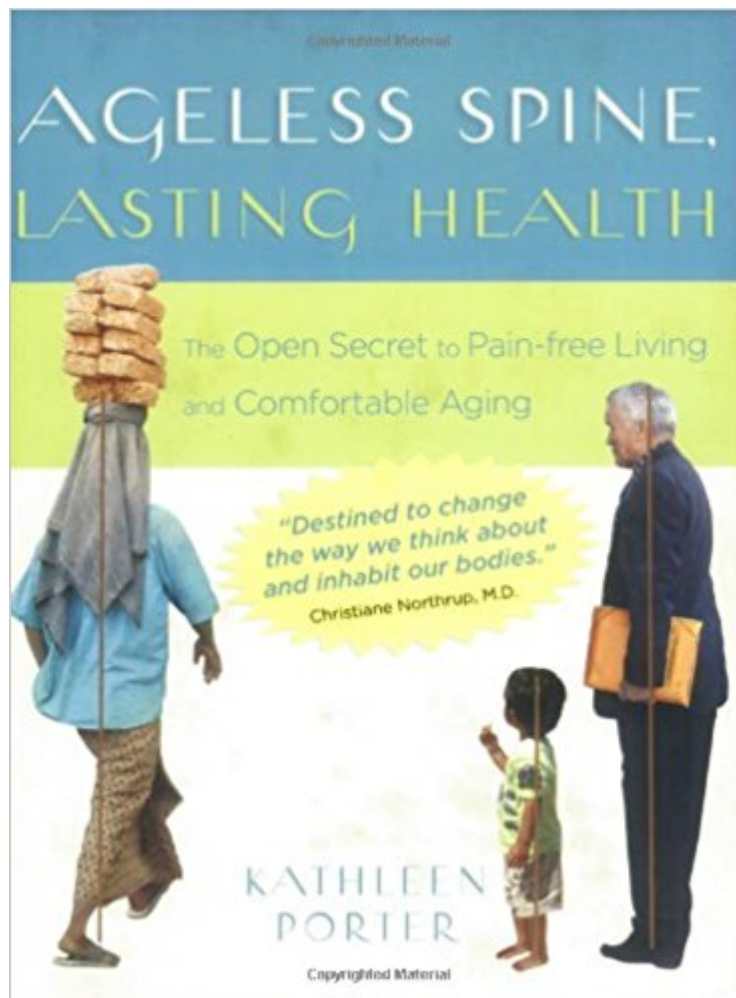




The book was found

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

Ageless Spine, Lasting Health is simply brilliant and right on the mark. Kathleen Porter's insights about spinal alignment are destined to change the way we think about and inhabit our bodies.

--Christiane Northrup, M.D. Author of *Women's Bodies, Women's Wisdom* Never before in the world of fitness has there been a more groundbreaking and readable book than Ageless Spine, Lasting Health. With this revolutionary book, Kathleen Porter is about to rock your world. --Jean Couch, Author of *The Runner's Yoga Book* In Ageless Spine, Lasting Health, Kathleen Porter powerfully portrays the extensive damage we do to our bodies when we lose connection to natural principles of body alignment. Rather than looking to surgery, medication and infinite exercise technologies to find freedom from discomfort, we need only learn to stand, sit, walk and move the way we did as young children when we learned organically to let our bones support us. --Ingrid Bacci, Ph.D. Author of *Effortless Pain Relief*

Kathleen Porter is a movement educator who offers classes and workshops in bone alignment.

Many of the photographs for this book were taken during her travels around the world.

A wake-up call to carry your self properly. Slouch not! We are not mindful that our body alignment is off and unhealthy. Great pics - show to slouchers and watch them realign!

I learned some things from this book about correct spinal alignment and I keep it handy for review and to remind myself about my spine and correct posture etc. I learned some important things about the correct way to sit and stand and I would recommend it for everyone who might have back or skeletal mis-alignments, pain or issues. My neck has improved greatly just by following the advice that is in this book.

awesome book!

The books seems to try to prove to people the benefits of good posture. If you don't already know you probably wouldn't read the book. Then it provides little practical advice on the fixing the problem: to be precise, there is essentially only chapter out of a dozen dedicated to improving your posture.

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. The photographs will provide you with a new model of what it is to inhabit your body comfortably, with a comfort, strength and solidity that you may have never imagined. The information is not esoteric in any way. It is extremely practical, and while it may take years of self-reminders to completely unlearn a lifetime of habitual patterns, you will get immediate results that you can feel every day, and you will be on a path of continuous improvement. Like the leaning tower of Pisa, when we are misaligned gravity will continue to pull us over. We have a choice to make: either continue our path and be bent to the ground, or go the other direction and align ourselves properly with the earth. The choice is yours: for the rest of your days you're going to either get more bent or more straight. Nowadays when I meet people who haven't seen me in a few years they are amazed that I am taller, more vigorous, younger-looking and healthier than ever. I tell them that yes, I'm getting younger and younger all the time ;-) and I tell them why. It is my wish that everyone join us on this wonderful journey. Kathleen's book is the perfect beginning. Now it is up to you.

This book shows how the human body is designed to work, and how real fitness can come from standing, sitting and walking in a more natural way. The answer will not be found in developed muscles, but in muscles and properly aligned bones working together the "right" way. Everyone has seen pictures of women in Africa and Asia carrying improbably large bundles on their heads, with seemingly no trouble at all. How do they do it? Having developed muscles is not the answer. They can do it because their spines, and the rest of their bodies, are in natural and proper alignment. Any structure, whether it is an arch, a building or a human skeleton, can carry a lot more weight when it is properly aligned than when it is not properly aligned. The book includes plenty of photos of aligned, and mis-aligned, skeletons. The Western conception of fitness (the more developed muscles, the better) is actually bad for the body. For instance, strong rectus abdominis muscles, or "abs," are supposedly necessary to support the back, and they must be firm in order to be considered attractive. Cultural standards, to which all must conform, frequently have little to do with what is healthy or natural. Actually, relaxed "abs" allow the bones of the spine, sacrum and pelvis to naturally align to each other, and let the deeper transversus abdominis, or "corset" muscle, provide the required support. The book also includes exercises, with pictures, showing how to sit, stand and walk so that your body's alignment will start to return to normal (didn't know you were doing it wrong, did you?). Realigning your body, and getting rid of your bad habits, will not be quick or easy, but it will help, even if you don't have any acute pain. If the medical profession can only suggest a

long and expensive course of treatment, you owe it to yourself to read this book, and try the exercises first. You will be glad that you did.

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