



## To Women Who Want To Relieve Stress, Tension, Pain Or Anxiety -- But Don't Know How To Get Started Damaging Effects of Forward Head Posture

The effects of posture on health is becoming more evident. Spinal pain, headache, mood, blood pressure, pulse and lung capacity are among the functions most easily influenced by posture. The corollary of these observations is that many symptoms, including pain, may be moderated or eliminated by improved posture.

One of the most common postural problems is the forward head posture (FHP). Since we live in a forward facing world, the repetitive use of computers, TV, video games, trauma and even backpacks have forced the body to adapt to a forward head posture. Repetitive movements in a certain direction will strengthen nerve and muscle pathways to move

that way more readily. An example would be the adaptation of the body to do gymnastics easily after repetitive practice. It is the repetition of forward head movements combined with poor ergonomic postures and/or trauma that cause the body to adapt to a forward head posture.

Find out the real facts about F.H.P. by calling 111-222-3333 and asking for our Free guide, **“Damaging Effects of Forward Head Posture.”** It will educate you about common causes and solutions you can use.

\*\*\*\*\*