

Is Your Posture Holding You Back?

Article contributed by Dr Charles Lee Chang Ha
US Certified Gonstead Chiropractic Doctor
OmniGreen Wellness Centre

The ancient Japanese art form of growing Bonsai trees is fascinating. Bonsai trees are essentially normal shrubs that have been consistently stressed in a particular way for a long time to create a posture which would never be found in nature. Depending on how the tree is stressed while it grows, it may end up looking like a miniature version of a full-sized tree, or it may end up looking like a wild tangle of branches with twists and loops.



Having a good posture is very important in promoting optimal health. Not only does it influence our physical appearance but also our psychological health as well. To most people, "good posture" simply means sitting and standing up straight. Few of us realize the importance of posture to our health and performance. The human body craves alignment. When we are properly aligned, our bones, not our muscles, support our weight, reducing effort and strain. The big payoff with proper posture is that we feel healthier, have more energy, and move gracefully. Poor posture distorts the alignment of bones, chronically tenses muscles, and contributes to stressful conditions such as loss of vital lung capacity, increased fatigue, reduced blood and oxygen to the brain, limited range of motion, stiffness of joints, pain syndromes, reduced mental alertness, and decreased productivity at work. According to the Nobel Laureate Dr. Roger Sperry, "the more mechanically distorted a person is, the less energy is available for thinking, metabolism, and healing."

Correcting bad posture and the physical problems that result can be accomplished in two ways. The first is by eliminating as much "bad" stress from your body as possible. Bad stress includes all the factors, habits, or stressors that cause your body to deviate from your structural center. Bad stress can result from a poorly adjusted workstation at work, from not having your seat adjusted correctly in your car, or even from carrying too much weight around in a heavy purse or backpack.

The second is by applying "good" stress on the body in an effort to move your posture back toward your center of balance. This is accomplished through a series of exercises, stretches, spinal adjustments, and changes to your physical environment, all designed to help correct your posture. In recent decades, chiropractic has gained widespread popularity as a non-invasive approach towards physical wellness. In particular, the Gonstead Chiropractic system has been established as one of the safest biomechanically and most effective.

So remember, how critically important it is to improving your health through improving your posture and getting your body back to its center of balance.

OmniGreen Wellness
#08-16 Novena Medical Center
10 Sinaran Drive, S(307506)
Tel: 63338489 Fax: 63972524
Email: mellim@omnigreenwellness.com
Web: www.omnigreenwellness.com