

The Newsletter from
Core Postural Alignment®

THE PLUMBLINE



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Issue 24



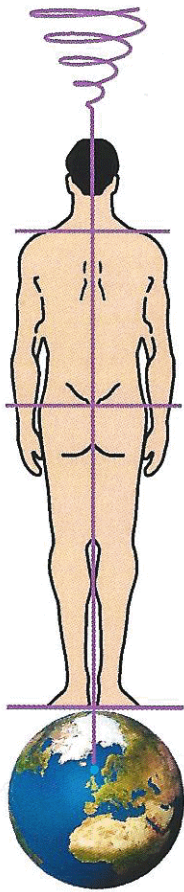
Training Course



Hello and welcome to this
edition of the Plumblines.

We hope you enjoy it.

The Key to More Fun
and Profit



If you want to train in a dynamic, alternative health technique and start a new stage in your career then find out more [here](#).



Course Dates

For the dates of all our upcoming training courses click [here](#).

Old adverts used to say things like "learn stamp-collecting for fun and profit", or "ride your bicycle for fun and profit". Allyn uses this whimsical title for a piece showing you how to regain your maximum energy to improve thinking, metabolism and healing.

The Key to More Fun and Profit

The following is attributed to Roger Sperry and refers to a physical body when it is in the Physiological Efficient Posture.

The Key to Abundant Energy

"Better than 90 percent of the energy output of the brain is used in relating the physical body in its gravitational field. The more mechanically distorted a person is, the less energy available for thinking, metabolism and healing."

Attributed to Roger Sperry, PhD.
Medical Nobel Prize
winner for brain research, 1981.

This is the underpinning of just why everyone should be having Core Postural Alignment on a regular basis.

What is the Physiological Efficient Posture?

This is a shorthand way for describing a body in which all of its many parts are in the correct relationship to gravity and to all of its other



Course Organisers

We are looking for people to organise Training Courses in their area; both in the UK and abroad.

We will come and teach the course.

These can be organised by anyone, so if you know of anyone who organises courses please let them know about us.

For more information contact us [here](#).



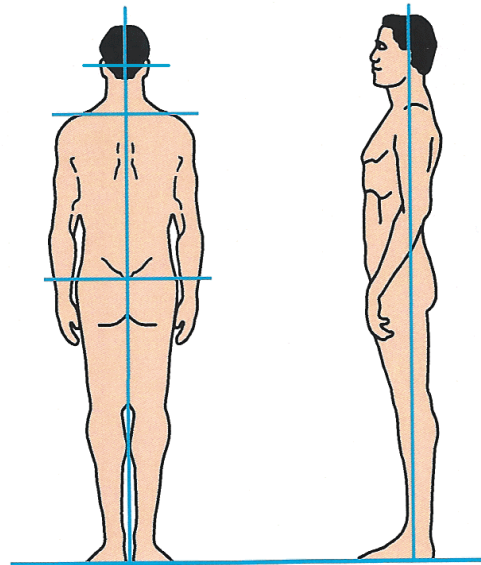
Become a Licensed Trainer

We are looking for people to help us spread the good

parts. It is in this position that the body works most efficiently. That is, it uses the least amount of resources at its disposal to maintain itself as it should do.

But what does it look like?

Well, if you stood a person in front of a plumb line it would bisect them evenly in two, left to right, and their occiput, shoulders and hips would be level and parallel. Side on, the plumb line would fall through the middle of their ear, shoulder, hip, knee and ankle, and the body would show smooth and regular curves; much like in the diagram below.



The Magic 10%

If we look again at the piece from Roger Sperry we can see that just under 10% (let's call it 10% from here on in) of the total output of the brain is used for thinking, metabolism and healing.

news about Core Postural Alignment and help us to teach it.

Maybe it could be you?

We have put together a program to train trainers in this fantastic technique.

For more information contact us [here](#).



Demonstrations, Talks & Lectures

Why not invite us to come and entertain, educate and enthrall your group?

We give demonstrations, talks and lectures all over the UK and more recently have been invited to continental Europe to speak at seminars.

We have also given keynote addresses and have presented CPD seminars.

We can tailor our presentations to lay

Just think about that for a minute. 90% of the total output of the central nervous system is used for keeping our bodies upright in the gravitational field and only 10% for everything else, or for fun and profit, as old adverts for knitting used to say.

Only 10% of the output of our central nervous system is available for digesting our food, making new body parts, composing symphonies, being good at sums, restoring, renewing and repairing ourselves, loving our families and friends, being creative, reading this article, and in fact any other activity you can possibly think about!

Obviously we need to keep that 10% working so that we can reach our full potential in life.

Less than 10%

What happens if we are not in the Physiological Efficient Posture? I'm sure you're ahead of me already. The body will recruit as much of the remaining 10% it needs to offset the increased drain on the system that is incurred when the body needs more resources to stand upright.

That means even less of the magic 10% is available for everything else, or, as Roger Sperry says,

"The more mechanically distorted a person is, the less energy available for thinking, metabolism and healing"

Maybe I can shorten this by saying there is

people, practitioners,
people with high levels of
anatomy and physiology
and to everyone in
between.

The feedback we get from
them is that they are very well
received and that those
attending enjoyed, and were
stimulated by them.

We are happy to travel to
share our enthusiasm for Core
Postural Alignment with
anyone.

For more information contact
us [here](#).



CPD Organisers

Do you organise CPD Training Courses?

If you organise CPD courses
then we have a range of
seminars suitable for you.

For more information contact
us [here](#).

less energy for fun and profit.

For the most Fun and Profit

Obviously for the most fun and profit we need to
do two things. We need to keep the body in its
physiological efficient posture and we need to
make sure that the remaining 10% isn't being
reduced in its effectiveness in some other way.

**CPA does both of these things simply and
elegantly.**

How do we lose the Physiologically Efficient Posture?

The most common cause for losing the
Physiological Efficient Posture is that the body's
centre of gravity comes out of balance with its
centre of support, called the counterweight. If
we were a static object, like a bridge for
example, we would eventually collapse when the
centre of gravity and the counterweight's
relationship became deranged enough.
However, we are not static objects but rather
dynamic ones and we can compensate by
chronically contracting our postural muscles.
These will hold us up against gravity; but at a
cost. We use extra resources to do this,
including part of that magic 10%.

**That means there is less energy available
for fun and profit.**

What reduces the effectiveness of the remaining 10%?

The main cause is misalignments of the vertebrae. Normally the postural muscles will correct any misalignments of the vertebrae, but if they are too busy holding you up against gravity then they are not flexible enough to do their job. When vertebrae misalign they compromise the nerves going through and around those joints thus reducing the effectiveness of the magic 10%. So there is even less energy available for fun and profit.

What does CPA do?

CPA, suavely and with great ingenuity, helps the centre of gravity to return to its correct relationship with the counterweight, and so restores the Physiologically Efficient Posture.

The postural muscles, now freed from the task of holding you up against gravity, can get on with the job of correcting those pesky vertebral misalignments allowing as much of the magic 10% as possible for fun and profit.

Loss of an upright Physiological Efficient Posture can adversely affect all the systems of the body.

The cardiovascular, digestive, endocrine, energetic, excretory, fascial, immune, integumentary, lymphatic, muscular, nervous, respiratory, reproductive, skeletal and urinary systems have all been shown to improve when an upright Physiological Efficient Posture is restored. More importantly loss of the Physiological Efficient Posture moves people away from Homœostasis and further into Allostatics.

An upright Physiological Efficient Posture is one where all

the parts of the body are correctly aligned with respect to each other and when the whole of the body is correctly aligned to the gravitational field.

Core Postural Alignment encourages the return to a more Physiological Efficient Posture by correcting the Primary Alignment of the body.

Until next time, be exceptional.



Allyn & Sue

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