

## Of Special Interest

- Feedback
- Passion
- Health Journey
- Self Protection

Only a life lived for others is a life worthwhile.  
– Albert Einstein

## Passion for Living



**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 1800 copies circulating in 44 states and 15 countries abroad.**

### Feedback...

The June issue of Kinaesthesia on breast health received the most feedback of any issue so far. There were a myriad of replies, many relating personal experiences, and requesting information on pH testing and keeping an alkaline system. One person asked about calcium and alkalinity – food for thought next month?

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### My passion for living

For several years now, the main thrust of my life has been urging people to realize the importance of taking charge of their personal health and helping people

understand that; *“If you don't take care of yourself, no one is going to do it for you.”*

This is a selfish act on my part because I care for all of you and want you all to be as healthy and happy as you can possibly be; that is my sincere wish for everyone. Many years ago I became very passionate with the Egoscue Method, learning to take charge of my health and reaping the wonderful benefits of Postural Alignment. This has truly saved my life. By attaining postural alignment and adopting healthy living habits, I was able to regain

my birthright and realized a zest for life only I could have achieved. No one could have done that for me. That zest for life is what I want for all of you and is what keeps me going. Remember, Natural Postural Alignment affects all the systems of the human body...

- The nervous system
- The circulatory system
- The respiratory system
- The gastro-intestinal system
- The musculoskeletal system

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**Health by the Numbers...**  
Postural alignment is about correcting imbalances in the body's structure. But first let's

## Ready for Your Journey?

### Share the Health

Drink tap water full of chemicals? Yuk!

Be kind to yourself and family -

**Filter your tap water.**

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Saves \$\$\$\$\$

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**Live Life – Live Well – Live Long**

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**Make life simple – eat whole natural foods.**

**If you can't pronounce it – don't eat it.**

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**Thank You for your continued support.**

**PASS THIS NEWSLETTER ON TO A FRIEND.**

have some fun.

Go into the middle of a room where there is nothing for you to hold onto. Remove whatever you are wearing on your lower body and then put it back on without losing your balance or falling down. **There shall be a test later [page 2].**

What to expect when I arrive at your home for your first assessment; the most thorough physical exam you have ever had.

1. Paperwork, yeah we need to complete some forms and take a complete medical history. Very in-depth, you talk I write.
2. Photo-op time, now I take your first set of posture photos to be used in the assessment process.
3. Show and tell, we view and discuss your photos so you understand what you are about to do.
4. Workout time, now you are warmed up and about to do some function tests to

uncover dysfunctions and compensations.

5. Quiet time to allow me to go over notes, photos and test results so we can determine what is best for you.
6. Present and discuss “The 8 Laws of Physical Health”
7. After the results are in, I customize a menu for your conditions and make follow-up appointments.

Pretty simple stuff and you are now started on your journey to a healthy lifestyle free of pain.

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**I recondition joints and train muscles.**



## Are You Ready?

### Now for the test:

Answer honestly...

1. How did you feel?
2. Were you successful?
3. Was one side easier than the other?
4. Which side?
5. Could you both remove and put back on your pants etc?
6. Was this function test awkward for you?

Let's discuss this.

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Remember, in order that you are fit and healthy, you need proper diet and motion in your life. The life you save shall be your own.

### What happy clients say about postural alignment...

- Lower blood pressure
- Great cholesterol test results
- Low at-rest heart rate
- No need for prescription or OTC drugs
- High energy levels
- Very light on your feet
- Regular bowel movements
- A very positive outlook on life
- A radiant glow or appearance
- More restful sleep [REM]
- Higher metabolism
- No headaches
- Clearer mental processes
- Better oxygen transfer to the muscles and joints
- Increased stamina
- No more gastro/intestinal problems [GERD]
- Warmer due to better circulation
- Increased muscle tone
- Better BMI

*As I see it, every day you do one of two things: build health or produce disease in yourself.*

- Adelle Davis

**If your exercise routine is not causing a sweat, it's not exercise. If you are not reaching your THR, it's not exercise.**

## Healthy Decisions...

- Weight loss
- Rid of depression
- Conception and normal child birth
- Improved golf scores
- Better tennis

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### Protecting YOU = Alignment + Eating Right

The spring transition marks the height of the flu season but a few dietary adjustments can make a big difference.

A recent study found that 23 percent of U.S. adults are worried that they do not get the proper amount of nutrients from their regular diet.

[Editor's note; 90+% don't get proper nutrients.]

"It's important that we maintain a healthy diet year round but this is especially true this time of year when we are exposed to a variety of illnesses," says Dr. Claire Wheeler, traditional and integrative physician and instructor at Portland State University's School of Community Health.

### Exercise or Not...



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

**It's your decision.**

## Health & Motion is Here for You

*None are so old as those who have outlived enthusiasm.*  
- Henry David Thoreau



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