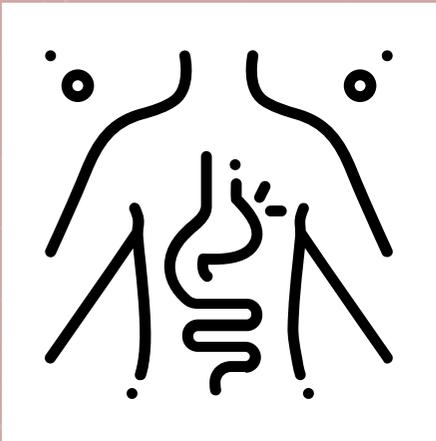


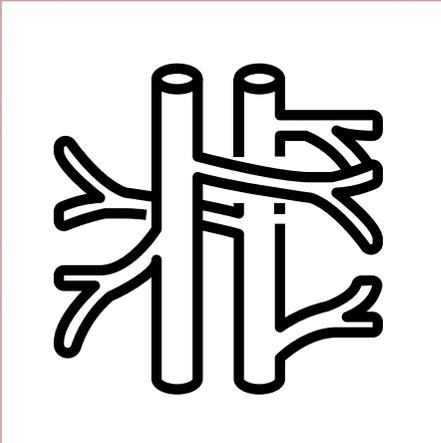
7 THINGS CAUSED BY POOR POSTURE

GOOD POSTURE CAN NOT ONLY HELP YOU TO FEEL AND APPEAR MORE CONFIDENT AND POISED, IT CAN ALSO HELP YOU TO AVOID A HOST OF UNCOMFORTABLE HEALTH ISSUES.



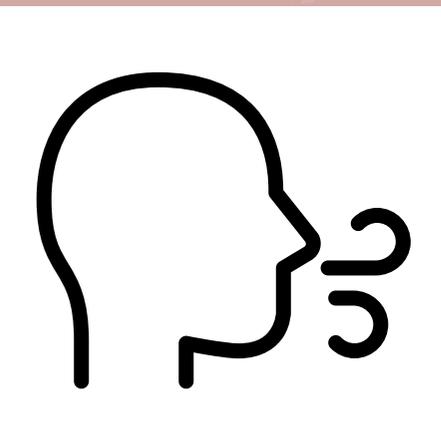
DIGESTIVE ISSUES

SLOUCHING CAN COMPRESS YOUR INTERNAL ORGANS SLOWING DOWN THE RATE AT WHICH FOOD IS DIGESTED LEADING TO ACID REFLUX AND CONSTIPATION AS WELL AS A SLOWER METABOLISM



POOR CIRCULATION

SLOUCHING WHILE SITTING ALL DAY CAN CUT YOUR BODY OFF FROM PROPER CIRCULATION, THIS MAY LEAD TO VARICOSE AND SPIDER VEINS,



BREATHING PROBLEMS

BREATHING AT AN OPTIMAL LEVEL CAN BOOST BRAIN AND HEART HEALTH. TO BREATHE PROPERLY THE DIAPHRAGM NEEDS TO BE ABLE TO FULLY EXPAND. POOR POSTURE CAN CONTRACT THE DIAPHRAGM RESULTING IN POOR BREATHING PATTERNS, DECREASED VO2 MAX, DECREASED SPINAL STABILITY, POOR SLEEP PATTERNS AND EXACERBATION OF BREATHING DISORDERS (SLEEP APNEA, ASTHMA)



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BACK PAIN

ONE OF THE MOST COMMON BUT OBVIOUS SYMPTOMS OF POOR POSTURE IS CHRONIC BACK PAIN CAUSED BY PRESSURE IN THE DISCS RESULTING IN WEAR AND TEAR, STENOSIS, HERNIAS AND DISK PATHOLOGY AS A RESULT OF POOR ABDOMINAL WALL FUNCTION



INFLAMED ARTHRITIS

BAD POSTURE CAN CAUSE A MISALIGNMENT OF THE JOINTS AND CAN PUT EXTRA STRAIN ON THE KNEES AND SPINE AND MAY AGGRAVATE THE DAMAGE ASSOCIATED WITH ARTHRITIS



PELVIC FLOOR WEAKNESS

PROLONGED SITTING CAN COMPROMISE PELVIC FLOOR FUNCTION AND RESULT IN INCONTINENCE, POOR SPINAL STABILITY, SEXUAL ISSUES, AND HEMMERRHOIDS.

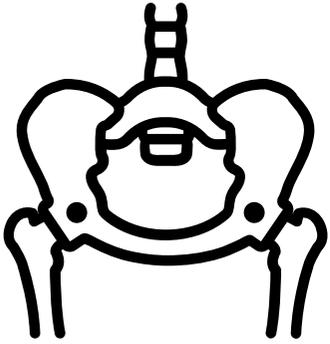


FATIGUE

THE BODIES NATURAL POSTURE IS THE ONE THAT REQUIRES THE LEAST AMOUNT OF ENERGY TO MAINTAIN AN UPRIGHT POSITION. BAD POSTURE PUTS STRAIN ON MUSCLES AND JOINTS NOT MEANT TO ENDURE THAT KIND OF WORKLOAD AND YOU MAY FIND YOURSELF WORN OUT FROM THE EXTRA WORK YOUR BODY IS DOING.

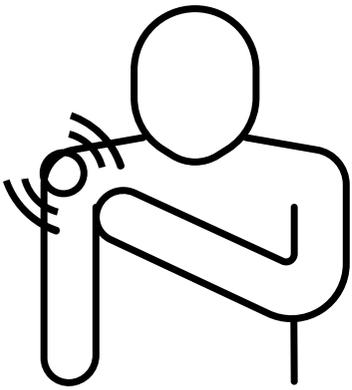


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HIP DYSFUNCTION

SITTING FOR PROLONGED PERIODS OF TIME CAN RESULT IN HIP DYSFUNCTION, MUSCLE IMBALANCES, BURSITIS, JOINT INSTABILITY AND PROBLEMS WITH GAIT AND STRIDE LENGTH THAT CAN EFFECT ATHLETIC PERFORMANCE AND BALANCE



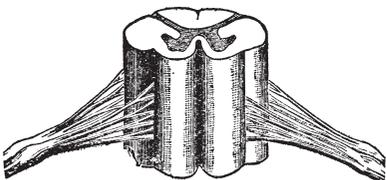
SHOULDER DYSFUNCTION

ROUNDED FORWARD SHOULDER POSTURE CREATES LESS SPACE IN THE SHOULDER JOINT FOR THE NERVES TO TRAVEL THROUGH RESULTING IN IMPINGED NERVES, ROTATOR CUFF ISSUES, JOINT INSTABILITY AND SHOULDER PAIN AND LACK OF JOINT MOBILITY



NECK PAIN

FOR EVERY INCH FORWARD YOUR EAR TRAVELS IN FRONT OF THE MIDDLE OF YOUR SHOULDER, AN EXTRA 10 IBS OF PRESSURE IS ADDED TO YOUR NECK WHICH CAN RESULT IN WEAR AND TEAR ON DISCS, IMPINGED NERVES, HEADACHES, JAW PAIN AND TEETH GRINDING



PINCHED NERVES

PERSISTENT POOR POSTURE MAY LEAD TO A SHIFT IN THE SKELETAL SYSTEM. SINCE THE NERVES OF OUR EXTEMITIES RUN THROUGH OUR SPINE A SHIFT MAY CAUSE A PINCH TO THE SURROUNDING NERVES AND RESLUT IN NUMBNESS AND TINGLING.