

ALL ABOUT POSTURE

by Marie Wilson



Marie Wilson is living proof that a focus on total health can save your life. Diagnosed with Multiple Sclerosis and once confined to a wheelchair, Wilson knew that she needed to seek out her own path to heal. Through posture correction, she not only learned to walk again, she is pain free! Wilson now dedicates her life to helping others discover their own healing powers.

One way to eliminate chronic pain is to look at your own posture. Most people have compensated for past accidents, injuries and emotional traumas. Posture compensation puts enormous pressure on the spine and pain is often due to poor posture.

The more you exercise while misaligned, the faster you wear out your spine, hips and knees.

1) Questions to ask yourself?

- What am I doing that is causing this pain? Look back to when you were pain free. What started your pain?

2) Hazards

- Shoes that do not fit properly do not support your feet.
- Sitting - puts spine under enormous pressure
- Driving - or being a passenger for long periods of time causes the spine to compress. Place two tennis balls behind your back and rub against them. This will give you a gentle massage and reduce pain.
- Slumping
- Leg crossing
- Hunching over when reading, writing, driving
- Lack of exercise
- Speed of movement - Look before you leap
- Shallow breathing
- Carrying purses, briefcases, wallets.

Marie Wilson is a Wellness Coach and healer specializing in teaching people how to heal from chronic and painful conditions through posture correction, eye exercises, changes in diet and other lifestyle changes. She offers an oil treatment with massage to relieve painful conditions. Marie is available for private sessions, phone conversations and speaking engagements.

3) What is good posture?

It all begins with the feet:

- Flat feet - or fallen arches - The calf, knee, hips, low back take over the job of the feet.
- Pronation - foot rotates inward
- Supination - foot rolls outward
- Flat - everted feet - downward pressure on insides of feet.
- Toes gripping - can over-arch feet throwing weight to outsides of feet.
- One or both feet pointing outward--which way are you going?
- How to walk. Points of feet that should make contact with the ground. Notice the wear on your shoes. When walking, be sure to strike on your heel, move toward the ball of your foot with slight pressure to the outside of the foot. Notice whether or not your feet are pointing straight ahead when you walk.
- Walk on your tip toes to strengthen your arches and calf muscles.

650 muscles take up about half of our body weight.

4) Look at your posture:

- Stand in front of a mirror and line everything up. Pretend that there is a line down the center of your body. See if both sides are equal. Make sure your feet are both pointing straight ahead and that one or both feet do not roll over to the sides.
- Place your buttocks, shoulder blades and back of head against the wall. Feel the natural curvature of your spine. Walk away holding that posture.
- Sit against the wall. Place your arms out to the side with the palms facing forward.

5) Emotions and posture

- Where do you hold your tension?

6) Improve your posture and reduce/eliminate pain:

- In a standing position, balance your weight equally on both feet. Place your elbows out to the side and cup your hands with your palms facing up. Remain in this position for two to five minutes. You will feel your body rebalancing.
- Lie on the floor with your arms out to the side, palms facing up. Place your lower legs (calves) on a chair and push your buttocks up to the side of the chair. Remain in this position for at least 20 minutes a day (longer when in chronic pain).

7) Pair up with someone else and determine if this person is:

- Standing up straight?
- Leaning forwards or backwards? If they are leaning, where does the lean start from? The ankles? The hips? The upper back or shoulders?
- Is the person standing with more weight on one leg than the other?
- Is there hip or shoulder rotation?
- Are the shoulders straight?
- Is the neck pushed forward?
- Is the head straight?

8) Think about how you sit and stand.

- Is your weight equally distributed?
- Try to avoid crossing one leg over the other.
- Most consistently cross the same leg which can lengthen muscles in one leg, but reduce circulation and shorten muscles in the other leg.

9) Breathing

- Shallow breathing reduces oxygen throughout the body.
- When you are in pain, take deep breaths and breathe into the pain.

If you always do what you always do, you always get what you always get!

10) Stimulating your body

- Tapping on chest will increase circulation and allow you to feel more alive and alert.
- Acupressure of lower back will also relieve pain. Rub your lower back with a quick motion up to 100 times. Or massage your lower back and buttocks with your hands.

11) Neck

- If you have neck pain, consider who or what is the 'pain' in your neck?
- Your head weighs about 15 pounds. How is your head balanced on your neck?
- Daily gently rotating your neck three or more times in each direction and back and forth. Massage your neck and shoulders to reduce tightness and tension.

12) Shoulder rotations

- Your arms weigh about 8 pounds each.
- Are you carrying a load of responsibility? Are you bearing a burden on your shoulders?
- Find the sharpest pain point in your shoulders, then gently massage that point until the pain is gone.
- Massage your shoulders with fingertips.

13) Hips

- Hip rotations – With your feet shoulder width apart, and your hands on your hips, do full hip rotations, five or more in each direction. Then isolate one hip at a time and do five or more hip rotations of each hip.

14) Face

- Massage your head, face and jaw which also stimulates your eyesight.
- With your eyes open, rotate your eyes, first in one direction and then in the other direction.
- With your head tilted back, let your jaw drop slowly several times and then gently close your mouth. Feel the stretch in the neck which can reduce that jowly look.

15) Letting go - ease of movement - it's all so simple!

- Visualize how you want your health/posture to be.
- Imaging the lengthening of your fingers, toes, neck and spine as you stretch each body part.
- Observe children and duplicate their movements. Crawling is a great exercise and way to rebalance your body. Pretend as if you are a child again, laugh out loud and play and fall over and get up again.

16) Take a class in Tai Chi, Chi Gong, Yoga.

All of these techniques are great for your posture and for reducing stress and negativity.

17) Meditation is one of the most powerful and healing tools that you can use to reduce stress and find peace in your life.

- Think of beauty
- Allow relaxation
- Permit rest
- Consent to love yourself
- Imagine something beautiful
- Picture the ocean
- Regard the greatness in you
- Observe nature
- Free up your mind
- Relieve stress through movement
- Relax, relax, relax
- Rest by napping
- Experience joy

Insomnia is frequently caused by an over-active, over-stimulated mind.

STOP AND DO NOTHING! JUST BE....