

"The art of medicine consists in amusing the patient while nature cures the disease."

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*"Make your own recovery the first priority in your life."
Robin Norwood*



Got Balance??

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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**Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.**

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Over 4000 copies circulating in 48 states and 15 countries abroad.

In the assessment phase you are given "The Eight Laws of Physical Health" to live by. Last issue we learned about the limit switches that keep us from going beyond our "normal" ROM in order to prevent injury. This issue focuses on law #6; "Balance" defined as muscle memory, sufficient to return the body to a position of "Vertical Loading", law #1. Balance is crucial to our bodily systems i.e., how we metabolize our food, how we feel during our waking hours, the time spent resting as well as keeping us from falling on our faces. In order that we are structurally balanced the human body is connected by

a system of ropes and pulleys which are controlled by a computer and an intricate wiring system.

This computer [our brain] will not allow us to fall on our face if at all possible. In a situation where we are caused to land in an unexpected position which compromises normal balance, a unique safety feature moves our COG [center of gravity] to a safer LOS [limit of stability]. Instantaneously, the brain must analyze the gravitational forces, joint restrictions, and muscle strength in order to bring the body back to "Vertical Loading". There are several inhibitors that work against vertical loading and balance.

Joint restrictions [caused by poor alignment], strained, overworked or a weak muscular system in combination with the additional gravitational burden causing the unsteadiness we feel right before we start falling. This built-in safety feature also comes into play when our feet are off the ground. This is the system that causes the reluctance or hesitation we feel before jumping across a stream, jumping off a wall, or driving in for a layup shot. Two thirds of our neural receptors are involved in keeping us balanced. Ok, from the top, balance is controlled mainly by the eyes

Share the Health

Circulation is still growing with your help. Please continue sharing this newsletter with others so they can start their journey to great health just as you did.

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**Live Life – Live Well – Live Long**

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Learn to take care of your health; there is no one that can do it for you. The only person responsible for your health is YOU.

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**Thank YOU for your continued support. Our success is because of folks like you.**

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PASS THIS NEWSLETTER ON TO A FRIEND.

Balance is crucial to our bodily systems...

and ears constantly scanning and monitoring the horizon providing a 3-D reference to our surroundings. The inner ear has three semicircular canals filled with the *otolithic membrane* which acts as our own built-in gyroscope. A dysfunctional body, relying strictly on this gyroscope only, will suffer difficult bipedal locomotion. In order to keep you from falling or tipping over, the eyes take over scanning the horizon and correcting the data being sent by the dysfunctional position of the head – tipped forward and down, tipped back and up, or tipped to the left or right. More dysfunction(s) below the head and neck cause your body's COG to be somewhere other than within a sufficient base of stability or LOS. In other words, the farther from the center of your base of stability your COG falls, your stability is greatly impaired. This impairment determines how you move – *awkwardly* – *gracefully* – *confidently*. How do you move? How do you feel when walking,

addressing a golf ball, going in for a lay up or riding your bike? Does your body allow you to make the necessary moves to perform smoothly and with confidence, no matter what you choose to do? Let us help you.

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The only people with whom you should try to get even are those who have helped you.  
~John E. Southard

**Floor Show/ Function Test**

Get down on the floor without using your hands – that’s right, no hands. The body is designed to do that. Take your time. Then get back up without pushing off or steadying yourself with your hands and arms.

**How did it go?**

If it was quick, smooth, and effortless, your knee, thigh, hamstring, and Gluteal functions are intact and accessible. The more difficulty you experienced, the more dysfunctional you are.

A master can tell you what he expects of you. A teacher, though, awakens your own expectations.  
~ Patricia Neal

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Life is like riding a bicycle. To keep your balance you must keep moving.
~ Albert Einstein

Love the body you’re in...it is by design

Are you sick and tired of being sick and tired?



Then...give **Health & Motion** a call...start your journey to a great new life free of pain.



You are the sure winner with **Health & Motion!**

Healthy Decisions...

The BMI formula



Adolphe Quetelet
1796 -1874

The Body Mass Index (BMI) formula was developed by Belgium statistician Adolphe Quetelet (1796-1874), and was known as the Quetelet Index. BMI is also referred to as 'body mass indicator'. BMI is an internationally used measure of obesity.

How to calculate BMI - for users who wish to manually calculate BMI we have provided a BMI formula for both imperial & metric measurements. Body mass index calculation is very straightforward.

Calculating body mass index requires only two measurements, height & weight.

The problem with these formulae and the charts on your doctors' walls is they are no longer valid based on today's demographics.

Imperial BMI Formula

The imperial bmi formula accepts weight measurements in pounds & height measurements in either inches or feet.

1 foot = 12 inches - inches² = inches * inches
Table: Imperial BMI Formula - BMI = (kg/m²)
(weight in pounds * 703) height in inches²

Metric Imperial BMI Formula

The metric bmi formula accepts weight measurements in kilograms & height measurements in either cm's or meters.

1 meter = 100cms - meters² = meters * meters
Table: Metric BMI Formula - BMI = (kg/m²)
weight in kilograms height in meters²

Health & Motion is Here for You



Health & Motion
Frank Parmelee
Certified PAS
(419) 473-3875
parmelee9512@sbcglobal.net

