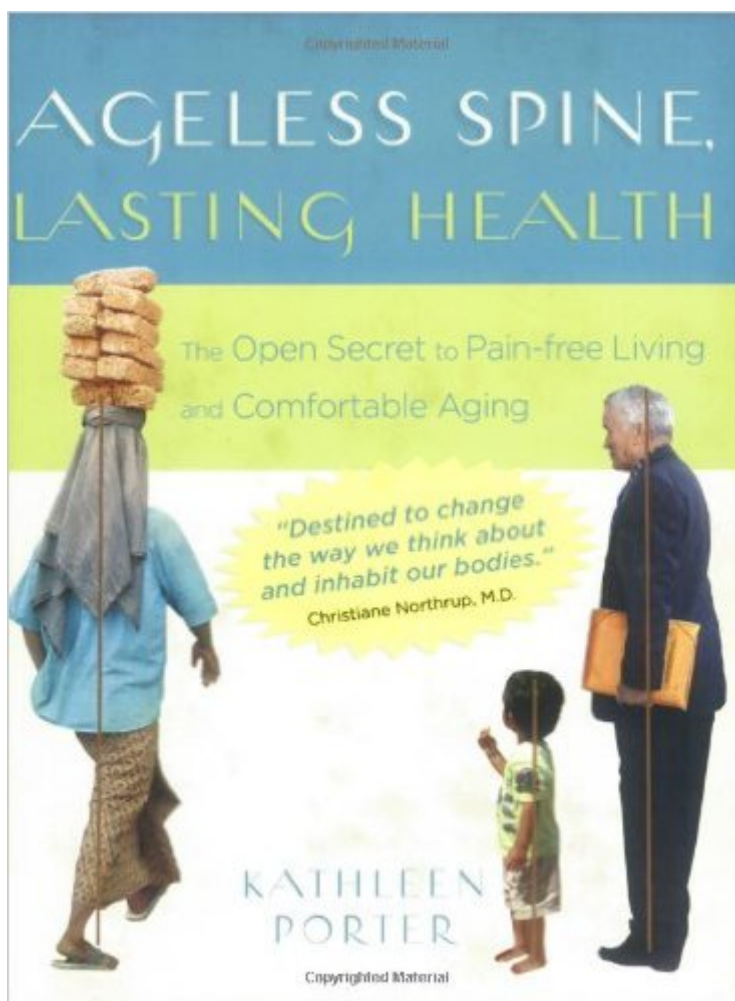


The book was found

Ageless Spine, Lasting Health: The Open Secret To Pain-Free Living And Comfortable Aging



Synopsis

Ageless Spine, Lasting Health clearly illustrates just how the body is designed to really work and what true fitness and graceful aging can look like when you simply sit, stand, bend, walk, lift, reach and even sleep in a natural way. Genuine, natural strength is more about 'working in' rather than 'working out,' and this book will show you how.

Book Information

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Customer Reviews

I have had back pain for 35 years, and have tried many things that have helped temporarily, including Tai Chi, Rolfing and other massage, Alexander Technique, chiropractic and yoga. All would help for a while but the improvements were temporary, because until I began studying under Jean Couch at the Balance Center in Palo Alto I didn't understand what the core problems were, and how to address them. Now, I am on a course of continuous improvement in my body, and able to sit, walk, lie down in any position and even run now without any pain or discomfort. I've been getting better daily for several years now, and it keeps getting better and better! The primary lesson is that in the 1920s, flapper fashion brought about a change in posture that was unprecedented in history, and which has continued (and worsened) to this day. As we grow up, we learn these postural changes implicitly and explicitly from the people around us and the images we see in the media and film. By studying photographs and artworks from before 1920, looking at contemporary indigenous people from around the world, and by studying young children before they begin to take on this cultural posture, we find that natural, comfortable stress-free posture means natural

alignment of the body. When the body is aligned with itself and with gravity, we do not need to constantly hold ourselves against gravity. This allows us to move (and be static) with the maximum amount of relaxation possible. Who doesn't want that? Kathleen Porter's wonderful book brings Jean's teaching to a much wider audience, and provides a terrific introduction to this critical knowledge.

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