

Move Your DNA: Restore Your Health Through Natural Movement, 2nd Edition

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Humorous, fascinating, and science based, the bestselling first edition of Move Your DNA has been updated and expanded to include a comprehensive three-level exercise program.

In layperson-friendly terms Move Your DNA addresses the vast quantities of disease we are suffering from, identifying our lack of movement as the primary cause. Readers can use the corrective exercises and lifestyle changes Katy Bowman has created to help each of us transition to healthy, naturally moving bodies. 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 our 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 slowly mobilize our body to decrease pain and uncover our naturally healthy, reflex-driven selves.

From couch potatoes to professional athletes, new parents to seniors, readers will love Bowman's humorous, passionate, and science-based guide to restoring your body and reclaiming your life.

A biomechanist by training and a problem-solver at heart, Katy Bowman has the ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor, earning her legions of followers. Her award-winning blog and podcast, Katy Says, reach hundreds of thousands of people every month, and thousands have taken her live classes.

Her books, the bestselling Move Your DNA (2014) 9780989653947, Diastasis Recti (2016) 9780989653961, Don't Just Sit There (2015) 9781943370009, Whole Body Barefoot (2015) 9780989653985, Alignment Matters (2013) 9781943370085, and Every Woman's Guide to Foot Pain Relief (2011) 9781936661077 have been critically acclaimed and translated worldwide.

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

This informative analysis of natural exercises uses apt analogies to demonstrate how best to build strength...Bowman covers some complicated topics, including physics, biology, kinesiology, and mathematics, but her tone is light, conversational, and often humorous, making learning from her effortless. Skillful use of analogy and metaphor makes complex topics accessible. For example, Bowman explains that loads are akin to the bending and rustling of a tree on a windy day and that inactivity can lead to disease in a way similar to that of a confined orca that develops a floppy fin. Move Your DNA is enjoyable, convincing, and sure to change the way fitness buffs (and couch potatoes) move.

--Foreword HEALTH & FITNESS [Review of First Edition, November 2014]
forewordreviews.com/reviews/move-your-dna/

This is a powerful, thought-provoking 'must' for any collection strong in not just health

routines, but in healthscience.

--Midwest Book Review

I would recommend this book to everyone. Whether you've been doing the fitness thing for years or are an absolute beginner, you will find seeds of wisdom to help you move more and better.

Move Your DNA is a paradigm shifter that acknowledges the complexity of modern movement habits while also providing helpful ways to improve and grow.

--Breaking Muscle [Review of First Edition]

breakingmuscle.com/reviews/move-your-dna-book-review

A pioneering and necessary book and an instant classic.

--Eden G. Fromberg, DO, for The Huffington Post [Review of First Edition]

Other Books

Popular Mechanics, Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

❓ ❓ ❓ ❓ ❓ . The old one goes into the small Dakota pickup, the new one into the vans and, eventually, into cars. ... The 3.9 intake manifold has a water ' passage around the exhaust crossover passage to preheat it, hopefully pre- j venting exhaust ..."