost every time. He eventually figured out that any weak muscle found through Targeted Muscle Testing became instantly strong by massaging the large intestine. This was the birth of Master Fixes. Master Fixes are Dr. Clay's most important discovery.

Doing the entire Quick Self Fixes Routine including "Master Fixes" takes about 20 minutes. Quick Self Fixes is similar to a yoga practice. It demands discipline and time. Dr. Clay does the entire Quick Self Fixes Routine prior to events like trail running or martial arts training. However, he does Master Fixes every day.

Dr. Clay recommends that you study and learn the entire Quick Self Fixes Routine after learning Master Fixes. Also, you may also utilize the "Body Part to Quick Self Fixes Index" to choose which Quick Self Fixes help with specific body parts. See Introduction to Quick Self Fixes texts for this index at www.QuickSelfFixes.com.

Master Fixes usually makes all weak muscles found through Targeted Muscle Testing instantly strong! When other Quick Self Fixes are not enough by themselves to make the associated weak muscle strong, Master Fixes save the day by making the weak muscle instantly strong!

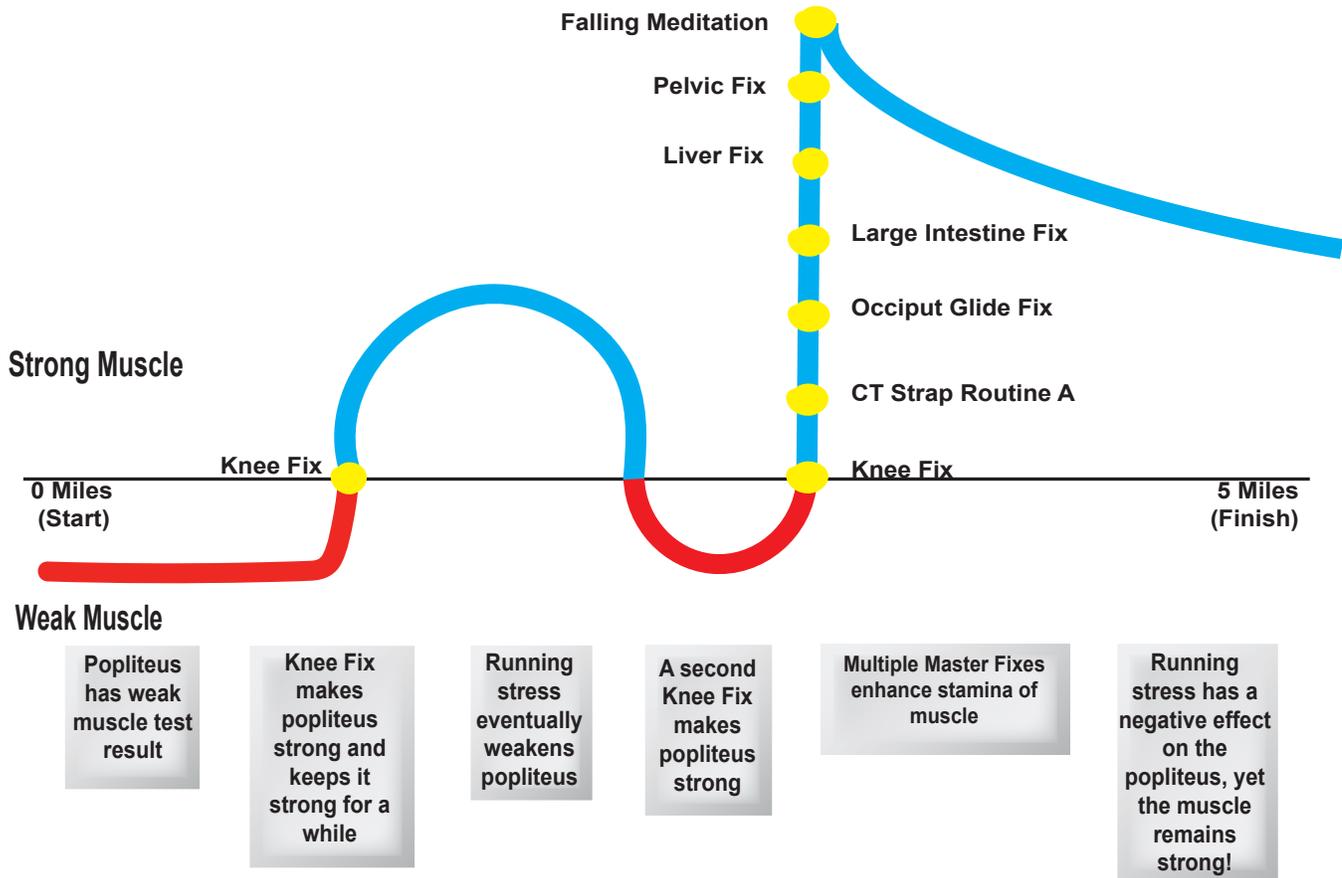
When all of the Master Fixes are performed together, our propensity for remaining muscularly strong is significantly improved. We attain increased comfort and improved function such as balance, posture, gait and thus, athletic performance.

The Cranial Fix is included in this section even though it is not a Master Fix. The Cranium needs a little help aligning with the bodies new found strength after performing Master Fixes.

“Happy Feet” is also a Master Fix and not included in this course. “Happy Feet” teaches how to stretch every ligament in the feet for self and others. A “Happy Feet” video and book are available at www.QuickSelfFixes.com

Effect of Master Fixes along with localized Quick Self Fixes

In this example, a runner on a 5 mile run needs help with the popliteus muscle located behind the knee.



[A] CT STRAP FOR LOW BACK CONNECTIVE TISSUE

KNOW YOUR BODY

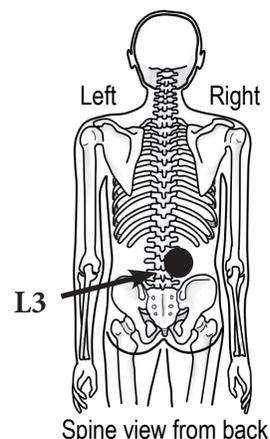
This procedure stretches the thick connective tissue called the lumbar aponeurosis, which covers your entire low back area just under your skin. It is thick, tough, and similar to leather. Restrictive tightness in this connective tissue is the most common cause of chronic low back discomfort.

Pulling the CT Strap diagonally away from your body, while simultaneously pushing your low back and hips to the opposite side of your body creates “opposing forces”. This gives the low back connective tissue a very specific stretch, analogous to playing “tug-of-war” with the thick leather-like covering over your low back.

This procedure emulates “Lumbar Connective Tissue Stretch” from Dr. Clay’s course “Assisted Stretching Postures from Thai Massage”.

CT Strap Procedure A is a Master Fix and usually makes all weak muscles found through Targeted Muscle Testing instantly strong!

Note: When you use the CT Strap, always move very slowly and be gentle. Do not cause any pain. Moving slowly and gently ensures safety.



THE SET UP (for the right side)

1. **(Photo A)** Place the CT Strap knot in the middle of your low back between the top of your tailbone (sacrum) and the bottom of your ribcage. The lamina grooves are on both sides of the absolute mid-line of your entire spine and are actual grooves. Place the knot on your spine, just to the right of the absolute center of your spine in the right lamina groove of lumbar vertebra 3 (L3). People often place the CT Strap knot too far away from the spine. The illustration and photo A show the correct knot placement at lumbar vertebra 3 (L3) on the right. Correct knot placement is essential.



2. **(Photo B)** Stand with your feet shoulder width apart. Hold the two ends of the CT Strap with the strap inside your forearms and elbows. **If you have a weak grip, wrap the ends of the strap around your hands, creating handles.**



3. **(Photo B)** Anchor the left CT Strap by pulling it across the front of your left abdomen parallel to the floor, at the same level of the knot’s placement on your spine. You have set your pin. Now let’s stretch against it.

4. **(Photo B)** Firmly pull the right CT Strap away from your body, parallel to the floor and diagonally forward to your right. You are not pulling to the front and you are not pulling to the side. You are pulling exactly between your front and your right side.

“How to Make a Connective Tissue Strap” is located on pages 14-16 at the end of this book or to order a Connective Tissue Strap, go to www.QuickSelfFixes.com or call 404-808-4280.

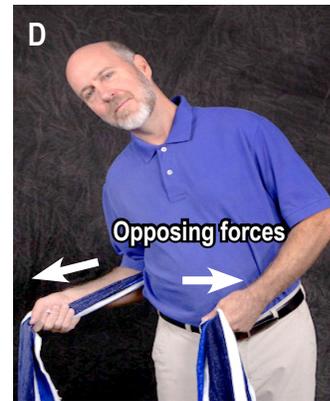
[A] CT STRAP FOR LOW BACK CONNECTIVE TISSUE

THE FIX (for the right side)

5. **(Photo C)** From the placement of the CT Strap knot, lean your upper body to the right as you continue firmly pulling your right CT Strap.

6. **(Photo D)** Increase this lean by pushing your hips and low back at the level of the CT Strap knot far to the left. At the same time, bear more weight onto your right foot. Continue firmly pulling the right CT Strap diagonally to the front right.

7. **(Photo E)** Further elongate your spine by stretching your spine upward. Lean slightly backward to increase your stretch. All of these actions together create the stretch using “opposing forces”. Enjoy this stretch for five to eight seconds as you focus on stretching the thick leather-like covering over your low back.

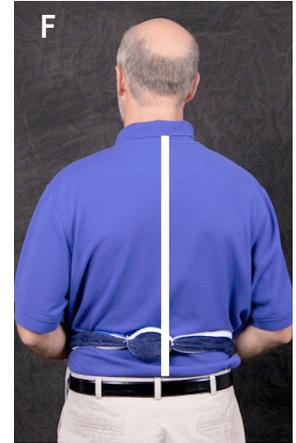
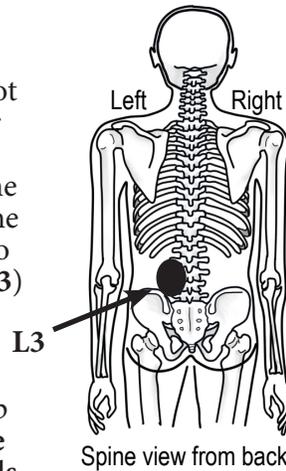


[A] CT STRAP FOR LOW BACK CONNECTIVE TISSUE

HERE IS THE SAME PROCEDURE FOR THE OTHER SIDE OF YOUR LOW BACK AT LUMBAR VERTEBRA 3 (L3).

THE SET UP (for the left side)

1. **(Photo F)** Shift the CT Strap knot to the left side at the same spinal level, lumbar vertebra 3 (L3). The CT Strap knot is placed on your spine just to the left of the absolute center of your spine in the left lamina groove of lumbar vertebra 3 (L3). Remember, the lamina grooves are on both sides of the absolute mid-line of your entire spine. People often place the knot too far away from the spine. The illustration and photo G show the correct knot placement at lumbar vertebra 3 (L3) on the left. Correct knot placement is essential.



2. **(Photo G)** Continue standing with your feet shoulder width apart. Continue holding the two ends of the CT Strap with the strap inside your forearms and elbows. **If you have a weak grip, wrap the ends of the strap around your hands, creating handles.**



3. **(Photo G)** Anchor the right CT Strap by pulling it across the front of your right abdomen, parallel to the floor, keeping it at the same level with the knot on your spine. You have set your pin. Now let's stretch against it.

4. **(Photo G)** Firmly pull the left CT Strap away from your body, parallel to the floor and diagonally forward to your left. Remember, you are not pulling the CT Strap to the front, and you are not pulling the CT Strap to the side. You are pulling diagonally between your front and your left side.

THE FIX (for the left side)

5. **(Photo H)** From the placement of the CT Strap knot, lean your upper body to the left as you continue firmly pulling your left CT Strap.



[A] CT STRAP FOR LOW BACK CONNECTIVE TISSUE

6. **(Photo I)** Increase this lean by pushing your hips and low back at the level of the CT Strap knot far to the right. At the same time bear more weight onto your left foot. Continue pulling the left CT Strap diagonally to the front left.

7. **(Photo J)** Further elongate your spine by stretching your spine upward. Lean slightly backward to increase your stretch. All of these actions together create the stretch using “opposing forces”. Enjoy this stretch for five to eight seconds as you focus on stretching the thick leather-like covering over your low back.

CT STRAP KNOT PLACEMENT

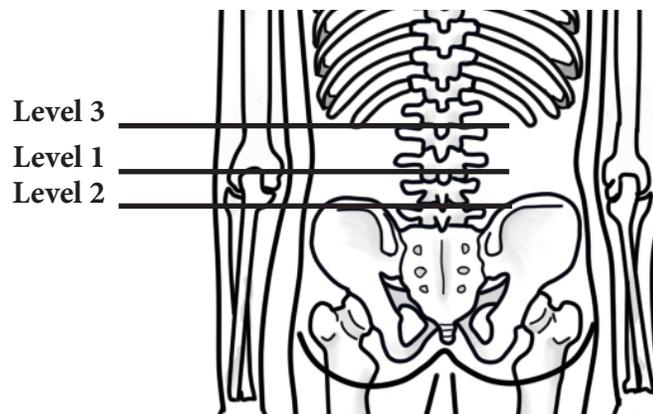
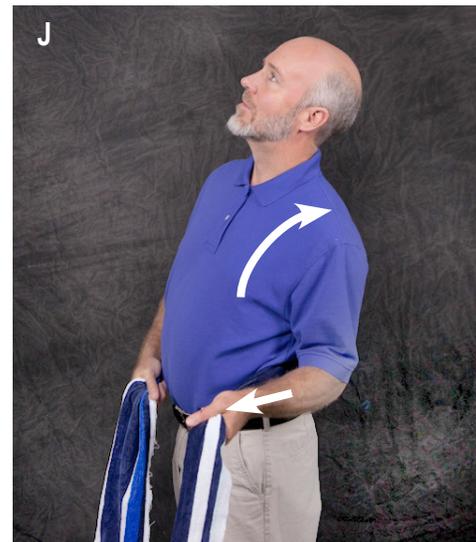
This procedure is performed at three spinal levels on both the right and left sides. You have already done both sides of level 1.

Reposition the CT Strap knot to level 2 and repeat steps 1-7 on the right and left. Next, reposition the CT Strap knot to level 3 and repeat again on the right and left.

Level 1: In the middle of the low back between the top of the tailbone (sacrum) and the bottom of the ribcage on lumbar vertebra 3 (L3). First on the spine in the right lamina groove, then on the spine in the left lamina groove.

Level 2: Just above the tailbone (sacrum) on lumbar vertebrae 4 and 5 (L4-L5). First on the spine in the right lamina groove, then on the spine in the left lamina groove.

Level 3: Just below the bottom of the ribcage on lumbar vertebrae 1 and 2 (L1-L2). First on the spine in the right lamina groove, then on the spine in the left lamina groove.



Spine view from back

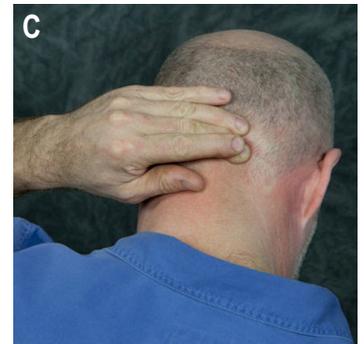
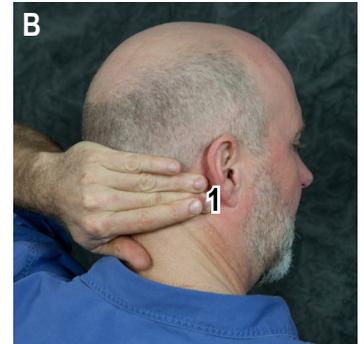
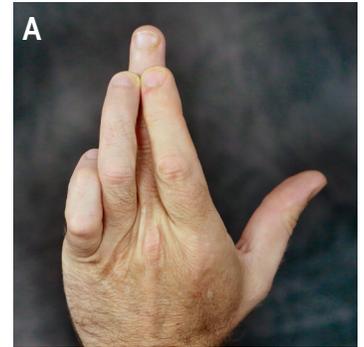
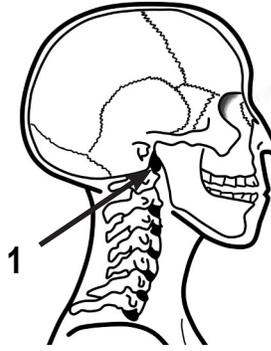
QUICK SELF FIX: Occiput Glide Fix

KNOW YOUR BODY

This fix helps prevent neck and shoulder pain.

It works by loosening the thick connective tissue between the base of the skull and the very top of the neck.

The Occiput Glide Fix is a Master Fix and usually makes all weak muscles found through Targeted Muscle Testing instantly strong!



THE SET UP

1. **(Photo A)** Brace the middle finger of your left hand by layering the index finger and ring finger on top of your middle finger.
2. **(Photo B)** Firmly hook your left middle finger behind and below your right ear, just below the mastoid process (1). The mastoid process feels like a small, hard, bony, round marble.
3. **(Photo B)** Turn your head and neck all the way to the right.

Note: Do not cause pain. Move slowly. Be gentle.

THE FIX

Note: The following three motions are performed at the same time.

4. **(Photos C and D)** Slowly and repeatedly move your head all the way down (photo C) and all the way up (photo D).
5. **(Photos B and E)** Slowly turn your head and neck from the far right (photo B) to the mid-line until your nose is pointing directly forward (photo E).
6. **(Photos B,C,D and E)** Slowly drag your right middle finger from behind and below your right ear (photo B) to the middle of the bottom of your skull (photo E).

Note: As you perform this fix, be sure to press in deeply between your upper neck and the bottom of your skull to stretch the thick connective tissue between the junction of the spine and skull.

Switch hands. Perform the Occiput Glide Fix on the left side.

Note: We recommend this procedure be performed three times during your Quick Self Fixes Routine.

QUICK SELF FIX: Large Intestine Fix

KNOW YOUR BODY

About half of the body's lymph nodes line the large intestine (colon). Large intestine massage stimulates overall lymphatic drainage including lymphatic cleansing of muscles.

The Large Intestine Fix is a Master Fix and usually makes all weak muscles found through Targeted Muscle Testing instantly strong!

THE SET UP

1. To soften your abdominal muscles, lie on your back with your knees up and feet down(not pictured).

2. **(Photo A)** Find your navel with one hand and the front right pelvic bone (ilium) with the other hand. Trace a diagonal line between these points and meet in the middle. This positions your fingers over the area of the ileocecal valve (1) which connects your small and large intestines together.

Note: Skip the middle 3/5 of the transverse colon (4) to avoid contacting a major artery called the abdominal aorta. Occasionally the abdominal aorta has a thinly ballooned-out wall (aneurysm) that can rupture, causing sudden death.

Note: Do not massage areas of your abdomen that are painful. If painful, consult with a Gastroenterologist. Move slowly and be gentle.

THE FIX

3. Place the fingers of the left hand over the fingers of the right hand. Press in lightly with flat finger tips and gently massage in small clockwise circles over the ileocecal valve (1).

Note: Photo A shows only the right hand to clarify the contact location. Use a hand over hand contact when massaging the large intestine.

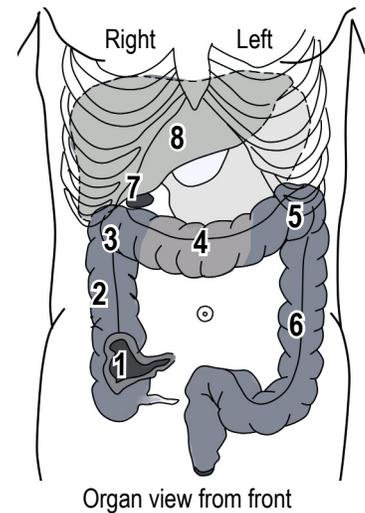
4. Massage up the right side of your abdomen over your ascending colon (2).

Note: This massage moves in the direction of fecal movement.

5. **(Photo B)** Next, massage left over the transverse colon across your upper abdomen, just below the ribcage. Start at the hepatic flexure (3) and travel 1/5 of the way toward the left staying just below the ribcage. Spend a little extra time in this area stimulating the gallbladder (7) which lies below the liver (8). To avoid the aortic artery, skip the middle 3/5 of your transverse colon (4) (see lighter shaded area on illustration).

6. **(Photo C)** Continue on the left side of your abdomen, just under the arc of the left ribcage to the splenic flexure (5).

7. **(Photo D)** Continue down the left side of the abdomen over the descending colon (6), ending on the far left of the abdomen, opposite of where you started at the ileocecal valve.



QUICK SELF FIX: Liver Fix

KNOW YOUR BODY

The liver is our most important organ of detoxification. This fix manually vibrates the liver and may stimulate its activity resulting in increased muscle detoxification. The liver is a reservoir for blood and lymphatic fluid. It is theorized that pounding the liver stimulates massive and sudden overall lymphatic drainage.

The Liver Fix is a Master Fix and usually makes all weak muscles found through Targeted Muscle Testing instantly strong!

THE SET UP

1. To soften your abdominal muscles, lie on your back with your knees up and feet down(not pictured).
2. **(Photo A)** Place the fingers of your left hand under your right ribcage. Using firm pressure, push up and under the bottom right ribcage to hold the liver stationary during the fix.
3. **(Photo B)** Curl the fingers of your right hand toward your palm. You will be using this soft, flexible hand position to gently tap over your liver.

Note: On the video, the hand position is flat. Either hand configuration is acceptable.

Note: Do not hit hard on your ribs; ribs are fragile and can break. Do not cause pain. Be gentle.

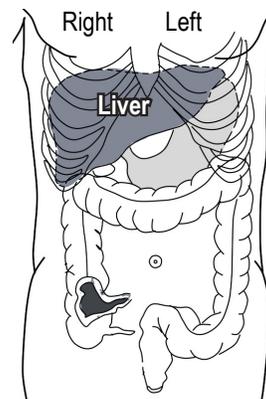
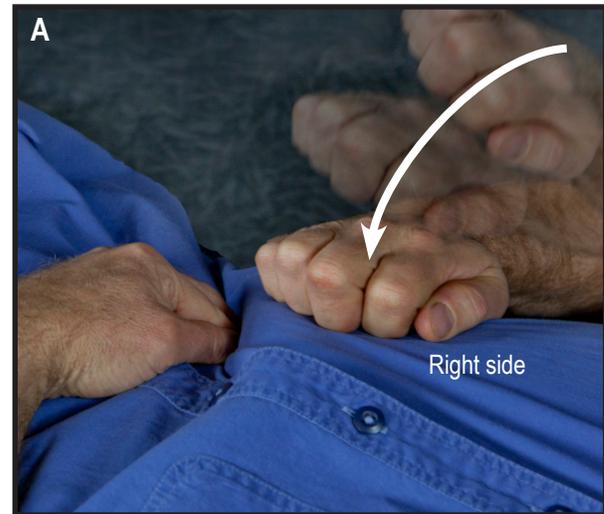
Note: If you have osteoporosis or osteopenia, do not do this fix.

THE FIX

4. **(Photo A)** Tap between the front and side of your right lower ribcage. You are not tapping on the front of your lower ribcage. You are not tapping on the side of your lower ribcage. You are tapping diagonally between the front and side of your lower ribcage. Lift your hand each time about six inches away from your body and tap with a diagonal approach in a rhythmic series of 10 to 15 taps.

Note: It is important to feel a deep resonating vibration in your liver with each tap.

Note: Only do the Liver Fix on the right side.



Organ view from front



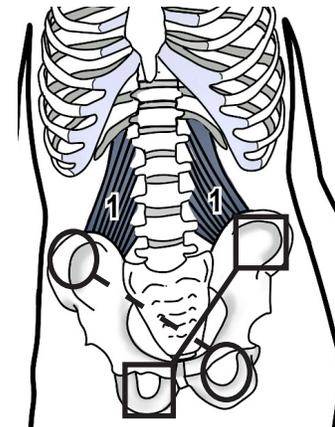
Open cupped fist

QUICK SELF FIX: Pelvic Fix

KNOW YOUR BODY

This fix helps prevent sacroiliac joint pain, low back pain, and other spinal symptoms.

When the pelvis is vertically torqued (meaning one side of the pelvis is higher or lower than the other side), it causes the legs to measure at significantly different lengths. Pelvic imbalances, and hence leg length discrepancies, contribute to a host of musculoskeletal maladies.



Front view of pelvis

The Pelvic Fix is a Master Fix and usually makes all weak muscles found through Targeted Muscle Testing instantly strong!

Note: The previous four procedures on pages 14, 15, 16 and 17 have prepared your pelvis for this fix.

THE SET UP

1. **(Photo A)** To balance the pelvis, lie on your back on a firm mattress or another firm surface with your legs straight.
2. **(Photo A)** Put your right hand with palm facing down under your right hip where your leg joins your hip. This is your low hand position (2).
3. **(Photo A)** On the opposite side of your body, under your pelvis, place your left hand, palm down below the top of your left pelvic bone (ilium) (3). This is your high hand position.
4. Stay in this position for ten seconds, and then switch hand positions. Move your left hand to the high position and your right hand to the low position. (On the illustration, you will be matching hands either to both circles or to both squares).
5. Decide which hand position feels like the most comfortable combination. This is the correct position for your hands.



This photo shows how your hands will be positioned under your body in photo B



This photo shows one of two possible hand placements for this fix (these hand positions match the squares on the illustration)

Note: This correct hand placement is usually the same for your lifetime. If neither position feels comfortable or better than the other, skip the Pelvic Fix and try again later.

Note: Do not do this fix for more than one minute at a time, or you may cause harm. Do not cause pain.

Note: If using your hands is uncomfortable, you may use socks stuffed in soft bedroom slippers or the corners of two medium size firm pillows.

THE FIX

6. **(Photo B)** Using the most comfortable hand position under your pelvis, rest quietly for up to one minute. The pelvis softly unwinds itself and finds a more balanced and aligned position.

Due to time constraints, proper hand placement must be determined prior to following along with the upcoming Quick Self Fixes Routine on the video.

QUICK SELF FIX: Cranial Fix

KNOW YOUR BODY

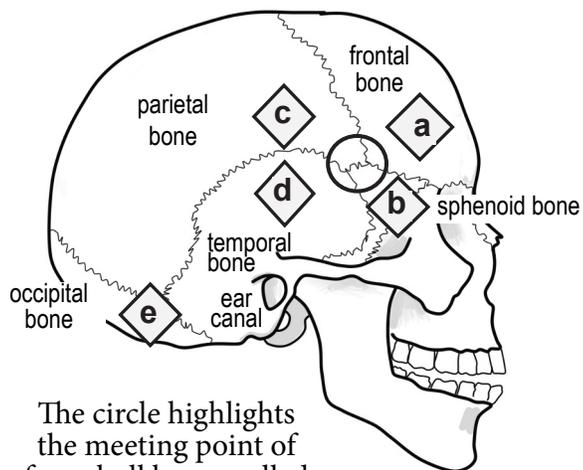
This fix helps prevent head, neck and shoulder pain.

A very light touch to the head is enough to make the associated weak muscles instantly strong.

The focal point for this fix surrounds a powerful healing point where four skull bones meet: the frontal, sphenoid, parietal, and temporal bones. This meeting point is in front of and slightly above the ear. This procedure helps create proper positioning of these skull bones. These cranial bones need a little help to find their way back into place.

The Cranial Fix is not a Master Fix. The cranium needs a little help aligning with the bodies new found strength.

Fingers touch on the five diamonds.



The circle highlights the meeting point of four skull bones called the pterion.

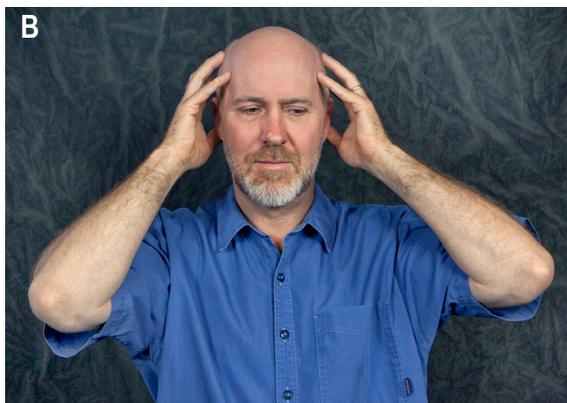
THE SET UP

1. **(Photo A)** Allow your fingertips to touch very, very softly on the side of your head. Hold your palm over but not touching your ear with your fingers splayed out as follows:
 - a. Little fingertip on the forehead (frontal bone)
 - b. Ring fingertip on the temple (sphenoid bone)
 - c. Middle fingertip high on the side of the head (parietal bone)
 - d. Index fingertip behind the ear (temporal bone)
 - e. Thumb at base of the skull (occipital bone)

Note: There is no need to stress over the exact placement of fingers since the fix works when the finger placements are close.

THE FIX

2. **(Photo B)** The Cranial Fix is done on both sides of the head at the same time. Hold for 10 seconds.



FALLING MEDITATION

The Falling Meditation is a Master Fix and usually makes all weak muscles found through Targeted Muscle Testing instantly strong!

The “Falling Meditation” when done correctly causes full body connective tissue relaxation creating “still points” where the body’s connective tissue is relaxed and open. In this openness, the body’s fluids and energies move better and dormant weak muscles become instantly strong!

The connective tissues include ligaments, tendons, and fasciae. They are a complex network of intertwined layers of strong, spiderweb-like tissues, interweaving themselves in a matrix that connects and holds everything in the body together. Blood vessels, lymphatic channels, cerebral spinal fluid spaces, and nerves are supported by and travel through this massive connective tissue system.

My wife, Dr. Shawne Murray, is a principled Osteopath. One of her gifts is helping people to unwind (relax) their connective tissue with a sustained intentional touch. She regularly performs connective tissue unwinding within herself at night and early in the morning while lying in bed. I have watched her do this for 25 years. It is not impressive to watch. Shawne lays there really still and is very quiet.

Between 2001 and 2008, I suffered from chronic heart arrhythmias. Thanks to modern medicine I have been well for the past nine years. During the time of heart rhythm issues, by modeling Shawne’s concept of self connective tissue unwinding, I discovered how to bring my heart into normal rhythm when the medications had run too low due to forgetting to take them or forgetting to bring them with me.

For more than a year, I have been teaching patients, students and friends the “Falling Meditation” and every time, all muscles previously found weak through “Targeted Muscle Testing” became miraculously and instantly strong!

When you wake up from this meditation, keep your eyes closed and wonder, “Have I been asleep for a second or a trillion years?” On several occasions, as I awaken to my body, I have a serious case of amnesia. I know who I am, yet I do not know where I am and I do not even know how old I am. Am I five years old or am I seventy? It used to scare me. Now I play the guessing game by keeping my eyes closed and figuring out how old I am and where I am at. How cool is that!

I use the Falling Meditation almost every night to fall asleep or go back to sleep. Any thought that enters my mind is abandoned at the level of my falling experience that it entered. This keeps my mind empty and still. For me, it works almost every time. The Falling Meditation is my morning meditation before getting out of bed. I start my day peaceful and calm.

I hope Yoga people will use the “Falling Meditation” during Savasana (short relaxation nap at the end of a yoga session.)

Dr. Camden Clay

How to perform the “Falling Meditation”

Listen to the audio on the accompanying video or have a trusted friend read the following text.

- Lay comfortably on your back with a pillow if you are accustomed to having a pillow.
- Close your eyes.
- It's ok to change positions after beginning this meditation.
- Be assured, this is a safe meditation and you will wake up ok.
- Relax and breathe.
- Imagine that you're standing at the edge of a mighty and great waterfall that falls through eternity.
- Take a leap of faith and jump!
- Fall, fall and fall with the water. At some point, your falling speed equals the falling speed of the water droplets. It appears as though, trillions of water droplets are holding still all around you. You breath comfortably in the presence of these water droplets. There is no longer a reference point for up or down or even the feeling that you are falling. You are now weightless. Feel it. All is now still, you are floating.
- Notice where the most significant tension is in your body.
- Imagine lightly pushing with your hands against the stationery water droplets changing the position of your body in any direction, creating comfort in your connective tissue where prior there was tension.
- You focus on your true health and align it around areas of tension. It's all about your position in space.
- When the first focus of alignment with health and peace through body positioning has been achieved, a new revelation of tension may be discovered. Keep unwinding each area of tension until your connective tissue system has become completely relaxed. Feel the stillness.
- This is your first still point. In this stillness, feel the influx of full life energy in your body. At some point, the influx of goodness and light is completed. This is our next still point. It is as though you have submerged into the deepest depths of the deepest ocean. You are aware of a new and profound stillness. In this new stillness, you become aware of yourself as a conscious sentient being who is very quiet.
- Soon, we enter the final level of stillness which is even more still. And POOF! You are ONE.



HOW TO MAKE A CONNECTIVE TISSUE STRAP FROM A TOP BED SHEET

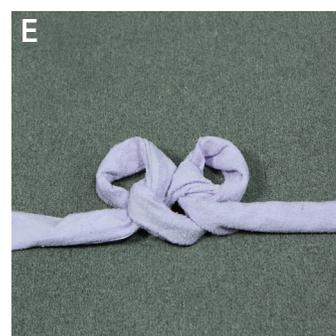
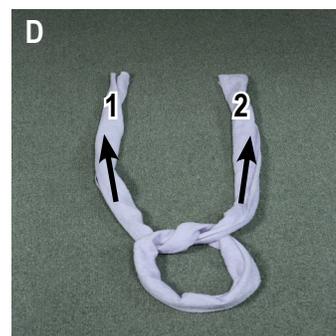
How to easily and quickly make an inexpensive Connective Tissue Strap.

This Connective Tissue Strap is an approximately two foot section cut from a top bed sheet with a large firm “chicken egg” size knot tied in the middle.

The CT Strap should be long enough to be held in both hands with the knot contacting your spine while the straps are contacting the outside of your elbows with your forearms parallel to the floor. If you have insufficient grip strength, be sure that your CT Strap is long enough to wrap the ends of the strap around your hands, making handles. Watch the Quick Self Fixes video on how to hold the CT Strap handles at the beginning of the chapter on “How to Make a Connective Tissue Strap”. Prior to tying the egg size knot in the middle of the sheet section, the sheet should be a little more than one-third longer than you are tall. For instance, if you are six feet tall, the sheet should be a little longer than eight feet long.

Fortunately, most standard top bed sheets are eight feet four inches long. So if you are six feet tall or shorter, you have plenty of length to work with when using a standard top bed sheet. However, if you are over six feet tall and have insufficient grip strength and need a longer strap to wrap around your hands making handles, go to your local fabric store and have a longer section of sheet like fabric cut.

Sheets have different thicknesses so they must be cut at different widths to make the firm egg size knot in the middle. The knot should measure 5½ to 6½ inches in circumference. If your bed sheet is thin you may need to cut the sheet section more than two feet. If your bed sheet is thick you may need to cut the sheet section more than two feet.



Instructions

(No Photo) Cut an approximate two foot section from a top bed sheet. Once the cut has been made several inches, the sheet may usually be ripped apart with little effort.

(Photo A) Take your sheet section and twist it up from the middle creating a two foot length section in the middle of the sheet resembling a rope.

(Photo B) Use your foot as a brace to twist the sheet section up very tight. The secret to a great CT Strap is having it twisted up super tight before tying the knot.

(Photo C) Make a standard loop in the middle of the sheet section where the circle made is about 9 inches in diameter. Use your foot to keep the fabric circle tight.

(Photo D) Notice how one end of the fabric comes out from beneath the circle (2) and how one end of the fabric comes out from on top of the circle (1).

(Photo E) The piece of fabric that comes out from above the circle goes under and through the center of the circle. The piece of fabric that comes out from underneath the circle goes above and through the center of the circle.

HOW TO MAKE A CONNECTIVE TISSUE STRAP FROM A TOP BED SHEET



(Photos F and G) Take your time and tighten it up into one firm knot, about the size of a large “chicken egg”. Focus on keeping the knot in the center of the fabric.



(Photos H & I) Pull each end of the CT Strap strongly to create firmness in the knot (If you’re not strong enough, have a strong friend help you). If this procedure did not create a firm chicken egg sized knot in the middle of your CT Strap, try again. You may need to alter the width of your sheet section to create the appropriate sized knot and/or you may need practice tying this knot!

(Photo J) Here you have your very first Connective Tissue Strap. One of the greatest inventions of the 21st Century!

Note: Make extra straps for the home, office, and friends.



For further clarity, definitely watch the Quick Self Fixes video instructions on how to make a Connective Tissue Strap.

*You may order this Connective Tissue Strap from
www.QuickSelfFixes.com
 or call 404.808.4280*



HOW TO MAKE A CONNECTIVE TISSUE STRAP FROM A TOP BEACH TOWEL

How to easily and quickly make an inexpensive Connective Tissue Strap.

This Connective Tissue Strap is a six inch section of a 5½ foot or longer beach towel with a simple knot tied in the middle. A 5½ foot beach towel may be too short for you if you are over six feet tall or have weak grip strength and need an extra long CT Strap to wrap around your hands. If you need a longer beach towel “Connective Tissue Strap”, go to your local fabric store and have a longer section of towel like fabric cut.



(Photo A) Twist the middle two feet of the beach towel section up tight making it rope-like. The secret to a great CT Strap is having it twisted up super tight before tying the knot.



(Photo B) Make a standard loop in the middle of your towel section.

(Photo C) Take your time and tighten it up into one firm knot. Focus on keeping the knot in the center of the fabric.



The towel knot is smaller than the sheet knot and great to use in the shower. Yet, it is easy and quick to make!

For further clarity, definitely watch the Quick Self Fixes video instructions on how to make a Connective Tissue Strap.

***You may order this Connective Tissue Strap from
www.QuickSelfFixes.com
or call 404.808.4280***



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ISBN 978-0-9897691-4-3
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