



Enjoy Perfect Posture and Lasting Stress Relief

By Dr. Lynelle Kerr
B.App.Sc. (Chiro)
Director - innate

Do you dream of lasting relaxation and a stress free body?

Have you tried different forms of treatment for stress, muscle tension and poor posture and find the relief is only temporary? **innate** provides a long-term solution.

innate specializes in an innovative and powerful system of health care that allows you to enjoy lasting relaxation and stress relief. **innate** trains your body to release deep tension spontaneously and effortlessly. Results are lasting, because this new skill becomes a lifetime strategy your body develops.

Our clients testify to enormous release of tension, profound relaxation, significantly improved posture and a greater ability to adapt to stress. Moreover, **innate** is also well known for the life changing health and wellness benefits these new skills.

Why does muscle tension always return after your attempts to release it?

Have you wondered why your attempts to release muscle tension give only temporary relief? Why the tightness usually returns and why correct posture is difficult to maintain?

The answer lies in the nervous system, the brain and spinal cord. The spinal cord extends from the base of the brain to the tailbone and attaches inside the spine. Nerves from the spinal cord connect to all the tissues of the body.

When you are stressed, the spinal cord becomes taut which creates tension in your whole body. This is the basic defensive reflex of the body. The head and shoulders are pulled forward, the back rounds and the tail tucks ('defensive posture').

Over time with repeated exposure to stress, your body is unable to recover. It becomes 'stuck' in defense, locking in tension. Tissues become tight. Muscles and ligaments begin to strain and pull resulting in restricted movement, chronic muscle tension and poor posture. Our posture, spinal alignment and muscle tension are directly influenced by the state of the spinal cord.

To effectively and permanently release this tension and improve posture, we must first release the internal pulling created by the tight spinal cord, *inside the spine*. Unless this tension is released from the core of your body, your body will remain in a state of constant stress. Poor posture and tight muscles will persist and your attempts to release tension will only be temporary.

Why is innate so effective for releasing stress and dramatically improving posture?

What most techniques aim to correct through massage, manipulation and therapy, is often a symptom of the nervous system (spinal cord) storing tension from stress. At **innate** we address the cause not the effect! By releasing tension from your core - the spinal cord, **innate** effectively releases tension from your whole body. Your muscles will quickly soften as deep tension is released. Your posture will improve noticeably. You will feel more energized and alive!

Who we are and why are we different.

innate provides specialized health care by fully qualified Doctors of Chiropractic. It is however very different from traditional Chiropractic and does not utilize structural manipulations of the spine. **innate** practitioners use light, precise contacts along the spine, mainly in the neck and lower back. It is safe for everyone including pregnant women, newborn babies, children and the elderly. Sessions are quick, enjoyable and relaxing.

The benefits of **innate** are unique. We teach your brain to 'find' areas of misalignment and tension. Your body naturally develops unique breath and movement patterns. These 'spinal waves' release deep tension from your spine and body. Your body naturally releases tension and self-corrects your posture spontaneously and effortlessly! So rather than relying on someone to remove the tension for you, you can release it yourself.

How will innate give me *lasting* stress relief?

innate enables your body to develop new adaptive strategies to effectively recover from, manage and adapt to all types of stress. These lifetime strategies ensure that benefits are lasting. When your spine and nervous system are more flexible ...

- Your body will recover from the effects of past physical, chemical and emotional stress that we encounter throughout our lives.
- You will not become stressed so easily and will respond to challenging situations more effectively.
- You will have greater capacity to manage stress and will perform better under pressure.
- Rather than being a victim of stress you will be able to use it for positive transformation and growth.

Why are the benefits of innate so life changing?

innate offers more than simply a long-term solution to stress, chronic muscle tension and poor posture. The focus on **innate** is to continually advance your nervous system's ability to perceive your body, adapt to your environment and to facilitate you making healthier lifestyle choices.

Research* shows people who receive the Care we provide at **innate**, experience improvement in their overall quality of life, life enjoyment and their physical, mental and emotional well-being. **innate** allows you to experience the world differently and to live a more vibrant, energized life.

*University of California, (Irvine), School of Medicine.