



Muscles and Meridians: The Manipulation of Shape

Phillip Beach

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Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders.

- Describes a new model of human movement - the Contractile Field model
- Offers a rare and serious attempt to look at whole person movement patterns - akin to 'Anatomy Trains' but with a stronger link to vertebrate evolution and development
- Suggests that much of our endemic back and leg pain is due to a loss of ease in postures that are 'archetypal' to mankind
- Offers a profound new understanding of the world's oldest medical map, the Chinese meridian map

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A lot of people always spent their particular free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day long to reading a guide. The book Muscles and Meridians: The Manipulation of Shape it is rather good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too expensive but this book offers high quality.

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