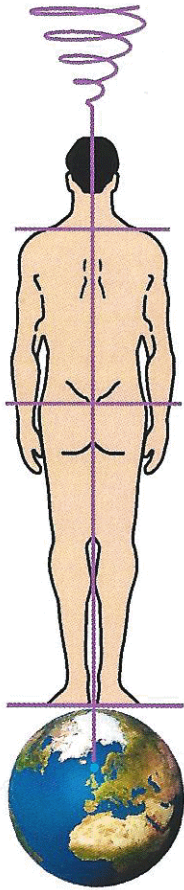# THE PLUMBLINE

Issue 26

Training Course

Hello and welcome to this edition of the Plumbline.

We hope you enjoy it.

The Afferent - Efferent Neurological Cycle

The body is self correcting and self regulating and can be described by using the **Afferent - Efferent Neurological Cycle**.

This is sometimes known as the "Safety Pin" cycle as often a safety pin is used to demonstrate it.

Every tissue in the body has specialised cells called proprioceptors, nociceptors and mechanoreceptors. There are subdivisions of these categories but we don't need to go into them here. We find them in bones and joints, muscles, fascia, organs and in fact just about anywhere else you care to look. The information they send may interact and modify each other so that the brain gets a very good picture of what the body needs to do to adapt and return towards homoeostasis. The generic name for all this input information is **Afferent**.

Once the brain knows what to change to bring the body back into balance it sends its control message back to the tissue either by the nerves, hormones, chemical messengers and maybe other means. The generic term for this output information is **Efferent**.

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.

Course Organisers

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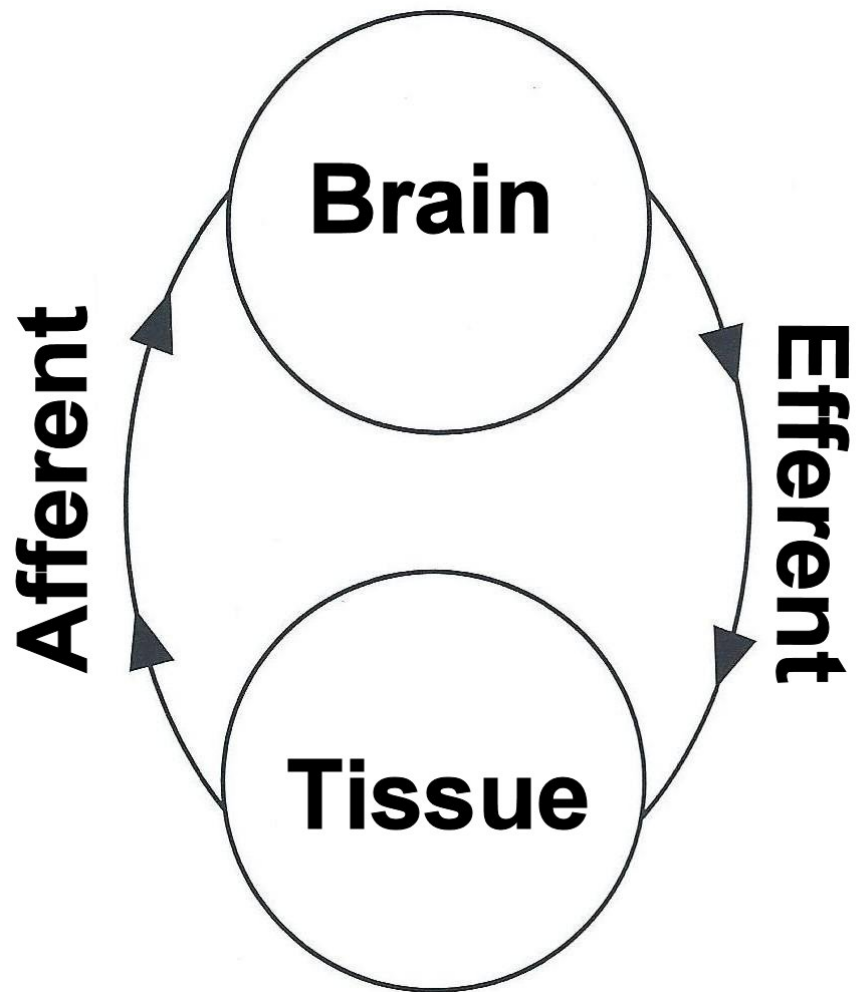
We will come and teach the course.

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

For example the muscles are tight when the brain tells them they are supposed to be (you are lifting a heavy weight), and they are loose when they are not (you are sitting at your computer).

The stomach secretes acid when the brain says it is appropriate (you've eaten something); it doesn't secrete acid when not appropriate (you're sitting at your desk writing up a stressful report). You get the idea.

If the communication loop of nerves between the brain and the tissues breaks down, then there is a failure of that information to flow back and forth appropriately, and organ malfunction results. The muscles and stomach aren't talking

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.
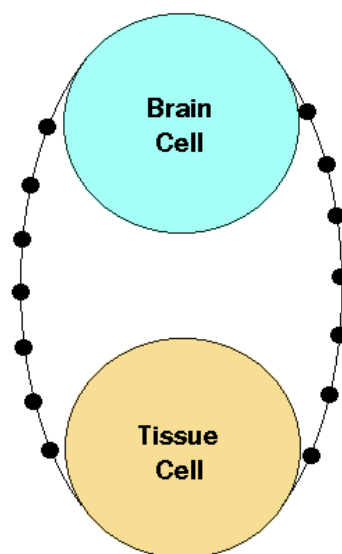
We can tailor our presentations to lay

or listening to the brain.

Let's see it working

The nervous system connects two parts of the human body: the brain and the tissue cell. The nervous system creates the continuity in our body. The top circle represents the brain and the bottom circle represents the tissue cell.

Normal Function

Brain Cell

Tissue Cell

The Tissue Cell Sends Nerve Impulses To The Brain Communicating What It Wants And Needs To Function Properly

The Brain Cell Responds By Coordinating The Various Systems Of The Body To Supply What Is Being Demanded

Abnormal function happens when the circuit is broken.

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.

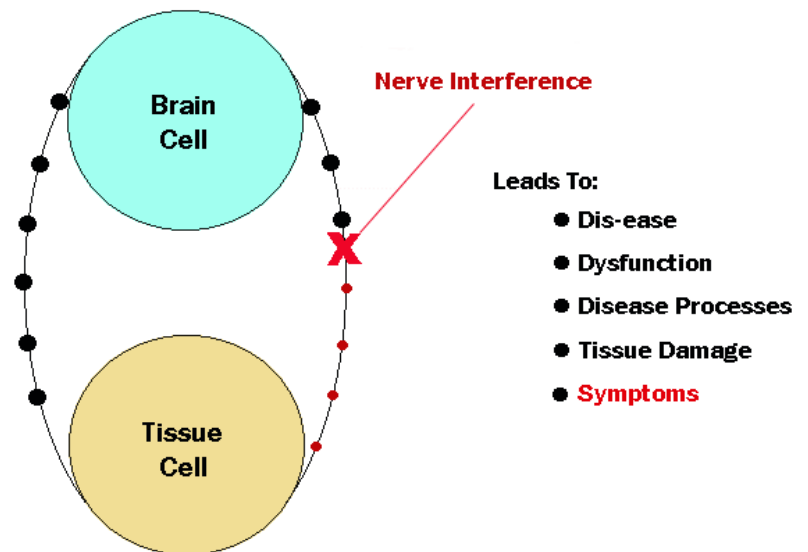For more information contact us here.

CPD Organisers

Do you organise CPD Training Courses?

If you organise CPD courses then we have a range of seminars suitable for you.
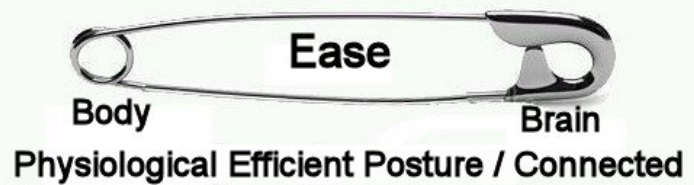
For more information contact us here.

Abnormal Function

Brain Cell

Nerve Interference

Tissue Cell

Leads To:
- Dis-ease
- Dysfunction
- Disease Processes
- Tissue Damage
- Symptoms

Gravitational challenges either interfere
with the afferent or with the
efferent information, or with both!

During a CPA alignment the signals send information, primarily by the mechanoreceptors, but also by the proprioceptors and nociceptors, while the gravitational challenge is being reduced by the prescription. This allows the body to initiate change to the tissues and can be demonstrated by the safety pin cycle.

The "Safety Pin" Cycle

Ease

Body   Brain

Physiological Efficient Posture / Connected

Dis-Ease

Body   Brain

Gravitational Challenge / Disconnected

Closing the Safety Pin

The body can keep its own communication circuit closed. Is has in-built mechanisms designed to do this. When the body loses its Physiological Efficient Posture those in-built mechanisms don't work as effectively as they shoud.

Using nothing more than its unique muscle-relaxation technique Core Postural Alignment restores the Physiological Efficient Posture by reducing the gravitational challenges which then allows the in-built mechanisms to re-establish the body's information circuit.

Get your safety pin closed. Organise an Core Postural Alignment check-up today!

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 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.

Until next time, be exceptional.

Allyn & Sue