

The Newsletter from  
Core Postural Alignment®

# THE PLUMBLINE

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## Issue 25



Training Course

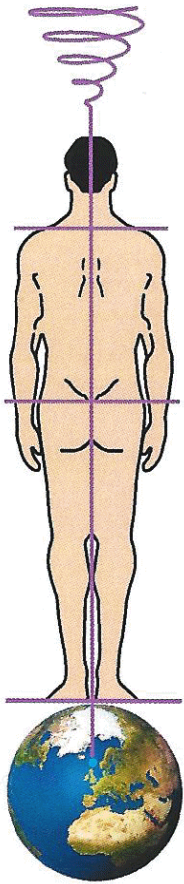


Hello and welcome to this  
edition of the Plumblines.

We hope you enjoy it.

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Gravity, the  
Hidden Stressor



Do you remember Newton's Third Law of motion? It's about the only thing I remember from physics at school. In case you can't remember it goes like this.

*"For every action there is an equal and opposite reaction".*

So if Gravity is pulling you down towards the centre of the Earth then there must be an equal and opposite force pushing you away from it and it's called the Ground Reaction Force.

If the relationship between Gravity and the Ground Reaction Force is optimal then they will balance each other out and the body appears to be "weightless". That person will be upright with ease, poise and grace. When this happens the body uses the least amount of resources to hold itself upright. We refer to this as efficiency. The more efficient the posture is, then the less resources the body needs to expend to stay upright. When Gravity and Ground Reaction Force is ideally balanced we say the body has a Physiological Efficient Posture.

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



If we stood someone in front of a plumb line it would look something like this.

## Course Dates

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



## 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.

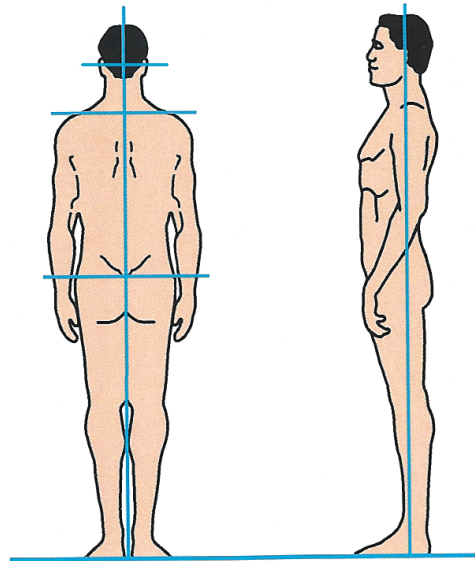
These can be organised by anyone, so if you know of anyone who organises courses please let them know about us.

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



## Become a Licensed Trainer

**We are looking for people to help us spread the good**



We would see that the plumb line would bisect the body equally left to right and that the head, shoulders and hips would be level and parallel. Side on it would pass through the middle of the ear, shoulder, hip knee and ankle.

From our observations of people we see that many of them are not upright with ease, poise and grace so there must be some sort of disconnect between these two forces.

In 1914 this disconnect was first identified by Dr John Hurley and together with Dr Helen Sanders spent the next fifteen years learning how to assess, measure and correct this disconnect. In 1929 they began to teach other people how to do this and published their two books on the subject in 1931 and 1932.

Over the years their technique has gone through several refinements and name changes. The most modern incarnation of their technique is known as Core Postural Alignment.

**So why is all this important?**

**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**

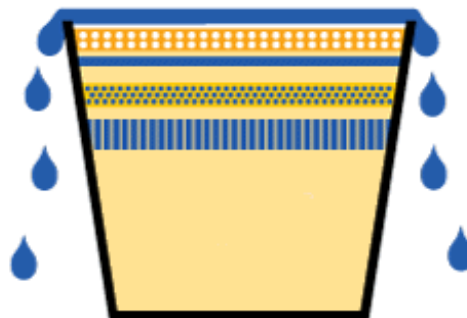
The World Health Authority has dubbed stress as the hidden epidemic of the twenty first century, and as we know stress has been shown to make us ill, shorten our lives and makes us prone to the so-called diseases of the West.

### Elastic Limit

A certain amount of stress is good for us. It often leads to strength and growth and gives savour to our lives. The body has a natural capacity for some stress known as the elastic limit. As the name implies when the stress is removed the body will bounce back. When the amount of stress goes beyond the elastic limit then the body will not bounce back by itself.

### Empty Your Bucket

Think of the elastic limit as an internal bucket. When stress happens it goes into the bucket. So long as the bucket doesn't overflow then the stress stays within the body's elastic limit. Stress only becomes a problem when the bucket overflows.



### What Goes Into the Bucket?

There are at least sixteen different classes of

**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](#).

stressor which stress the body. We tend to think of emotional difficulties as the main cause of stress but the list actually includes:

**1 Pregnancy.** For the nine months of pregnancy there are constant nutritional and hormonal demands on the female body. As the foetus grows the woman's centre of mass is altered which puts additional strain on the lower back, organs and the whole of the postural muscles. For the partner this is often also a time of stress.

**2 Inflammation.** Infections, and indeed any other source of inflammation, put an immediate strain on the immune system, especially the thymus gland. In people with a long history of stress the thymus gland may well have atrophied slightly. The body then struggles to deal with infections putting even greater strain on the body.

**3 Surgery.** It may take up to two years to recover fully from surgery, especially when performed under a general anaesthetic. This is the case even for what might appear to be minor surgery, e.g. knee repair.

**4 Physical Trauma.** Accidents and injuries don't just affect the local area; the whole body gears up to deal with the affects. In the case of serious injury there may be organ damage or loss of blood.

**5 Environmental Challenges.** These are numerous and on the increase and put a constant stress on the system. Common culprits are synthetic chemicals, from pharmaceuticals,

pollutants, food additives, pesticides and toiletries etc., geopathic stress, electromagnetic fields, food sensitivities.

**6 Immunological Reactions.** Vary from rheumatoid arthritis to AIDS to reactions to prescribed drugs and vaccinations. Ultimately they lead to an impaired immune system that can go into overdrive and become oversensitive.

**7 Insufficient Rest.** This can be overwork, physical or mental, e.g. having to have 2 or 3 jobs to make ends meet; not enough sleep or down time.

**8 Strong Emotions.** Strong emotions of any kind can lead to an over reactive system. Negative attitudes and negative people.

**9 Malnutrition.** Lacking a single vitamin or mineral, which is extremely common, leads to a chemical reaction not being able to function properly.

**10 Severe Exposure.** To heat, sun, cold or humidity is a stressor on the system.

**11 Sugar.** In any given situation the presence of refined sugar in the system may increase the stress hormone adrenalin production by as much as 400%.

**12 Oxygen Free Radicals.** The body produces oxygen free radicals, but we are also exposed to an ever increasing number of them in our society. These can be in the form of pollution outside and inside the home, pesticides and additives in the food we eat, toiletries and cleaners we use. As we age our bodies' abilities

to deal with these free radicals diminishes and so their effects increase.

**13 Dehydration.** Everything takes place in the body in an aqueous environment. If we are dehydrated then all the body fluids are more viscous. This makes every activity more energy draining.

**14 Immobility.** When we sit for more than three hours in total in a day then adhesions may start to form in the spinal column. These inhibit the free movement of the facet joints, which in turn stops the proprioceptors from sending the "positive" signals that switch off the stress response.

**15 Poor Posture.** When there are postural distortions the nociceptors send "negative" signals to the brain which result in the activation of the stress response.

**16 Gravity.** If we are correctly aligned we are able to deal with the constant affects of gravity. **Once we have lost the Physiological Efficient Posture then the constant gravitational field becomes a stressor on the system.**

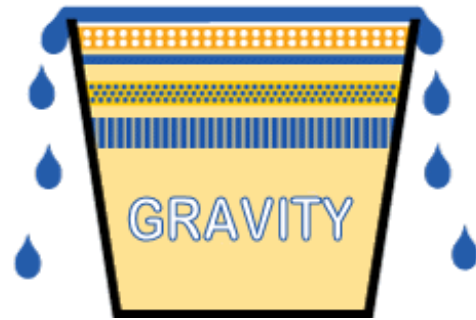
To get back within your elastic limit it doesn't matter what you take out of the bucket so long as you take out enough to stop it from overflowing!

## **Gravity**

According to Hans Selye, the father of the current stress response model, it is not the

intensity of the stressor that's important but more the duration that the stressor is applied for.

The last stressor in the list is very important as you can never escape gravity and if you have lost the Physiological Efficient Posture then gravity becomes a constant stressor 24 hours a day, 7 days a week, 52 weeks a year. In fact some people think that this is the largest stressor precisely because we can never escape from it.



Core Postural Alignment restores and maintains a more optimal balance between Gravity and the Ground Reaction Force encouraging a more Physiological Efficient Posture. This frees up all the resources you have been using to hold yourself upright which can then be used for healing.

### **A Final Question**

Is your body holding you up or do you have to hold your body up?

**Perhaps Core Postural Alignment  
can be the answer!**



**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 Allostasis.

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.**

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Until next time, be exceptional.



Allyn & Sue

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