

SYTERA FIELD

FOUNDER OF LIVE NADI AND SYTERAYOGA

*The Next Frontier in Health is a Part of the Body
Most People Have Never Heard of*



In her new book, movement expert Sytera Field makes the case for fascia fitness—a practical way to rethink pain, movement, recovery, stress, performance, and healthy aging.

“She empowers people to be active participants in their own health and well-being.”

— John Mackey, founder of Whole Foods

ABOUT SYTERA

Sytera Field is a body mechanics and movement expert who has spent more than 25 years helping people move better, reduce pain and tension, and improve performance. Her clients have included professional athletes, executives, healthcare practitioners, and people living with chronic pain, stiffness, stress, or physical limitations. After a serious rock-climbing injury as a teenager sparked her interest in healing and movement, she went on to develop the Nadi Method, her fascia-focused approach to whole-body health.

Field has worked with organizations including Mars Inc., Discovery Channel, PartnerMD, and Share Our Strength, and has collaborated with the National Spine Health Foundation, United Wellness and Sports Rehab, and Inova Wellness. She holds a Harvard certification in anatomy and has owned three yoga studios.

ABOUT THE BOOK

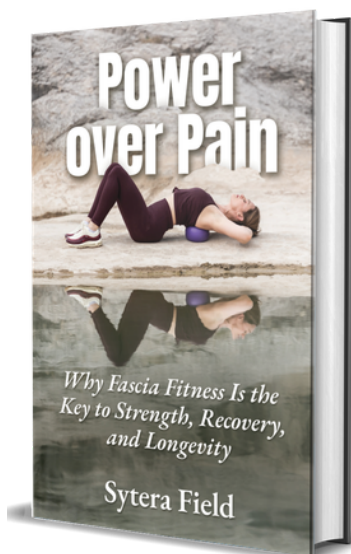
Power Over Pain

Why Fascia Fitness Is the Key to Strength, Recovery, and Longevity

October 6, 2026 | Health Communications Inc.

Read a digital copy here:

Power Over Pain: Why Fascia Fitness Is the Key to Strength, Recovery, and Longevity introduces fascia fitness and Field’s Nadi Method, combining movement, strengthening, stretching, and myofascial release into practical routines that can be incorporated into daily life. Rather than promising a quick fix, Field emphasizes body awareness, gradual adaptation, and building the capacity to handle stress.



MEDIA CONTACTS

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The book's larger message is one of agency: pain and physical limitation should not automatically be treated as an inevitable consequence of aging, and people can learn to better understand the signals their bodies are sending them and take control of their own health and well-being.

Why this story matters

Fascia is everywhere in the body—and almost nowhere in the average person's health vocabulary. Fascia is the web of connective tissue that surrounds and supports every muscle, organ, bone, nerve, joint, and blood vessel in the body. Yet for decades it has received far less public attention than muscles, bones, or the cardiovascular system. That is changing as researchers, physicians, therapists, trainers, and movement specialists increasingly examine fascia's role in mobility, recovery, pain, stress, athletic performance, and healthy aging. *Power Over Pain* brings this emerging conversation to a mainstream audience. Sytera Field, founder of the Nadi Method for fascia fitness, translates more than 25 years of hands-on work into an accessible framework for understanding the body as an interconnected system—and for becoming a more active participant in one's own health.

The central idea is simple: health and performance are not only about strengthening individual muscles or treating isolated symptoms. Fascia is the connective thread. Learning to work with it can change how people think about movement, tension, resilience, recovery, and the relationship between body and mind.

***Power Over Pain* is available now for preorder everywhere books are sold**



Simon & Schuster

BARNES & NOBLE
BOOKSELLERS

INTERVIEW TOPICS & STORY ANGLES

- Pain isn't always a sign that something is broken: You have more power over pain than you may have been led to believe
 - Taking care of your body doesn't have to be complicated: Fascia fitness gives people a simple, practical way to feel better
 - Microdosing stress: Using tension effectively to build resilience
 - Don't bully your body and don't baby it either: How to recognize the signs of dysfunction in your fascia and what you can do about it
 - The goal in fitness realism is not to eliminate stress - the goal is to build the capacity to handle it
 - Self-reliance philosophy: Why learning to care for your own body and mind is the most empowering form of self-reliance
 - Bite-sized routines to get started on a path toward total fascia fitness: Simple daily practices anyone can do to improve fascia health in minutes
 - How fascia fitness can even improve your sex life have better orgasms and improve your self confidence
 - Staying in the game with a BMW: Body-mind wealth, a new way to think about lifelong health with "set it and forget it" habits that put your health first
 - The connective thread between your physical health and your mental state: Fascia is fundamental to the communication system between body and mind
 - Getting out of the "fix-me" culture: Stop chasing the quick fix and become empowered to address the real underlying issue
 - What emerging fascia research is teaching us about aging and chronic disease
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ENDORSEMENTS

"Power Over Pain offers a revolutionary perspective on movement and healing. Sytera shares how caring for the body's connective tissue can support pain relief, mobility, nervous system regulation, and lifelong resilience. This book is a powerful reminder that we are not defined by our pain; we have the ability to reconnect, restore, and thrive at any age."

—Koya Webb, author of *Wellbeing Rituals*, nervous system regulation expert, and founder of Get Loved Up Embodied Leadership Academy

"Power Over Pain is a refreshing guide to understanding the body with more curiosity than force. Sytera Field shows how fascia and mindful movement can help us build lasting strength, resilience, and ease."

—Tara Stiles, founder of Strala Yoga

"We spend a lot of time talking about muscles, metabolism, and longevity—but there's another critical piece of the equation that often gets overlooked: fascia. In Power Over Pain, Sytera Field reveals how this remarkable connective tissue system influences how you move, recover, perform, and feel every day. Through a blend of fascia science, nervous system regulation, biomechanics, and practical strategies, she provides a roadmap for reducing pain, improving resilience, and supporting a stronger, more vibrant future. If your goal is to age powerfully—not just gracefully—this book deserves a place on your shelf."

—JJ Virgin, triple-board-certified nutrition expert and four-time New York Times bestselling author

"Real health is not about managing symptoms; it's about learning how to create the conditions for the body, mind, and spirit to thrive. What I love about Sytera's work is that she empowers people to be active participants in their own health and well-being, reconnecting them to the innate intelligence of the body through movement, awareness, and taking care of their fascia. Power over Pain is ultimately about something much bigger than pain relief; it's a call to action to reclaim your vitality, resilience, and a deeper relationship with yourself."

—John Mackey, co-founder and CEO of Whole Foods Market

"This book touches something that is too often ignored: the human element. It's a bold, personal examination of how we both perceive and deal with pain—and a push to rewire our bodies and minds around what's discussed as inevitability. Sytera leads by example; step into a world where healing does not mean symptom mitigation, rather addressing the root causes of suffering. The longevity field has much to learn, but the pursuit of a longer, healthier life is something which unites all our work. Sytera made sure not to forget accessibility—because health and healing are a right for all humankind, not a privilege for the few."

—Joshua Herring, president and CEO of the Longevity Science Foundation

"As head team orthopedic surgeon for the Washington Commanders, I see firsthand the critical role fascia plays in athletic performance. Sytera's approach to fascia fitness is cutting-edge and essential for anyone looking to elevate their game."

—Christopher Annunziata, MD, FAAOS

"Sytera's expertise in fascia work has been transformative in my own health journey. Her innovative approach shines a much-needed light on this essential aspect of wellness which provides me a level of pain relief, mobility, and flexibility I hadn't thought possible."

—Rita Roy, MD and CEO of National Spine Health Foundation

CONNECT

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