


The Newsletter from
Core Postural Alignment®

THE PLUMBLINE

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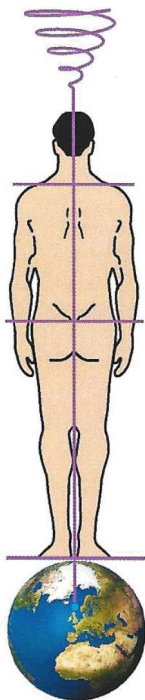
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Issue 28



Training Course



Hello and welcome to this edition of the Plumblines.

We hope you enjoy it.

Who Needs Core Postural Alignment?

Anyone who is experiencing stress, of whatever kind, is a potential recipient for CPA.

Stress

If you want to train in a dynamic, alternative health technique and start a new stage in your career

Course accredited by the
Federation of Holistic Therapists



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](#).

It is commonly understood that human beings

evolved in a dangerous world and are equipped to deal with acute stress, such as that evoked by the sudden threat that elicits the classic fight or flight response. When faced with such a threat the body mobilises its resources by shifting brain energy into the limbic system; an ancient part of the brain; and raising heart rate and blood pressure. This pattern is highly effective in dealing with acute stressors. It is, however, injurious to remain in a stress state for long periods of time.

Unfortunately modern life provides high levels of chronic stress which we are less able to handle successfully. In a later article we will explore in some detail the effects of this inappropriate strain on our health. Suffice it to say for now that there is help on the horizon in the form of CPA.

Stressors

Although most people think of stress as being emotional in nature there are, in fact, sixteen stressors that have been identified, only one of which is truly emotional.

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 gravity is altered which puts additional strain on the L5/S1 joint, viscera and whole of the postural muscles. For the partners this is also a time of stress.

Infections - Infections put an immediate strain on the immune system, especially the thymus gland, and in the cases where someone has reached the stage of allostasis the thymus gland may have atrophied slightly which means that the body struggles to deal with infections putting even greater strain on the body.

Surgery - It may take 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



Become a Licensed Trainer

We are looking for people to help us spread the good 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

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.

Allergies - 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, toiletries etc.

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/oversensitivity.

Severe Exertions - This can be overwork, physical or mental, e.g. having to have 2 or 3 jobs to make ends meet.

Strong Emotions - Strong emotions of any kind can lead to an over reactive system.

Malnutrition - Lacking even a single vitamin or mineral, which is extremely common even in the west, leads to a chemical reaction not being able to function properly.

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

Sucrose - In any given situation the presence of sucrose in the system will increase adrenalin production by as much as 400%.

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 the affects increase.

Dehydration - Everything takes place in the

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](#).

body in an aqueous environment. If we are dehydrated then all the body fluids are more viscous. This makes every activity more energy draining.

Nociceptor Activation - When there are derangements to the vertebrae the nociceptors send "negative" signals to the brain which result in the activation of the stress response.

Immobility - When we sit for more than three hours in total in a day then scar tissue starts to form in the spine. This inhibits the free movement of the facet joints, which in turn stops the proprioceptors from sending "positive" signals which switch off the stress response.

Gravity - If we are correctly aligned we are able to deal with the constant affects of gravity. Once we are misaligned then the constant gravitational field becomes a stressor on the system.

The body's response to these stressors is designed to increase circulation rapidly, promote energy production and decrease non-essential activities, so that we can deal with the immediate stressor. When the stressor has been dealt with, the body returns to its homeostatic balance, the sympathetic nervous system relaxes and the parasympathetic nervous system is switched on. With the parasympathetics activated the body can begin to restore and repair the body. When the body is able to deal with stressors this way, it is said to be working within its elastic limits.

Imagine that your elastic limit is like a bucket. Any stressors which affect us go into the bucket. Stress only becomes a problem when the bucket overflows, that is you have gone beyond the elastic limit and stress has become a strain on the body.

It doesn't matter what you empty out of the bucket so long as you empty something out of it and get back within the elastic limits

Remember, exposure to one or two of these stressors for a short period of time is not so detrimental. It is the over exposure to, or the accumulated affect of several stressors at the same time, that results in strain on the system.

Energy

Many people come to CPA because they are experiencing pain, health challenges, physical unease or dysphoria. It is a fact that pain and discomfort are profound motivators of human activity. It is important to realise that CPA does not claim to heal, treat, or cure discomfort or disease. We operate outside of the therapeutic model. What we do is to remove the impediments to the free flow of your own innate healing abilities so that the wisdom of your body can do its own healing.

So even though you may come into the practice room with pain and may leave without it, the process that removes your pain and does the healing is the energy inside yourself.

We can help you increase that energy by restoring your biomechanical balance.

Stress and Balance

Because of the effects of stress, the body will tend to have greater muscle tension on one side than on the other. The side with the greater tension will tend to be more constricted, with possibly one leg pulled shorter than the other and the pelvis twisted forward so as to pull the spine out of line. Frequently there is a weight differential between the two sides so that if you stood with your feet placed on two scales, one side might weigh five, ten or even twenty pounds more than the other. Over the miles of walking that a person does in a day this can add a considerably disproportionate burden to your body.

The effect of this imbalance requires the use of

much additional energy to retain your proper

relationship with the pervasive effects of gravity. This quote attributed to Roger Sperry, PhD; Medical Nobel Prize winner for brain research, 1981 might help to explain the importance of an upright spine.

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

This refers to someone in the physiological efficient posture. That means even if you are aligned correctly then you have less than 10% of your life energy devoted to healing, metabolism, thinking, creativity etc.

If you are out of alignment you have even less than this!

It is self evident that if you can survive out of balance with gravity you can thrive if that imbalance is removed. Regular CPA enables a person to remain in that most favourable state for healing to occur.

The Alignment

The practice itself is a gentle hand's on procedure that has been safely performed many hundreds of thousands of times. The alignment does not actually involve the moving of vertebrae or any adjustment to the spinal column. It does, however, cause an immediate equalisation of the muscle tension on either side of the spine and symmetry is re-established.

The Effects of an Alignment

What can you expect to feel or experience when you have an alignment?

The first thing that most people notice is a

feeling of relaxation. Nagging pains and cricks

almost miraculously disappear. This is not hard to understand when you realise that the major cause of these discomforts is the unconscious tightening of the muscles in the spine owing to stress. Some people literally feel the energy flowing back to the extremities as the blockages are removed. This might be experienced as a tingling or a rush of warmth. You might experience colours more vividly, and enjoy the inherent music in the sounds of life. You will certainly feel better balanced and more even in your stance when you arise from the table, although it may take a little while to get used to this!

One thing that you might not see, but which is readily observable, is that there will be a reduction in your postural distortion. Coming back into balance is a marvellous restorative tonic for the miseries that ensue from that condition. Many people report that after they leave they feel calmer and more able to handle the challenges of their daily lives.

So, who needs CPA?

We all do!

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

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