

Movement for Health -Letting Go.

By David Scott, A Natural Health Advocate.

This article does NOT offer medical advice and you should always consult your physician before taking any supplement.

Ever watched a child try to open a door who has barely begun to walk? It is an amazing feat for they can open quite heavy doors. How do they do that? They put their entire body into it. I am reminded of their strength every time a baby grabs my nose. It feels like my nose is being pulled of my body.

Every child begins movement in an original way driven by their curiosity and surroundings. They begin to move, to see, touch, and even taste the world about them — this whole body movement includes fundamental steps to health.

Does a child have big heavy muscles that ripple in the sun? No, and if you test their muscles they are limp — totally and completely relaxed. Even as they learn to walk, they learn to sit back down on their bottom and absorb their whole body. What lessons can we learn from children that will return to us some of their energy, resourcefulness, curiosity, and health?

First “let go”. When a child lets go, it is a genuine dismissal of force.

Total relaxation and on to the next thing. Relaxation relieves our body of tension, drops our shoulders, and relaxes our neck. It can not be done without sitting up straight and letting the weight of our head be held & balanced by our body. It relaxes our legs and takes a load of our feet. Standing up, sitting down or laying down is letting go for a child. They relax through the adventure of life.

For a child to be prepared for the next discovery, they must let go of the current discoveries — let go and be amazed at what you see, touch, hear, and taste.

What lessons can you learn from a child to guide you to being young again? When you step, slow down. Throw those feet out first (hesitate) and place that next step down before you move forward. Then roll across to that foot ... push your body across by straightening the leg. And absorb that step by slightly bending the other leg.

Most people step by falling from one leg to the other like John Wayne. Our quadriceps bear the brutal stop for each step while our hips, knees, and ankles suffer. As we give them a break by turning our feet outward, we further punish the body by breaking down our arches. Then we begin to lean back in a series of postural adjustments like driving in a speeding car.

Hesitate, put the foot out, roll from one side to the other, and let the deeper back muscles pick up the foot and gently place it down. The soft roll from one leg to the other gives the hips, knees, and ankles a vacation.

Children naturally begin walking this way. They completely separate their weight.

This develops compensating muscles for refinement in their walk. These are the same muscles we weaken as we age. This simple change restores balance, strength, and poise in walking.

Here's To Your GOOD Health!

