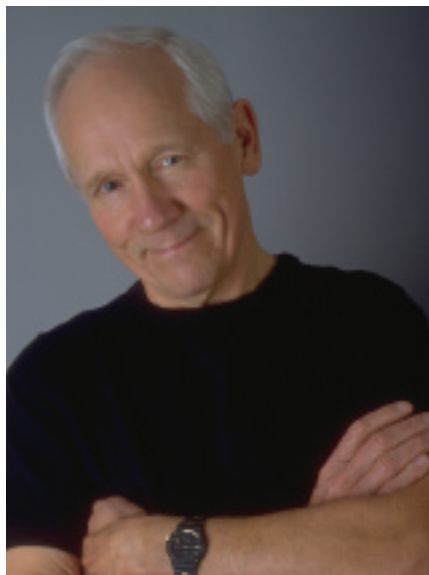


KYTBHealthNews

A Publication of Ken Youngberg Therapeutic Bodyworks Inc.

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Enjoying the Summer



I am committed to eliminating your soft tissue pain as quickly as possible

Ken's Q & A

I'm not comfortable exercising and am not sure if the benefits outweigh my discomfort. Is it worth the pain?

It's difficult getting through the first two weeks that may be painful. It gets easier and exercise will reduce tension from stress, strengthen your immune system, slow down the aging process, increase energy, and maintain weight. **Stick with it!**

Health Update

The pelvis is the cornerstone of our physical structure and provides a feeling of grounding and balance. To maintain this feeling of balance from within, the pelvis must interact and function with all the various muscles of the torso. This balance sets the tone for support of the spine, rib cage, head, and the organs. Most clients who present with low back, hip, groin, knee, calf, shin, ankle, and foot pain usually have an imbalance in their pelvis that is treated with a deep tissue restructuring protocol. A balanced pelvis frees the iliopsoas muscle, the central muscle in the mid trunk, and increases the range of motion in the hip joints, preventing future low back, hip, and lower extremity problems.

Therapeutic News

Motion: All of the body's systems—digestive, circulatory, immune, and so on—are interrelated. The common thread that binds them together is movement. The faster the molecules of the body move, the higher the metabolic rate. The higher the metabolic rate, the healthier the human being. We are designed to run, jump, climb, fall, roll, and skip, not just for initial development but for continued health throughout our lives. If these activities hurt or cause pain, it is because we are violating some or all of the laws of health.

One of the Eight Laws Of Physical Health from Pete Egoscue's, Job's Body, Deane Juhan

Pain Free-A Revolutionary Method For Stopping Chronic Pain.



Releasing the iliopsoas and adhesions within and around it normalizes the lumbar spine.

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