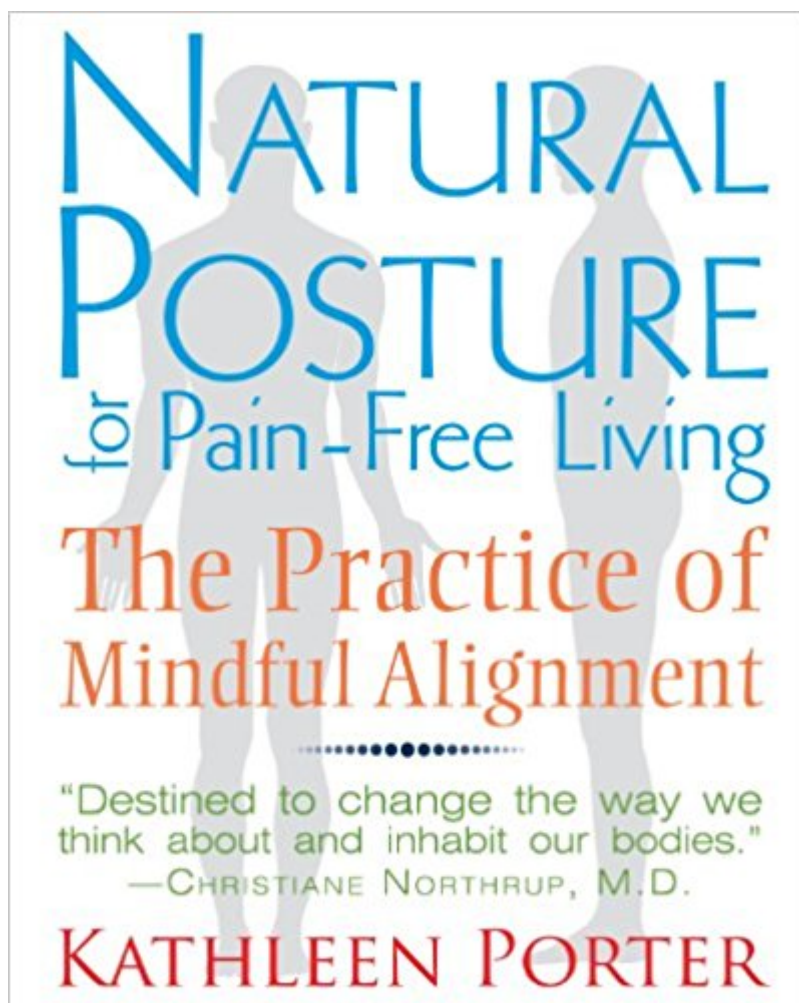


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# Natural Posture For Pain-Free Living: The Practice Of Mindful Alignment



## Synopsis

Restoring healthy posture from childhood for relief from chronic pain, easy flexibility, and enduring strength and vitality well into old age

- Offers 12 physical exercises to become mindful of your posture and discover pain-free alignment of your pelvis, rib cage, shoulders, neck, and back
- Provides simple yet detailed instructions on how to sit, stand, walk, bend, get up from a chair, sit to meditate, sleep, and practice yoga with proper alignment
- Includes full-color diagrams and posture photographs from around the world

Our bones are the framework of support for our bodies, much like the wall studs and beams of a house. Yet the alignment of the skeleton along the vertical axis of gravity is largely overlooked today, even by fitness experts and yoga teachers. In a culture of cocked hips, sauntering models, and slouching TV watchers, where “chin up, shoulders back, stomach in” is believed to be good posture, we have forgotten what healthy alignment looks and feels like--leading to chronic neck, shoulder, and back pain for millions. Sharing photographs from around the world of “gurus” of natural posture and authentic strength, such as women in their 80s who easily carry heavy loads on their heads and toddlers learning to walk, Kathleen Porter shows what natural skeletal alignment truly looks like. With insights based on the fundamental laws of physics and detailed full-color diagrams, she guides you through an understanding of the body’s naturally pain-free design. She explains that when the body is aligned as nature intended, your weight is supported by your bones rather than your muscles, allowing a blissful release from chronic muscular tension--which you may not even be aware you had. She offers 12 physical exercises to become mindful of your posture and discover healthy alignment of your pelvis, rib cage, shoulders, neck, and your body as a whole. Providing easy-to-follow instructions for mindful alignment during the most ordinary daily activities, even sleeping, as well as a chapter on practicing yoga safely, Porter shows how returning to our forgotten alignment from childhood can offer relief from chronic pain and tension and can provide easy flexibility, enduring strength, and vitality well into old age.

## Book Information

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## Customer Reviews

“Kathleen Porter’s eloquent photojournalism adds powerful, persuasive impact to her message about the relationship between dynamic structural alignment and health of body and mind. The chapters about children, pregnancy, and fitness should be required reading for all parents and physicians.” (Mary Bond, author of *The New Rules of Posture* and movement faculty chair at the Rolf Institute)

“As a family physician treating my share of patients with back pain, neck pain, osteoporosis, and dysfunctional labor, I find this book instructive. Kathleen Porter’s observation of peoples around the world who retain their natural alignment, movement, and relaxation is a clear window into the healing of the chronic pain syndromes of our culture. More than that, her work has been personally transformative.” (Leah Morton, M.D., family practitioner)

“In *Natural Posture for Pain-Free Living*, Kathleen Porter powerfully portrays the extensive damage we do to our bodies when we lose connection to natural principles of body alignment. Rather than looking to surgery, medication, and infinite exercise technologies to find freedom from discomfort and pain, we need only learn to stand, sit, walk, and move the way we did as young children when we learned organically to let our bones support us. Porter offers an abundance of useful tools for returning to our natural wisdom and greater body fluidity.” (Ingrid Bacci, Ph.D., author of *The Art of Effortless Living and Effortless Pain Relief*)

“This updated second edition is an instructive, comprehensive look at how we move unconsciously in ways that cause our bodies pain and injury. Kathleen Porter, who directs the Center for Natural Alignment in Portland, Oregon explains through photographs and exercises the ways a supple spine can help remedy much of what ails our stiff bones.” (Joshunda Sanders, *Spirituality & Health*, July 2013)

“The book is amazingly understandable, beautifully designed for maximum ease of use, and contains lots of documentation that justifies Porter’s claims. I happened to be struggling with a knee strain when I read it, and applying a simple change to my stance, per Porter’s instructions, brought instant improvement.” (Anna Jedrzewski, *Retailing Insight*, August 2013)

“Guidelines for daily activities including sitting, walking,

sleeping, and safe yoga practice fill this user-friendly reference and resource. This helps the practitioner ease chronic muscle tension, combats chronic neck/shoulder/back pain, and improve everyday life. Color photographs enhance this thoroughly accessible guide, highly recommended to readers of all walks of life. (Library Book Watch, September 2013) “Kathleen Porter’s book is a great companion for teaching for many other modalities, but I found her information exceptionally beneficial in regard to the active meditations I teach. Movement is obviously important, but conscious movement is not as obvious for most people. (Dhara Lemos, Lotus Guide, November 2013) “Never before in the world of fitness has there been a more readable, groundbreaking, or seminal book than Natural Posture for Pain-Free Living. Through this revolutionary book, Kathleen Porter is about to rock your world! (Jean Couch, founder and director of the Balance Center and coauthor of The Runner’s Yoga Book) “I believe, barring accidents, most orthopedic surgeries could be avoided if the body’s natural alignment is never lost in the first place,” Porter says. Natural Posture for Pain-Free Living provides a blueprint for returning to that state of nature. (Lisa James, Energy Times, November 2013)

Kathleen Porter is the director of the Center for Natural Alignment in Portland, Oregon. She offers programs for people with posture-related pain and for children and teachers in classrooms. She has taught principles of natural alignment at the University of Hawaii at Hilo, the National College of Natural Medicine in Portland, Oregon, and the Omega Institute in Rhinebeck, New York. She lives in Portland, Oregon.

I agree with Richard Polishuk’s review, although I prefer this book a little over Gokhale’s book (which I have). Kathleen Porter’s book has some illustrations that work a little better for me in understanding the concepts, and I especially like her chapters, "In Fitness or in Health", and "Beyond the Physical", along with a better summary with illustrations on how to sit walk, stand, walk, bend, and a healthier way to do yoga. I would recommend this book along with "Foundation: Redefine Your Core, Conquer Your Back Pain, and Move with Confidence" by Eric Goodman, which I use every day and has helped me with sciatica, knee and shoulder pain. The videos for the exercises are free on Youtube.

For health and other reasons, I would like to improve my posture. Kathleen Porter does a good job of explaining the benefits to health and energy that come with a healthy alignment of the body. She

explores cultures in which "natural" or healthy posture is common. These are ones in which daily work uses natural movements. She emphasizes cultures in which people often carry loads on their heads and must balance to do so. She also describes the best natural alignment of the body when sitting. She shows how we can maintain these natural alignments in modern culture. She also demonstrates that what we often try to do to correct poor posture is actually an overcorrection, which results in just another form of unnatural alignment. She traces how our own culture's practices when it comes to posture have changed for the worse in just a hundred years or less. I am glad that I read this. It broadened my idea of what good, natural alignment of the body is. It has deepened my conviction that I will have better health and more energy if I improve my health. Why did I give this three stars instead of five, then? For me, there wasn't enough clear instruction on how to maintain natural alignment throughout the day. Also, I thought some of her material was repetitious.

Natural posture is the perfect complement to Gokhale's 8-steps to a pain free back. Whereas Gokhale is best for its 'native' pictures, this book puts words of explanation concerning the importance of aligned bones for the human body which are both thorough and down-to-earth, perfect for the layman. I had a foot issue [bunion, misalignment etc]; the book showed a picture of my feet exactly, gave a clear explanation how to proceed to rectify their condition and, to my delight, when I followed her simple instructions, I had results almost instantly. Previously, my balance for walking either in or out of the house was beyond precarious. I now seem to know how to walk without fear of constant falling. I continue to work with her suggestions but those results have helped my whole body. I obviously had no clue about alignment of the body [shoulder, hip, knee, ankle] until I went through all this with her in this book. If balance is your issue, take the time to read through this book; you might be as happy as I am with the results it'll give you.

This is one of the BEST books I have read in years and I also took her classes! Changed my life! I have learned how to SIT properly so my back no longer hurts at my desk AND with some pillows in the car (keeping me tilted forward and back straight) and even sleeping correctly. Most of us have been taught wrong. Hold shoulders back, chest out, military style, which actually pushes your ribs against your chest creating less room for your lungs to breathe. Most people also slouch when at rest, against collapsing the chest area and allowing less room for a full inhale and exhale. She was originally researching why people around the world, many smaller than us, living longer, could carry hundreds and hundreds of pounds on their heads way into their 60's and 70's. What was the

secret? It is ALL about POSTURE. When you stand, walk, sit the way your body was Designed, the body can carry tremendous weights, because it was designed to do so! Look at a baby and see how Straight their backs remain when bending over to pick something up. See how their toes are curled grabbing the ground when they walk. These people in senior years have the same straight backs as a baby, the same curled toes! There are not words to express how much I appreciate this book and the class!! We also watched videos of Hawaiian dancers whose posture is just as she shares in this book, straight back. I Love this book and it did Transform my life and continues to do so and as I learn to Implement more of what she teaches!

I am adapting some of the suggestions from the book into my own life and already feel that it is making a difference. I would recommend this to anyone having any body aches and pains including ones that have been diagnosed. I think it can help most. it may help to reduce the need for pharmaceuticals.

This book is wonderful--a gift to humankind, and particularly to those of us in the U.S. with our perverted postures. It is well-written and is filled with pictures which make abundantly clear the points she is making. Hopefully this book will get many more readers who understand, at last, that posture is not what they were taught and that posture has MUCH more to do with health and pain-free well-being than they ever supposed. I am not a Mom, but I recommend this book to them for its comments on newborn "posture" and also car seats--invaluable information for getting a good start on a healthy life. Wish I had had this book when I was much younger and much earlier in my now 16 years of serious back problems. As it is Porter had to self-publish the first edition because editors were telling her people would not be interested in books on posture. (That's because we have this really screwed up idea of what posture is and its relevance to our health. Highly recommend this book.

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