

Unwinding the belly

Unwinding the Navel

Use the same position as for belly breathing. Make sure that you are not holding up your legs with muscle tension. If you are straining your legs, the hips cannot relax.

With two fingers of whichever hand is comfortable, pick a spot on the rim of the navel. Please remain on the rim, not inside the navel. Working inside the navel is too central, too intimate, and too intense (fig. 5-5).

Now, with your finger, feel the quality of the skin and what's underneath it. Without lifting your fingers, make slow, rhythmic circles. After you have felt and nurtured that spot with at least several rotations, move slightly clockwise to another point on the navel rim. Clockwise means moving toward your left hip. I finger-circle at this new spot, gently, slowly, while breathing into your belly.

Move around you have covered the entire rim of the navel. Be sensitive to any sensations of tension or areas of discomfort. Work those areas a bit more, gently, with breath, and nonjudgmentally. Ask your



Unwinding The Belly Unwinding The Belly

Frank Jenners Wilstach



Unwinding The Belly Unwinding The Belly:

Unwinding the Belly Allison Post, Stephen Cavaliere, 2011-10-18 Addressing a wide range of conditions including digestive problems anxiety and depression this handy guide helps readers reclaim basic health by using proven techniques to reconnect with their bodies The authors show how to tap into the body spirit s intuitive center and perform simple quick exercises to heal Twenty seven line drawings and 11 photographs simplify the process and gentle humor offers encouragement From the Trade Paperback edition

The Gut Wellness Guide Allison Post, Stephen Cavaliere, 2018-08-07 A holistic step by step gut health guide for anyone grappling with chronic pain fatigue gas bloating and other common disorders associated with the gut Addressing a wide range of conditions including digestive problems anxiety and depression this easy to use guide presents simple ways to relieve the stress related to some of today s most pressing health problems Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion and they demonstrate proven techniques to reconnect with our bodies and reclaim our health The book also teaches you new information about the gut microbiome how to hold onto health goals while navigating mainstream medicine alternative health programs why the gut is critical in hormonal and immune function how to treat a variety of digestive ailments like Irritable Bowel Syndrome IBS constipation diarrhea heartburn and food sensitivities self help techniques for increasing metabolism and cellular energy and revitalizing the natural healing powers of the body Previously published as Unwinding the Belly The Gut Wellness Guide expands on the original book and re introduces the method of Unwinding a clear accessible way to connect the gut brain to the main brain and to relax tune in to your body and create a customized action plan to heal

Unwind Robert Bruce Burns, 2003 Ten simple and effective strategies for controlling and managing your stress levels at home and at work "A" New English Dictionary on Historical Principles James Augustus Henry Murray, 1926

The Relaxed Body Book Daniel Goleman, Tara Bennett-Goleman, Judith Groch, 1986 *The Cook and Housewife's Manual ... The fifth edition, revised and enlarged, etc* Margaret DODS (pseud. [i.e. Christian Isobel Johnstone.]), 1870 *The Cook's Complete Guide on the Principles of Frugality, Comfort, and Elegance* Esther Copley, 1810 *The Cook and Housewife's Manual. A Practical System of Modern Domestic Cookery and Family Management ... [Illustrated.]* Christian Isobel Johnstone, 1870

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