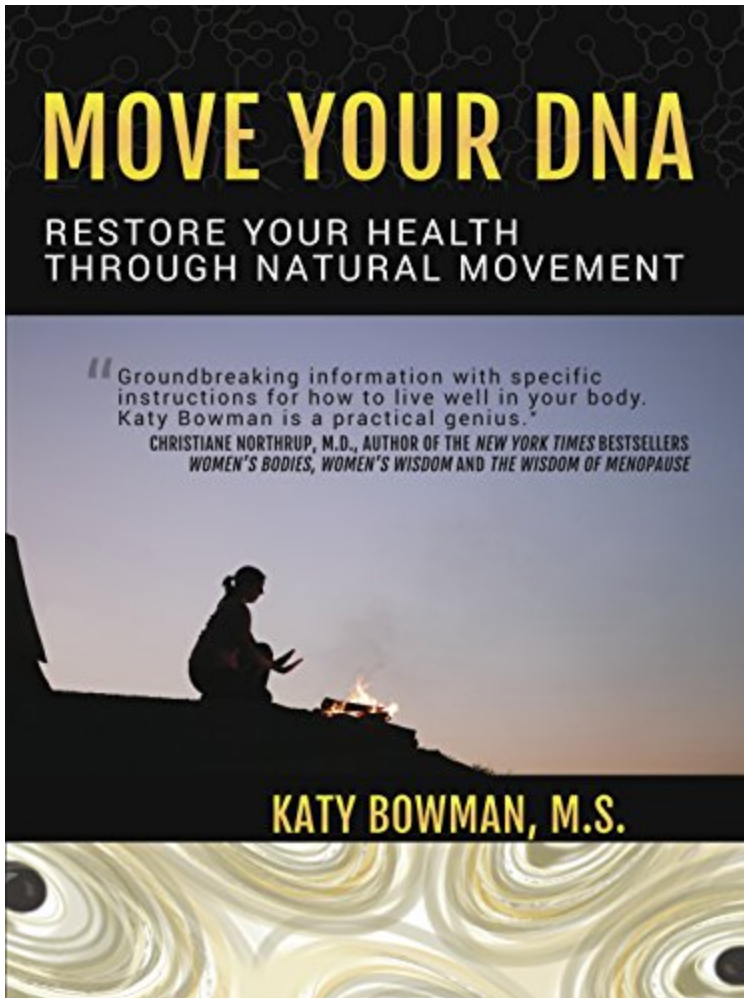


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Move Your DNA: Restore Your Health Through Natural Movement (English Edition)



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Description :

Prsentation de l'diteurDiabetes. Heart disease. Osteoarthritis. In this, the age of antibiotics, vaccinations, and state-of-the-art medical care, we are suffering from an unbelievable number of diseases and an intolerable amount of pain. And the reason is clear: Movement, which drives all of our bodily processes, is on the verge of extinction.Move Your DNA explains the science behind our need for natural movementright down to the cellular level. It examines the vast difference between the movements in a typical hunter-gatherers life and the movements in our own lives. It shows the many problems with our fixation on exercise over all-day movement, and how very much out of nature our bodies are livingin this movement-drought culture, we restrict our bodies in chairs and shoes and cars for the vast majority of our lives.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 pain and discover our most healthy, thriving, natural, reflex-driven

bodies. From couch potatoes to professional athletes, new parents to seniors, readers will love Katy Bowman's humorous, passionate, and above all science-based guide to restoring your body and reclaiming your life. *Revue de presse* Move Your DNA is one of the most important books I've ever read. If you've suspected 'nutritious' movement is as important to your health as nutritious food, you're right. This book explains why. --Robb Wolf, author of *The Paleo Solution* Groundbreaking information with specific instructions for how to live well in your body. Katy Bowman is a practical genius. --Christiane Northrup, author of the New York Times Bestsellers, *Women's Bodies*, *Women's Wisdom*, and *the Wisdom of Menopause* Presentation de l'diteur Diabetes. Heart disease. Osteoarthritis. In this, the age of antibiotics, vaccinations, and state-of-the-art medical care, we are suffering from an unbelievable number of diseases and an intolerable amount of pain. And the reason is clear: Movement, which drives all of our bodily processes, is on the verge of extinction. Move Your DNA explains the science behind our need for natural movement right down to the cellular level. It examines the vast difference between the movements in a typical hunter-gatherer's life and the movements in our own lives. It shows the many problems with our fixation on exercise over all-day movement, and how very much out of nature our bodies are living in this movement-drought culture, we restrict our bodies in chairs and shoes and cars for the vast majority of our lives. 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 pain and discover our most healthy, thriving, natural, reflex-driven bodies. From couch potatoes to professional athletes, new parents to seniors, readers will love Katy Bowman's humorous, passionate, and above all science-based guide to restoring your body and reclaiming your life.