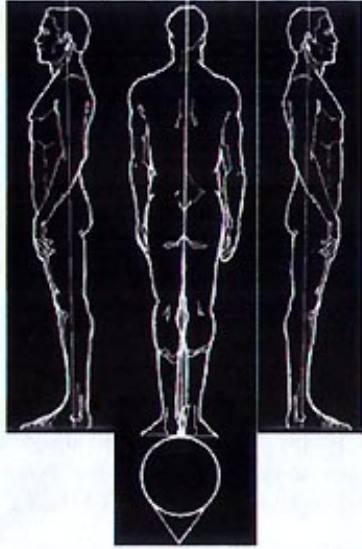


## POSTURE Key To Health



If you're not standing as erect as these drawings illustrate, you could be a candidate for health problems. Are your shoulders and hips level? Would a line down your side connect your ear, shoulder, hip, knee and ankle? Or does your body show hidden signs of distortion and distress?

**Give me a chance to discuss this powerful treatment. It can correct problems in your body that will surprise you - and in a completely natural way!**

## Spinal Touch Treatment

## The Original BioMechanics Technique...



the Reverend Patty T. Sandmaier

Mystic Touch  
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## Mystic Touch



Your  
Introduction  
to the

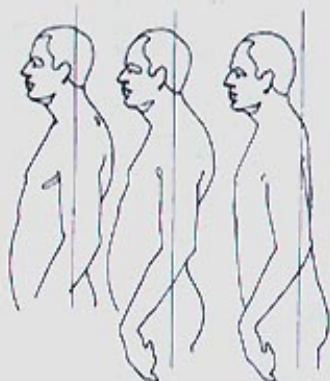
## Spinal Touch Treatment

## Picture of Health

The human body is built in such a way that it will maintain health and vitality in earth's environment of constant gravity, even when subjected to an unending variety of stresses. The body is self-repairing and is extremely adaptable to the many internal and external changes to which it is subjected. The adaptability is achieved by having all parts and organs of the body situated so as to interact properly, not only with each other, but with gravity. When such a relationship is maintained, a person is youthful, healthy, and full of energy and vitality.

## Distortion Health Breakdown

However, the body is often placed in a state of strain which causes loss of proper balance between parts of the body and gravity. Such imbalance or posture distortion usually indicates internal body changes long before any body functions appear disturbed.



Viewing the forgoing diagram of typical posture distortion, several problems are clearly evident: crowding of the lungs and heart, sagging of abdominal organs, and muscles constantly fighting the pull of gravity. In addition, diaphragm movement is hindered, thereby decreasing the amount

amount of air taken into the lungs and requiring the heart to work harder to pump the blood, which in turn creates congestion and back pressure of circulation in the pelvis and legs.

It is no wonder that many of us suffer from aches, pains, headaches and a host of other medical problems.—Old before our time. Truly, "Posture is a determiner of age than years" - In vain we admonish ourselves to stand up straight, fighting futilely the internal changes which have caused our poor posture, not realizing that proper posture may only be achieved as a result of reversing and correcting the internal strains afflicting us.

## Stress and its Effect on your Body

The constant bombardment in our daily lives of pressures, problems, sadness, illness, disappointment, etc., put our bodies under constant stress. When the Creator designed our bodies, allowances were made for a certain degree of stress and strain. We refer to this as the body's "elastic limits". Meaning that the muscles, the nervous system, the organs and other membranes of the body would be able to tolerate loads and stresses beyond their normal limits for short periods of time without breaking down or collapsing.

Our bodies are wonderfully made, but in modern society, stresses placed on them are more frequent and come from many more sources than ever before. As a result, most of us push our bodies far beyond the "elastic limits".

When pushed beyond these natural limits, stress becomes strain. A strain is entirely different in its effect on the body than stress. Now there has been a change made in the body's tissues. These fatigue poisons are acid in nature and are the waste products left when the body burns up glucose which has been stored in muscle tissue. Glucose is the energy-nutrient carried to the tissues by the blood.

Under normal conditions, the muscle, when used, burns glucose. When the muscle is relaxed the wastes (fatigue poisons) are then carried away in the blood stream. Fatigue poisons are converted to carbon dioxide and water. As the blood is filtered through the kidneys much of the fatigue poisons are cleaned out. The balance are expelled through the lungs as the blood deposits these poisons while picking up vital oxygen.

## Posture Key to Health

Understanding how posture is effected by stress and strain brings us to the exciting conclusion that it is now possible to recognize and treat the degeneration of health even before any symptoms appear, simply by measuring and analyzing a persons posture and then correcting the distortions found by releasing the existing internal strains.

Even serious degenerative diseases such as Multiple Sclerosis and Muscular Dystrophy have responded to such posture correction. The results vary from complete and rapid recovery to a state of control and relief depending upon the complaint, age of the patient and length of time the condition has existed.

Posture evaluation and treatment may be the answer to your health problem.

How do you stand? - Find out today!

## One Treatment is not Enough

If your body has been storing up these toxic poisons for a prolonged period of time to the point of distorting your body, it will be impossible to relieve all tension in one treatment. Even if it were possible, releasing so much toxin into your blood stream at one time would make you very ill. Therefore, it will take a number of treatments in combination with improved diet, etc., before your body will regain its normal posture and health.