

MOVE YOUR DNA

RESTORE YOUR HEALTH THROUGH
NATURAL MOVEMENT

EXPANDED EDITION

“Groundbreaking information with specific instructions for how to live well in your body. Katy Bowman is a practical genius.”

CHRISTIANE NORTHRUP, M.D.,

Author of *New York Times* bestsellers
Women's Bodies, *Women's Wisdom* and *The Wisdom of Menopause*



Includes 70+
exercises and a
new 3-level
movement
program

KATY BOWMAN



Katy Bowman

**Move Your DNA: Restore Your Health Through Natural Movement
Expanded Edition**



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Move Your DNA clarifies the technology behind our need for natural movement right down to the cellular level. In layperson-friendly conditions Move Your DNA addresses the huge levels of disease we are suffering from, identifying our lack of movement because the primary cause. Visitors may use the corrective exercises and changes in lifestyle Katy Bowman has created to help each of us transition to healthy, naturally moving bodies. Humorous, exciting, and science based, the bestselling 1st edition of Move Your DNA has been updated and extended to include a comprehensive three-level exercise program. It examines the distinctions between the movements in a typical hunter-gatherer's lifestyle and the movements in our own. It shows the many problems with using exercise like movement vitamins instead of addressing the deeper issue of our poor movement diet. From couch potatoes to professional athletes, new parents to seniors, readers will like Bowman's humorous, passionate, and science-based guide to restoring your body and reclaiming your daily life. Best of all, Move Your DNA contains the corrective exercises, habit adjustments, and simple changes in lifestyle we have to make to be able to slowly mobilize our body to decrease discomfort and uncover our naturally healthy, reflex-driven selves.



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As a polemic, Katy Bowman's *Move Your DNA* rates 5 superstars. As a polemic, Katy Bowman's *Move Your DNA* rates 5 superstars. As a function of popular science writing and an exercise manual, ratings drop to 2 celebrities. As an Alexander Technique Instructor, I can't help but cheer at Katy's thesis that the mechanical forces produced from our day to day hours of seated, wearing shoes and staring at screens shape our bodies. Although something seems intuitively true, it may not end up being. It's F.M. And her assertion that the endless program of crunches (that occur even in a few of my favorite yoga classes) may have limited value and could even damage the spine. After reading Bowman's book, you might find yourself squatting to proceed the potty, working barefoot and sleeping on to the floor — or at least throwing out your pillows. She opens with the dramatic exemplory case of "Floppy fin syndrome." The mechanical forces created whenever a killer whale swims in the sea at adjustable depths, speeds and direction load the fin cells in ways that stimulate the fin to stiffen and stay upright. By bettering our day to day movement habits, we have a better standard of living. Every modern convenience from heat, to cars, to your fluffy mattress, protects the body from the mechanical loads essential for health. There is no way it is possible to change each one of these things simultaneously. Bowman does not shy away from strong analogies want "casting." The adaptations our bodies make when we need to wear a cast, such as for example muscles wasting, stiffening and bone reduction occur in response to your environmental "casts" of easy sidewalks, chairs, and also indoor time. From our eyes to our feet, our tissues comply with the restrictions of our daily positions. Bowman has a firm deal with on the truth that our bodies function as a whole, and the added benefit of a scientists perspective on the consequences of force on cells development. Now they're easy to find and follow! Alexander's thesis: "Make use of impacts function," reformatted for a modern viewers with a scientific and paleo twist. The book is less wonderful as a fitness manual. It's poorly structured and hard to search. This problem could be worse in the Kindle version, where in fact the index lacks hyperlinks and location references. Especially the podcast! If it had been hard for me, as a movement professional, to decipher all of her exercises, I'm imagining it could be quite irritating for a lay person. Even though book isn't intended as a technical study in bio-mechanical sciences, I would have appreciated a little bit more evidence. Among the rare books that will change the method that you think "Move your DNA" is one particular rare books that may completely change the way you think. try sitting down on the floor at least 30 minutes each day in another of the positions described, etc. However she does not present proof that her approach increases results. Even an admirable daily workout habit cannot fight the additional 23 hours of our time. There's no way that such a little book could be comprehensive, and I believe bowman's attempt isn't to get us to adopt a fully paleo way of living, but to rethink our current one. Whales in captivity don't get these organic mechanical loads and the top fin flops. For example, she devotes a large section to her thesis that Kegel exercises (isolated contractions of the pelvic flooring muscles) may cause more harm after that good. In this instance, Katy Bowman will change how you think about your body, the method that you move it (movement), and the role of exercise (necessary however, not sufficient).. Highly recommended I can't recommend this book highly enough for anybody interested in body mechanics. I've trained biology but her dialogue of the center and blood circulation opened my eyes to something that must have been obvious. Understanding circulation as ONLY the heart pushing blood to your tissues is appropriate only inside our movement deficient lifestyle. When we move like we ought, after that circulation is a combination of the center pumping and moving muscle groups vasodilating drawing bloodstream into capillary beds - pressing and pulling! do all the repetitive, muscle mass building exercise you wish but if you don't understand movement, you might not be carrying out yourself any favours Little movements help to make a big difference Like the exercises by Katy Bowman. Particularly, it now carries a many more helpful guides to essentially USING the exercises. For instance, just like product cannot replace real meals in what you eat, exercise cannot replace movement to keep the body healthful. Bowman's explanations of the way the shape and routine of modern lifestyle has impacted our anatomies, and how to proceed about any of it, exceeds any

I've encountered up to now and will make a long lasting impression. The suggestions and exercises she provides are practical and doable. A lot more, I'm currently noticing differences in my body from incorporating just a couple of her pointers. Another excellent piece simply by Katy Bowman Love the update. A must-read for anyone with a body Good info, and the premise is i'm all over this: that is, we have to move even more, all damn day, not just an hour right here or there in the fitness center AND we need to be mindful of HOW we are moving so that we get our 21st century bodies back in the form nature intended. Katy offers you "correctives" to get yourself gradually back alignment. These include stretches and exercises, but also fresh lifestyle habits that one must adopt over time (eg. sitting on the floor instead of fluffy modern furniture, squatting to visit the bathroom ., transitioning to "barefoot" shoes, etc. Then probably week 2 (or month 2) you focus on being mindful of the way you stand. Amazing, and a little horrifying. For instance, good posture is not what you've always been told it really is, and adopting good posture will feel weird initially, which will probably make you think you do something wrong. This is not a really problem with the reserve, but instead just the character of the subject matter. It is possible to only explain things about the body so very much in a book. (I'm actually going to a Move Your DNA workshop this weekend, where an instructor will consider us through all of the exercises, so hopefully that will clear things up. I have read and re-examine this reserve, and am recommending it to my sufferers... which is a Great deal to be thinking about as you go through the day time. Our bodies will be the whale's floppy fin. Who knew that your body adapts to every motion you make, to repetitive motions that you make! For instance, maybe in week 1 you focus on becoming mindful of how you're sitting... I totally agree that Kegels usually do not address the overall make use of patterns of the pelvis and torso, and ideally, it's best to let those muscle tissue function automatically.... The book is filled up with insights.)..." etc. Overall, a great book and a must-browse for anyone with a body. Life altering Life altering! I love most of Katy Bowman's resources! (Wife of HURG) This book is crucial for anyone who wants to feel younger and have their body feel much better. I wish I'd go through this before I was almost 60 - but because the author says, you can begin at ANY age. The illustrative photographs tend to be pages apart from the text instructions. I bought this book for my Lending Library within my chiropractic office and people LOVE checking it out! I had to buy 2 more copies (1 for me at home and a 2nd one for work). You can. Expanded edition AWESOME! Evidently Amazon is retaining all the old reviews for Move Your DNA even though there is a fresh revised and expanded edition available now. I have owned both copies of this book and the brand new edition fixes all the things that I found without the first. Among the best books of the entire year. I am already very 'movement' aware, but it motivated me to be more so, and get more benefit out of normal, daily jobs. I am SO excited about the adjustments, because I've been wanting to better apply these ideas to my life but discovered myself frustrated by the first edition and what sort of exercises were hard to reference. I can't help cheering when she states that the invocation to tighten your tummy to safeguard your low-back is hopelessly outdated. Thanks a lot Katy for taking the time to revise this fabulous book! Just what a great book! Great insights into movement vs exercise Great insights into motion and its role in shaping the body over time both evolutionary time and your lifetime. You may be inspired to take off your shoes and operate around in the grass. Surprise! the most important book I've read in a decade This book showed me the difference between exercise and movement. This reserve is crucial for anyone who would like to feel younger and also have their body feel much better. A great publication to learn, to study, and to apply. There is they're really helping, keeping me moving Love to squat! It's not just taking a walk or using the elliptical at the fitness center. I've often enjoyed squatting and this publication made me have a better appreciation for the move. Fascinating, life-changing - Your DNA changes based on how you move the body! Amazon shoppers, keep these changes at heart if you read older testimonials that are still turning up for the brand new edition! I believe the book would benefit from an Appendix suggesting a more structured method of implementing new behaviors. There are good photos of people performing the exercises, but with some of

them it's still really difficult to tell if you're doing them right, especially being that they are so different than what we're used to. I must say i need to consider how I spend my "down" time, definitely NOT sitting in front of the TV! A pleasant book in the manner it does increase your intimacy with the workings of your body.)What could be improved:Shifting your DNA and getting real health back means changing your daily practices: how you sit, how you stand, the method that you sleep, how you walk. The composing style is certainly humorous and engaging without being overly simplistic or dumbed-down, making this can be an effortless yet extremely informative read. Beginning with square one you will understand much more about why movement is important, how exactly it affects you at most fundamental, cellular level, and WHAT movement is. Well examine by the author. I found this book extremely informative on the body and it techniques. It includes a quick reference guide to all the exercises at the back, plus three possible workout flows that one may use as a normal routine.



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