

WELLNESS PROCEDURE

by Marie Wilson



POSTURE CORRECTION AND PAIN ELIMINATION

Notice how you feel before doing the Posture Procedure. Preferably, write down the date and write down how your body feels. Where do you have pain in your body? What have your habits been at night? Do you awaken in pain? How is your sleep pattern? Keep a daily record so that you can track the results of this Procedure.

Do the Posture Procedure when you go to bed at night and again upon waking in the morning. Should you awaken during the night and have trouble going back to sleep, repeat the Procedure. Note whether or not you easily go back to sleep after doing the Procedure.

Find a comfortable position while lying on your back. Do each Procedure at least two times and hold that position for five seconds each time. (When you are starting the Procedure, two times will be sufficient, but you can build up to doing each Procedure five times for five seconds each time.) Be sure to count slowly so that you hold each position for five seconds.

You might count out one thousand one, one thousand two, one thousand three, one thousand four and one thousand five.

By counting this way, five seconds will have passed.

You may breathe normally. Or you could take a deep breath once you have begun the Posture Position, then exhale after the five seconds have ended. You can either breathe in through your nose and exhale through your mouth, or breathe in through your mouth and exhale through your nose. Try breathing in through your nose and exhaling through your nose or breathing in through your mouth and exhaling through your mouth. Notice which way allows you to breathe more deeply. Do what feels natural to you.

- 1) Squeeze your eyes together and your entire face, especially the jaw by clenching your teeth together tightly. Take a deep breath. Imagine the oxygen going into your eyes. Count to five. Slowly release your breath. Relax your whole body. Repeat.
- 2) Press your neck into the bed. Tighten your jaw. Take a deep breath. Keeping your neck pressed into the bed, count to five. Slowly release your breath. Relax your whole body. Repeat.
- 3) With your arms at your sides, make fists, tighten your arms and press your arms and shoulders into the bed. Take a deep breath. Count to five. Slowly release your breath. Relax your whole body. Repeat. (Variation: Place arms straight out with your palms facing up and do the rest of the Procedure. Place your arms straight out and place your palms facing down and do the rest of the Procedure. Place your arms straight up over your head with your palms facing up and do the rest of the Procedure.)
- 4) Tighten your abs and buttocks and then press your lower back into the bed. Take a deep breath. Count to five. Slowly release your breath through your mouth. Relax your whole body. Repeat.
- 5) Squeeze your toes together and curve your feet so your toes curve under. Press your thighs, calves and heels into the bed. Take a deep breath. Count to five. Slowly release your breath. Relax your whole body. Repeat.