

ABOUT SIMONE FORTIER

What Is Preventing the System From Functioning as It Should?

I did not arrive at this work through theory alone.

My understanding of the brain, fascia, pain, recovery, and human performance was shaped by more than 30 years of clinical work—as well as my own experience with repeated head injuries and complex neurological symptoms.

I know what it means to lose access to abilities you once took for granted.

I also know that symptoms rarely tell the whole story.

Pain is often not the primary problem.

Fatigue is not always a lack of energy.

Inconsistency is not automatically a discipline issue.

And reduced performance is not proof that someone has lost their capacity.

These can be outputs of a system carrying more neurological, physiological, or structural load than it can effectively process.

That distinction changed everything.

It led me beyond symptom management and into the relationship between the brain, fascia, sensory input, nutrition, movement, regulation, and execution.

It became the foundation for the Fascia Training Institute and for the development of Dynamic Brain Healing™, Quantum NeuroFascial Release™, the Brain Reset Program, and the Brain Nutrition Program.

Each was created to answer a different part of the same question:

What becomes possible when we identify and reduce the restrictions interfering with the system?

This work has been applied with professional athletes, executives, entrepreneurs, practitioners, individuals recovering from concussion, and people living with persistent symptoms that others could not fully explain.

Their circumstances may be different.

The pattern is often the same.

The person is still capable.

The system is simply no longer giving them reliable access to that capacity.

That is why I do not begin by asking people to push harder.

I look at what the brain and body are processing. Where restriction is occurring. What may be consuming neurological resources. And what must change to create a measurable shift in clarity, movement, symptoms, recovery, or execution.

The goal is not temporary motivation.

The goal is improved function.

It is helping a person understand why their system is responding the way it is—and giving them a more precise path forward.

This is also why my work cannot be reduced to one technique, one symptom, or one conventional category.

The brain does not function separately from the body.

Fascia is not merely something to stretch.

Nutrition affects neurological capacity.

Unresolved physical and sensory load can influence how a person thinks, moves, responds, recovers, and performs.

When these systems are addressed together, the result can be very different from treating each symptom in isolation.

My commitment is to continue building that bridge.

Between research and real-world outcomes.

Between neuroscience and fascia.

Between clinical recovery and high performance.

Between what people have been told to accept and what may still be possible.

If you have been searching for another way to understand what is happening, you are in the right place.

You do not need another message telling you to work harder.

You need to understand the system driving the result.

Because when the system changes, everything changes.

Simone Fortier

Founder, Fascia Training Institute

Creator of Dynamic Brain Healing™ and Quantum NeuroFascial Release™