

Core Postural Alignment Article Précis

This is a list of article précis which explores some of the possibilities of Core Postural Alignment. They can be tailored to suit your particular needs as to word count, levels of technicality and images etc.

Aging

We are used to thinking in terms of years lived equalling age, but we all know of young people who are old before their time and elderly people who are sprightly and youthful. In this article we look at using the level of postural distortion a person has as an indicator of the amount of aging taking place in their body, the effects the distortion has on their biochemistry and how correcting the posture can slow down the aging process.

Childhood Development

The number of factors contributing to postural distortion in children has risen dramatically. What effects can this distortion have on the child's development? In this article we look at the effects on growth, body usage and learning. Correcting the posture can improve the chances of success in all areas of the child's life.

Organ Function

Correct organ function is dependant upon the correct physical position of that organ with respect to the other organs it works with, the correct biochemistry and the autonomic nerve supply which controls everything. In this article we look at how postural distortion can affect all three and how correcting the posture can bring the body back to a state of harmony.

Our Relationship to the Earth

We are of the Earth, there is no doubt. However, there is a property of the Earth which interacts with us in ways not many people consider. That property is gravity. In this article we look at how the body interacts with the gravity field that emanates from the Earth. Unless we go into space then we can never escape its influence. With good posture we can use gravity to our advantage giving us grace and energy. With poor posture we carry a heavy burden and wear leaden boots.

Forward Head Posture

Symptoms of Forward Head Posture (FHP) can include headaches, neck pain, balance disturbance, jaw problems, digestive upset, erratic blood pressure, arm and shoulder problems, breathing difficulties, back pain and more. This article looks at why FHP can have such wide ranging effects and how correcting the underlying postural distortion can help people with so many of these symptoms.

The Diaphragm

How are the blood supply and the lymphatic system affected by poor posture? In this article we explore the role of the diaphragm in good circulation. Poor posture is detrimental to the diaphragm functioning correctly. This also has a large affect on proper breathing.

Practice Building

Postural assessment is a very simple yet powerful tool to build a practice. Clients, and potential clients, can see their distortion patterns for themselves. An explanation of the effects of the postural distortions will reveal many ways in which you can help those people to better health.

Stress

There are 16 classes of stressors which can affect us. This article looks at the physiological, biochemical and neurological changes that the body undergoes when stressors are active. The three stages of the stress response are explored and how correcting faulty posture can dramatically reduce their effects.

Suprasternal Lift

The suprasternal lift is a self-help technique designed to correct poor posture. In this article we look at how to do it and why it is easier to do than most other postural correcting techniques. The improvements you can expect are wider ranging than you might think.

Pain Relief

What causes us to experience pain? In this article we look at how compromising the sensory nerves send pain signals to the brain and how postural distortion makes that worse. We also explore what happens when the postural distortion is removed.

Connecting to the Divine

Core Postural Alignment has a very strong philosophy which explains how we are connected to the divine source behind the manifest universe. How we become separated from that source and our eventual reunification is discussed in this article.

Pandiculation

In this article we look at just what pandiculation is, why it is so important to our overall health and how postural distortion makes it impossible for us to get the most out of it. The role of proprioceptors and nociceptors will also be discussed, as will the importance of wriggling.

Postural effects on learning

The learning centres of the brain can be switched off if the wrong signals are being sent to them from the spine. In this article the neurological pathways of this inhibition are explained and we also look at getting more of the correct signals to the learning centres to enhance cognitive function. This can be achieved by improving faulty body mechanic and posture.

Jaw and Bite problems

We are seeing more of these problems in our practice rooms as the general decline in good posture spreads throughout the population. In this article we look at the links between the spine and the jaw and the stresses that faulty bite can have on the overall structure and functioning of the body. This is a reciprocal system so by improving posture we can improve functioning and structure and so influence the jaw.

Misalignments of the spine

In this article we look at how misalignments to the spine occur, why the body can't correct them itself and why we need manipulative therapies. We will see that by simply removing the thing which is stopping the body's own corrective mechanisms from working properly, manipulation is no longer required as the body can now correct itself.

Secondary Curves

Just why are the secondary curves of the spine of such primary importance? The short answer is that they are reciprocal, in that a change to one of them can affect them all. The arch of the feet, back of the knees, lumbar and cervical lordoses all interact and help to maintain good posture. The importance of good secondary curves to all the myofascia is discussed as well as their relationship to the primary curves.

The Cloacal Response

Poor posture can radically impair digestion and elimination. This can then have a knock-on effect on other systems of the body. By improving the posture the cloacal response is improved with an overall boost to the general health of the individual.

Posture and Performance

Athletic performance is at its peak when all the disparate parts of the body are working together. This article looks at the affect poor posture has on the body's ability to attain its highest performance, and how restoring postural integrity enhances performance.

Psychoneuroimmunology

Psychoneuroimmunology is a study of the interplay between what we think and feel, our central nervous system and our immune system. These three components combine to keep us in the best possible health. They form a meta-system which protects and controls our internal environment. Poor posture has a direct influence on all three of these components, making the meta-system less able to cope with the increasing demands we place upon it.

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