

The Path to Moving with **Ease & Well Being** with yogaplustherapies.com

To get well you need to understand that you are a complete HUMAN - everything matters!

Start first with what is most important - the set some Goals to take you where you want/need to go...

Facilitate your RECOVERY - Be Comfortable & stop actions which aggravate symptoms...

Know your Goal/Intention - its keeps you motivated

Only get the TESTS you really need (Based on Clinical Guidelines)

Know about your PAIN - the bodies **PROTECTOMETER** - it is a measure of the body danger signals and what your brain thinks they mean (not a measure of tissue damage). Safe signals can reduce pain. Unfortunately inflammation & stress can amplify your pain, and pain can learn & get better at producing pain. However you can also unlearn pain with perseverance & practice.

Manage Loading - too much too soon can cause problems & more does not always mean better.

Staying Active & Reduce being Sedentary - this is more important than the posture you use - changing your position often is helpful. It gets your blood circulating, and aids health & well being.

Conditioning Yourself - Aerobic Fitness, Strength, Mobility, Flexibility, Movement Control, Core control - having these can make a huge difference to how you feel, move & recover.

Understand Alignment, Posture, Antigravity Control, Core, & Balance improvement maybe required if they are contributing to your problem.

Reduce Inflammation - It makes your pain worse, inhibits recovery & contributes to many chronic diseases.

Nutrition (proper) can also aid Recovery.

Self Regulation & Body Awareness keeps you in control.

Understand your Mind Frame, Feelings & Social Connections can affect your Recovery.

Even the Environment, Climate, your other Health Conditions, SENSORY Overload and exposure to Toxins may affect your recovery ie smoking & too much alcohol

Respect Yourself (& Everything)

Managing Stress is important to Recovery

Breathing Slow

Tension Reduction

Relaxation Regularly

Meditation if you need calmness

Remember Yoga can be a Holistic Tool to your Well Being & aid your recovery (there is research support).

Health requires BALANCE - our autonomic nervous system needs balance - the activating Sympathetic Nervous System can be too dominant, the calming Parasympathetic nervous system can be too low, and our enteric GUT nervous system including the GUT BIOME maybe out of balance, so we are unable absorb nutrition, produce the right chemicals, or even lead to increased inflammation.

There can be **role for Hands on Therapy** (Bowen or Acupuncture) or Manual Therapy, as these can speak to your nervous system, reducing over activation(spasms, knots, tension), awakening what is inhibited (weak muscles) and aid in restoring balance - another important aid to recovery.