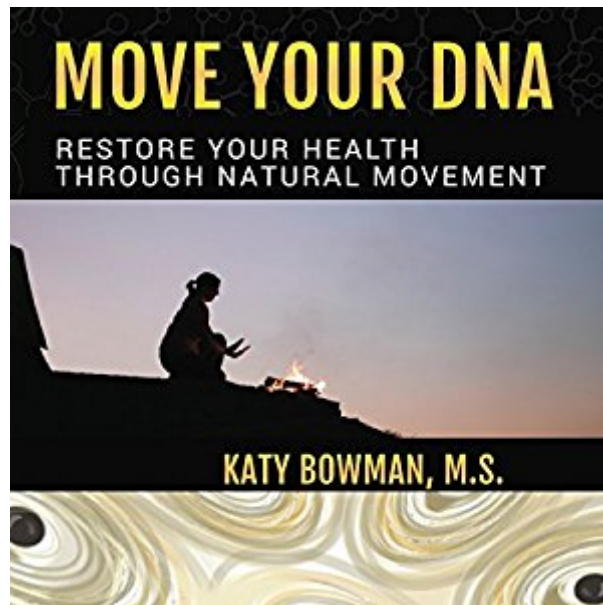


The book was found

# 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

Publisher: Propriometrics Press

Audible.com Release Date: September 24, 2014

Language: English

ASIN: B00NVSFXN2

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 scientist's perspective on the  
effects of force on tissue development.

[Download to continue reading...](#)

Move Your DNA: Restore Your Health Through Natural Movement  
Natural Gas Trading: From  
Natural Gas Stocks to Natural Gas Futures- Your Complete, Step-by-Step Guide to Natural Gas  
Trading  
The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida &  
Restore Vibrant Health  
Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and  
Restore Thyroid Health Through Diet  
Every Landlord's Guide to Managing Property: Best Practices,  
From Move-In to Move-Out  
French On The Move For Kids (1CD + Guide) (On the Move S) Spanish  
on the Move: The Lively Audio Language Program for Busy People (Language on the Move)  
Natures Own Candida Cure (Natural Health Guide) (Alive Natural Health Guides)  
The Candida Cure  
Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality  
Super Genes: Unlock  
the Astonishing Power of Your DNA for Optimum Health and Well-Being  
Clean - Expanded Edition:  
The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself  
Living Candida-Free:  
100 Recipes and a 3-Stage Program to Restore Your Health and Vitality  
101 Movement Games for  
Children: Fun and Learning with Playful Movement (SmartFun Books)  
Teaching Movement &  
Dance: A Sequential Approach to Rhythmic Movement  
8 Steps to Reverse Your PCOS: A Proven  
Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility  
Preserving  
Your Family Photographs: How to Organize, Present, and Restore Your Precious Family Images  
The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the  
Weight for Good!  
GENETICS: BREAKING THE CODE OF YOUR DNA (Inquire and Investigate)  
Gene Keys: Unlocking the Higher Purpose Hidden in Your DNA  
Clean Green Drinks: 100+  
Cleansing Recipes to Renew & Restore Your Body and Mind

