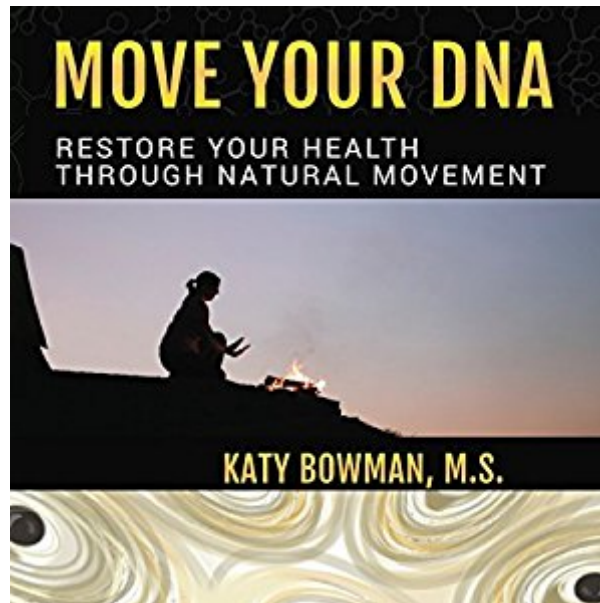




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Move Your DNA: Restore Your Health Through Natural Movement



Synopsis

Buried under "You Are What You Eat" headlines is another perspective supported by the latest research: You are, actually, how you move. *Move Your DNA* explains the science behind our need for natural movement - right down to the cellular level. It examines the differences between the movements in a typical hunter-gatherer's life and the movements in our own. It shows the many problems with using exercise like movement vitamins instead of addressing the deeper issue of a poor movement diet. Best of all, *Move Your DNA* contains the corrective exercises, habit modifications, and simple lifestyle changes we need to make in order to free ourselves from disease and discover our naturally healthy, reflex driven selves. The "movement is not optional" argument is so convincing, this audiobook was designed to be listened to while walking - each chapter listing the mileage for that section. An average walker will complete 20 miles while listening! From couch potatoes to professional athletes, new parents to seniors, listeners will love Katy's humorous, passionate, and - above all - science-based guide to restoring your body and reclaiming your life.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 37 minutes

Program Type: Audiobook

Version: Unabridged

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Best Sellers Rank: #20 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #406 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

As a polemic, Katy Bowman's *Move Your DNA* rates 5 stars. As a work of popular science writing and an exercise manual, ratings drop to 2 stars. As an Alexander Technique Teacher, I can't help but cheer at Katy's thesis that the mechanical forces created from our daily hours of sitting, wearing shoes and staring at screens shape our bodies. Even an admirable daily exercise habit cannot combat the other 23 hours of our day. It's F.M. Alexander's thesis: "Use affects function," reformatted for a modern audience with a scientific and paleo twist. After reading Bowman's book, you may find yourself squatting to go the potty, running barefoot and sleeping

on the floor â” or at least throwing away your pillows. She opens with the dramatic example of
âœFloppy fin syndrome.â • The mechanical forces created when a killer whale swims in the ocean
at variable depths, speeds and direction load the fin tissues in ways that stimulate the fin to stiffen
and stay upright. Whales in captivity donâ™t get these natural mechanical loads and the top fin
flops. Every modern convenience from heat, to cars, to your fluffy mattress, protects the body from
the mechanical loads necessary for health. Our bodies are the whaleâ™s floppy fin. Bowman does
not shy away from strong analogies like âœcasting.â • The adaptations our bodies make when we
have to wear a cast, such as muscle wasting, stiffening and bone loss occur in response to our
environmental âœcastsâ • of smooth sidewalks, chairs, and even indoor time. From our eyes to our
feet, our tissues conform to the limitations of our daily positions. Bowman has a firm handle on the
reality that our bodies function as a whole, and the added benefit of a scientists perspective on the
effects of force on tissue development.

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