

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

In This Issue

- Relaxing for Health



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



Unlax

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 5500 copies circulating in 48 states and 15 countries abroad.

Relaxation

One of the most difficult things for people to do is "unlax" [*loosen up, make relaxed, relax, unstrain, and unwind*] while going about their daily business and then at home where one should be unlaxed. In doing the research for this article I found there are thousands of products, costing large amounts of money, out there for the purpose of "relaxing" the back and other parts of the body; it is unclear how this is accomplished, however. There are similar amounts of drugs, pills and liquids both prescription and OTC to help us relax. What a concept, spend hard earned money for relaxation purposes; just thinking about that tenses me up.

Over the years I have observed people involved in mundane activities completely unaware of tense muscles and the effects on their posture and attitudes. Let's look at four categories involving running/walking, driving, work related, and trying to relax.

Running/Walking

Most runners and fast walkers are out there doing their thing, dysfunctions and all, displaying some of the worst posture habits ever; tensed up shoulders, arms, neck, chest, abdominals, and lumbar spine. These are not postures of a relaxed functional runner/walker. The tensed posture of the upper body is wreaking or should I say, reeking havoc on the lower body which now has to overwork "saving" the upper body from the crimes going on there. These folks go for as long as their bodies can stand, come home exhausted with sore achy joints and muscles, reaching for those expensive pain killers, and exclaiming, "Wow did I ever have a workout." My bet is that they could go a lot farther, with a lot less effort, and have a much more beneficial workout in a relaxed and poised state pain free.

Driving

Next to runners and walkers, drivers run a very close second when it comes to being tensed up and unrelaxed. Some of the blame can be given to

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 depends on folks like you.

~ ~ ~

PASS THIS NEWSLETTER ON TO A FRIEND.

Are you listening to your body?

the poorly designed seating in most vehicles; however the driver has to be accountable for what I call the "white knucklers", with tensed up shoulders, arms, neck, chest, and lumbar spine. This is not what many think of as a "heightened sense of awareness". In fact it is the complete opposite. Danika Patrick or Jeff Gordon would never make it through turn two in this "heightened sense of awareness". In order to read the car's attitude and maintain control, you must have a relaxed poised body free of all tension. It would be fair to say most people are not even aware of how tensed up they are while driving but, one thing for sure, they are tired of driving early in the trip.

Work Related

At work or at home no matter what we do including sleeping most of us do not totally relax. Typing at our computers or doing kitchen chores we all have a

tendency to tense up one set of muscles or another. I find myself with shoulders, upper and lower back, jaw, or neck muscles tensed up working at my desk or doing my chores. Work that requires standing finds me with tensed up shoulders, arms, neck, chest, abdominals, and lumbar spine. Thankfully I have learned to listen to my body in order that I catch and relax the tensed up areas as a result of years of practice and doing menus.

Simply Trying to Relax

The same things hold true in this category as the others and perhaps the hardest to hear as we listen to our bodies. In or on your favorite couch, or recliner, whatever other expensive deathtrap you choose to relax in, the tenseness is more subtle and requires really being in touch with your body. Ever wake up in the morning or from a short nap with severe pain in one or more parts of your body? So when do you



"To be able to fill leisure intelligently is the last product of civilization, and at present very few people have reached this level."

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*"No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive."*

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"Put duties aside at least an hour before bed and perform soothing, quiet activities that will help you relax."

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*"During [these] periods of relaxation after concentrated intellectual activity, the intuitive mind seems to take over and can produce the sudden clarifying insights which give so much joy and delight."*

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"Smile, breathe and go slowly."

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*"He enjoys true leisure who has time to improve his soul's estate."*

## "Mom really did not want that for us..."

ever relax?

### What's Really Going On

There is a big difference between good posture and what mother may have told us as we were growing up. Let's explode the posture myth; if you think it's about sitting and standing up straight - think again!

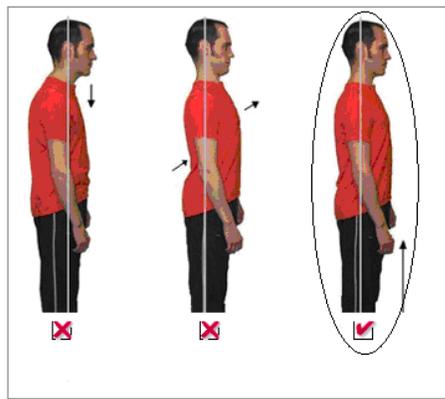
**Posture:** There's a phrase we hear often when we are young and come to despise. How many times were you told as a child to sit up straight, don't slouch or to stand up tall? How many times as a parent have you said that to your children? We know a poor body shape [misalignment] may contribute to health problems and muscle strains but your idea of what good posture is may lead to unnecessary muscular effort. Whilst the intention may be good the instruction is misleading and could be the cause of many problems including lower back pain, a stiff neck and shoulders and

persistent sports injuries.

When you were told to stand up straight what did you do? Did you do like the majority of people and tighten your lower back and push the chest forward? Yet, if you look at your spine in this position it is not straight – pulling the lower back in will shorten the spine! The slump (left), attention (center) and poised (right) standing positions require very different muscular activity to maintain an upright position. The poised stance [right] uses the least amount of effort and is the relaxed way to stand or sit. [also; reference *Kinaesthesia Vol. 3, Issue 5 February 2010 "Dynamic Duo"*] Because imbalance, dysfunction(s) and compensation(s) are at work it is difficult if not impossible to let the muscles responsible for alignment and good posture to do their jobs, so we "think" we must help out by using all the wrong muscles for all the wrong reasons, ergo tense achy joints and muscles. Mom really did not want that for

## What are you waiting for?

us, it just happened that way, but there are things you can do to help yourself out of this slump.



### What are you waiting for?

Let me get you started on the road to a functional body. As you become more and more functional, listening and paying attention to your body will become as natural as breathing. Which brings up another thing you need to do properly in order to relax, a relaxed body must be properly oxygenated. [Ref *Kinaesthesia Vol. 3, Issue 6 March 2010 "Take a Breath"*]



## Health & Motion is Here for You

Health & Motion  
Dedicated to Healthy Living

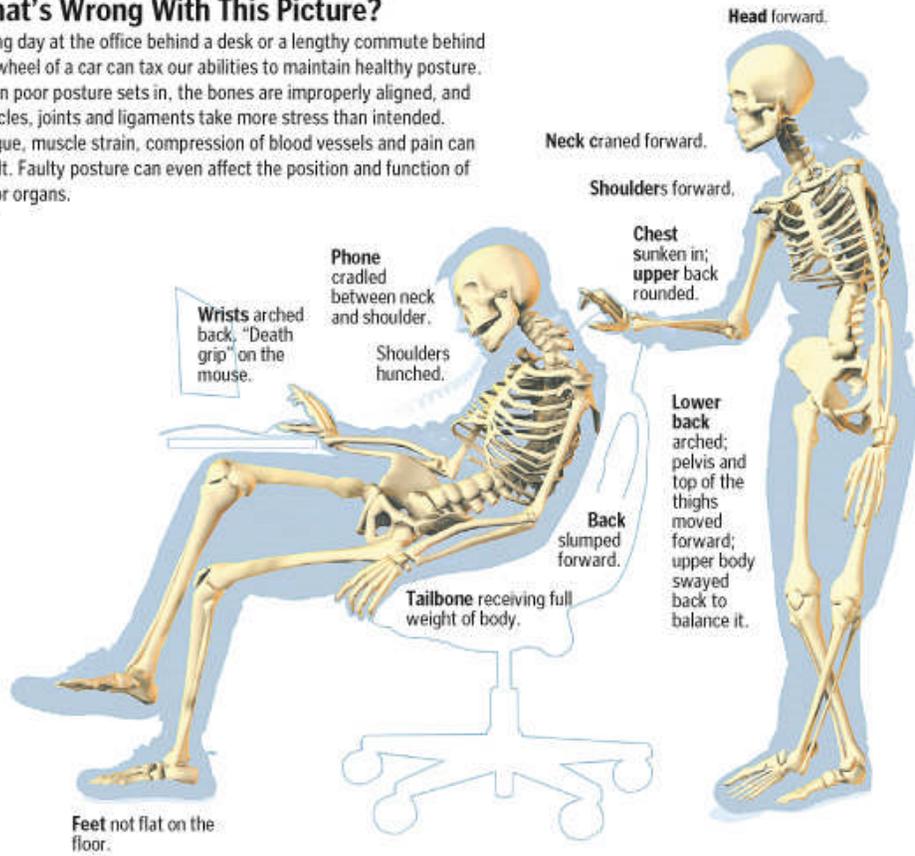


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## What's Wrong With This Picture?

A long day at the office behind a desk or a lengthy commute behind the wheel of a car can tax our abilities to maintain healthy posture. When poor posture sets in, the bones are improperly aligned, and muscles, joints and ligaments take more stress than intended. Fatigue, muscle strain, compression of blood vessels and pain can result. Faulty posture can even affect the position and function of major organs.



## Good Posture Is Good Prevention

Good posture involves training your body to stand, walk and sit in positions where the least strain is placed on supporting muscles and ligaments. A healthy posture keeps bones and joints in the correct alignment so that muscles can be used properly. And good posture contributes to a good appearance.

