



FREE Postural Check

Posture is a subject that we are all aware about; having the perfect posture means having the perfect home to run all of our bodily systems.

Chronic pain can be associated with imbalances in posture; muscles hold the skeletal system in position, so if certain muscles are short they will pull a joint out of their true position.

Digestive complaints can be a direct result of an imbalanced posture as we need a certain amount of space to contain our digestive organs. If our rib cage, through its imbalanced position, encroaches into this space we are asking our digestive system to run effectively in a compromised space; our digestive system will interrupt the natural flow of our waste and cause problems along the way. Even our state of mind can be directly linked to posture; when we feel down invariably our rib cage slumps forward and our shoulders close together. We lose the strength to hold our posture in an upright balanced position, so if emotions have a direct link on posture, then if your posture is imbalanced then what effect does that have on your state of mind?!?

So if you look in the mirror and see an imbalance in your posture, if you sit at a desk and slump over your keyboard, your posture could slowly start to cause you problems. Problems that could be prevented if you had a full postural rebalance of the joints of your body and get everything aligned. To find out how having your posture fixed can change your life, book in for your free postural assessment, and find out how your posture could be affecting your physical health, please contact me to arrange an appointment

Your posture CAN be changed, sculpted and improved!