



Information About Ishta Spinal Touch

This article was submitted by [Allyn Edwards](#)

The following quote is by Roger Sperry and refers to a physical body when it is in the Physiological Efficient Posture.

The Key to Abundant Energy

"Better than 90 percent of the energy output of the brain is used in relating the physical body in its gravitational field. The more mechanically distorted a person is, the less energy available for thinking, metabolism and healing."

Roger Sperry, PhD.

Medical Nobel Prize winner for brain research, 1981.

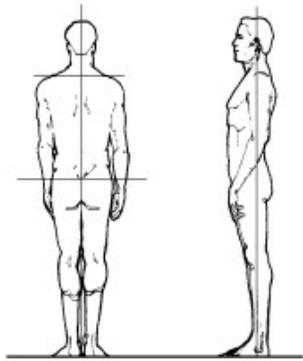
This is the underpinning of just why everyone should be having Ishta Spinal Touch on a regular basis.

What is the Physiological Efficient Posture?

This is a shorthand way for describing a body in which all of its many parts are in the correct relationship to gravity and to all of its other parts. It is in this position that the body works most efficiently. That is, it uses the least amount of resources at its disposal to maintain itself as it should do.

But what does it look like?

Well, if you stood a person in front of a plumb line it would bisect them evenly in two, left to right, and their shoulders and hips would be level and parallel. Side on, the plumb line would fall through the middle of their ear, shoulder, hip, knee and ankle, and the body would show smooth and regular curves; much like in the diagram in the left panel of this page.



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The Remaining 10%

If we look again at the quote from Roger Sperry we can see that just under 10% (let's call it 10% from here on in) of the total output of the brain is used for thinking, metabolism and healing.

Just think about that for a minute. 90% of the total output of the central nervous system is used for keeping our bodies upright in the gravitational field and only 10% for everything else.

Only 10% of the output of our central nervous system is available for digesting our food, making new body parts, composing symphonies, being good at sums, restoring, renewing and repairing ourselves, loving our families and friends, being creative, reading this page, and in fact any other activity you can possibly think about!

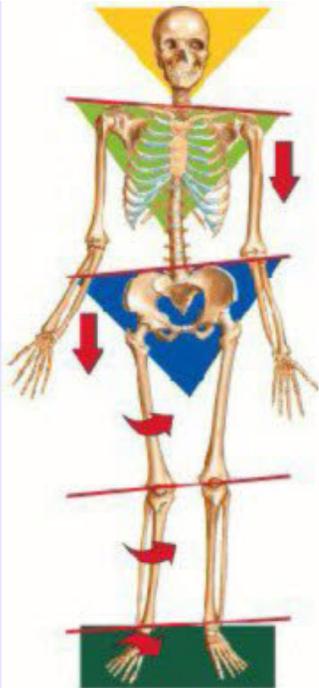
Obviously we need to keep that 10% working so that we can reach our full potential in life.

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The further away from this ideal situation a body is, the more energy is begin taken in keeping it upright and balanced - and this leaves less energy for psychological processes like concentration and thought, as well as for healing.

For further details, visit: www.ishtaspinaltouch.com

Less than 10%

What happens if we are not in the Physiological Efficient Posture? I'm sure you're ahead of me already. The body will recruit as much of the remaining 10% it needs to offset the increased drain on the system that is incurred when the body needs more resources to stand upright.

That means even less of the remaining 10% is available for everything else, or, as Roger Sperry says in the opening quote,

"The more mechanically distorted a person is, the less energy available for thinking, metabolism and healing."

For optimum Thinking, Metabolism and Healing

Obviously for optimum thinking, metabolism and healing we need to do two things. We need to keep the body in its physiological efficient posture and we need to make sure that the remaining 10% isn't being reduced in its effectiveness in some other way.

Ishta Spinal Touch does both of these things simply and elegantly.

How do we lose the Physiologically Efficient Posture?

The most common cause for losing the Physiological Efficient Posture is that the body's centre of gravity comes out of balance with its centre of support, called the counterweight. If we were a static object, like a bridge for example, we would eventually collapse when the centre of gravity and the counterweight's relationship became deranged enough. However, we are not static objects but rather dynamic ones and we can compensate by chronically contracting our postural muscles. These will hold us up against gravity; but at a cost. We use extra resources to do this. That means there is less energy available for thinking, metabolism and healing.

What reduces the effectiveness of the remaining 10%?

Normally the postural muscles will correct any misalignments of the vertebrae, but if they are too busy holding you up against gravity then they are not flexible enough to do their job. When vertebrae misalign they can compromise the nerves going through and around those joints thus reducing the effectiveness of the remaining 10%. So there is even less energy available for thinking, metabolism and healing.

What does Ishta Spinal Touch do?

Ishta Spinal Touch, suavely and with great ingenuity, returns the centre of gravity to its correct relationship with the counterweight, releases the chronic holding pattern in the postural muscles and so restores the Physiologically Efficient Posture. The postural muscles, now freed from the task of holding you up against gravity, can get on with the job of correcting those vertebral misalignments allowing as much of the remaining 10% as possible for thinking, metabolism and healing.

Ishta Spinal Touch – More Information

Ishta Spinal Touch is taught by Allyn Edwards and Sue Weller. For more information, a directory of practitioners and to watch a five-minute video of an alignment please go to www.ishtaspinaltouch.com

Also browse our list of [Registered Practitioners](#)

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