

# LOOK AT YOUR POSTURE . . . OTHERS DO



Correct Posture



Hollow Back



Flat Pelvis



Slumping Posture



Military Posture



Round Shoulders



Correct



High Shoulder



High Hip



Head Tilt



Severe Scoliosis

## The human body is subject to strains of gravity

The human body is often placed in a state of strain which causes a loss of proper balance between parts of the body and gravity. Such imbalance or posture distortion usually indicates internal body changes long before any body functions appear disturbed.

All parts of the body are situated so that they can interact efficiently with one another as well as with gravity. The body is able to repair itself and adjust to the many forces to which it is subjected, both internally and externally. This relationship produces a feeling of youth, energy and vitality.

Figure 1 is a diagram of typical posture distortion. Several problems are clearly evident: (1) crowding of the lungs and heart; (2) sagging abdominal organs; and (3) muscles constantly fighting the pull of gravity. In addition, diaphragm movement is hindered, thereby decreasing the amount of air taken into the lungs and requiring the heart to work harder to pump the blood, which, in turn, creates congestion and back pressure of circulation in the pelvis and legs.

It is evident, then, why so many of us suffer from aches, pains, headaches and other medical problems. Frequently, we just get old before our time. It has been said that, "Posture is more a determiner of age than years." Good posture is achieved by correcting the internal strains that are the causes of many problems.

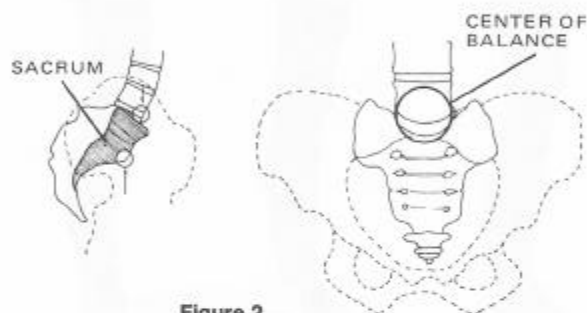


Figure 2

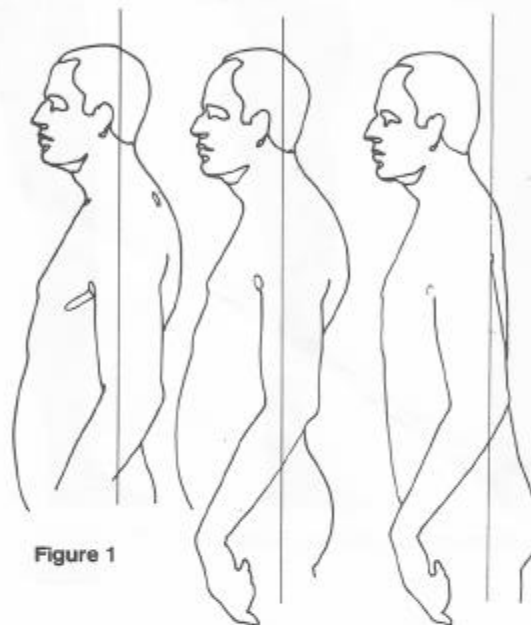


Figure 1

## Some causes of posture distortion

A brief look at the differences in "stress" and "strain" helps one to understand posture distortion.

**STRESSES:** These are pressures the body is subjected to, usually for short periods of time, which push the system beyond its normal limits. With rest, the body can usually return to normalcy. These brief periods of taxing the body beyond its normal limits, such as prudent exercise, are called the "elastic limit." It usually leads to growth and strength.

**STRAIN:** This occurs when the body is pushed beyond its "elastic limit," sometimes suddenly, sometimes gradually. The function and tone of muscles and organs is damaged and there are permanent changes within the tissue. Because the body is unable to recover from strain without help it cannot rest. The eventual result of strain can be disease or even death.

Some of the causes of strain are blows, infections, surgical shock or emotional distress.

Usually the first manifestation of strain can be found in the sacrum, a bone that carries the body's normal center of balance. (See Figure 2.) The sacrum has the responsibility of supporting the spine. It also acts as a kind of keystone for the pelvic arch, and it is connected to all other parts of the body by a system of eight major muscles. Because of the sacrum's delicate balancing role in the body, any strain, gradual or sudden, is transmitted partly or wholly to it, thus distorting the normal body posture. When this happens, the position of all organs changes and the organs are placed under strain, and a strain-distortion strain cycle is established. This is a critical factor in almost all developing and established diseases.

## Posture is the key to health

Simply by measuring and analyzing a person's posture and then correcting the distortions found by releasing the existing internal strains, we know that the degeneration of health can be arrested, in many cases, even before symptoms appear.

**For more information on posture; contact  
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