



Body Talk

Musculoskeletal Reciprocals

In a healthy body all joints and intervertebral discs of the spine are under tension rather than compression, allowing you to have a 'spring in your step' that minimises impact. Buckminster Fuller (an engineer inventor and architect) used this concept, and termed it 'tensegrity', in structures he created which depicted large, self-supporting geodesic domes that placed no excessive pressure on any particular spot. BodyTalk works with this concept within your body's own natural shock-absorbing abilities, keeping your joints agile and your movements fluid.

When one of these points falter, the rest of the corresponding structures have to 'pick up the slack' which now compromises the integrity of the self-supporting structures of a person, causing significant changes in posture, circulation, energy and lymphatic systems within the body.

It can be better explained like this:

Every one of your organs and bones are supported by a network of tendons and ligaments. They are designed in this way so that no bone or organ should bear any more weight other than its own. When these connecting points break down (through physical, mental and emotional stress) the structure starts to shift, and the rest of the points have to make up for the one that broke. We call this compensation. That particular section is bearing more weight than it should.



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Benefits of the musculoskeletal techniques include:

- The whole total health – every single function you have
- It boosts your energy levels – because you are not having to work so hard as the structure is in optimal balance.
- It influences your mood. When you are not working so hard you feel better. You have better resolve to take on projects and to do more stuff. When the body is working so hard just to stand up and function you don't have any energy to spare.
- It balances the flow of energy through your body. Anytime we open up a structure we open up everything inside including the energy meridians, circulation of blood and lymph.
- Improves structural integrity – our balance, our strength, our stamina, and our resiliency.
- Improves breathing cycle – when in a compromised state, the diaphragms have unnecessary pressure exerted on them and become compromised themselves.
- Influence muscle tension – it takes 300 muscles to stand still. If your posture is not balanced, you start using more muscles and they have to work harder. Therefore, reduces muscle tension relating to posture.
- Improves digestion system because it takes tension off the organs.
- Helps the diaphragms move
- Helps energy move through the organs



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