

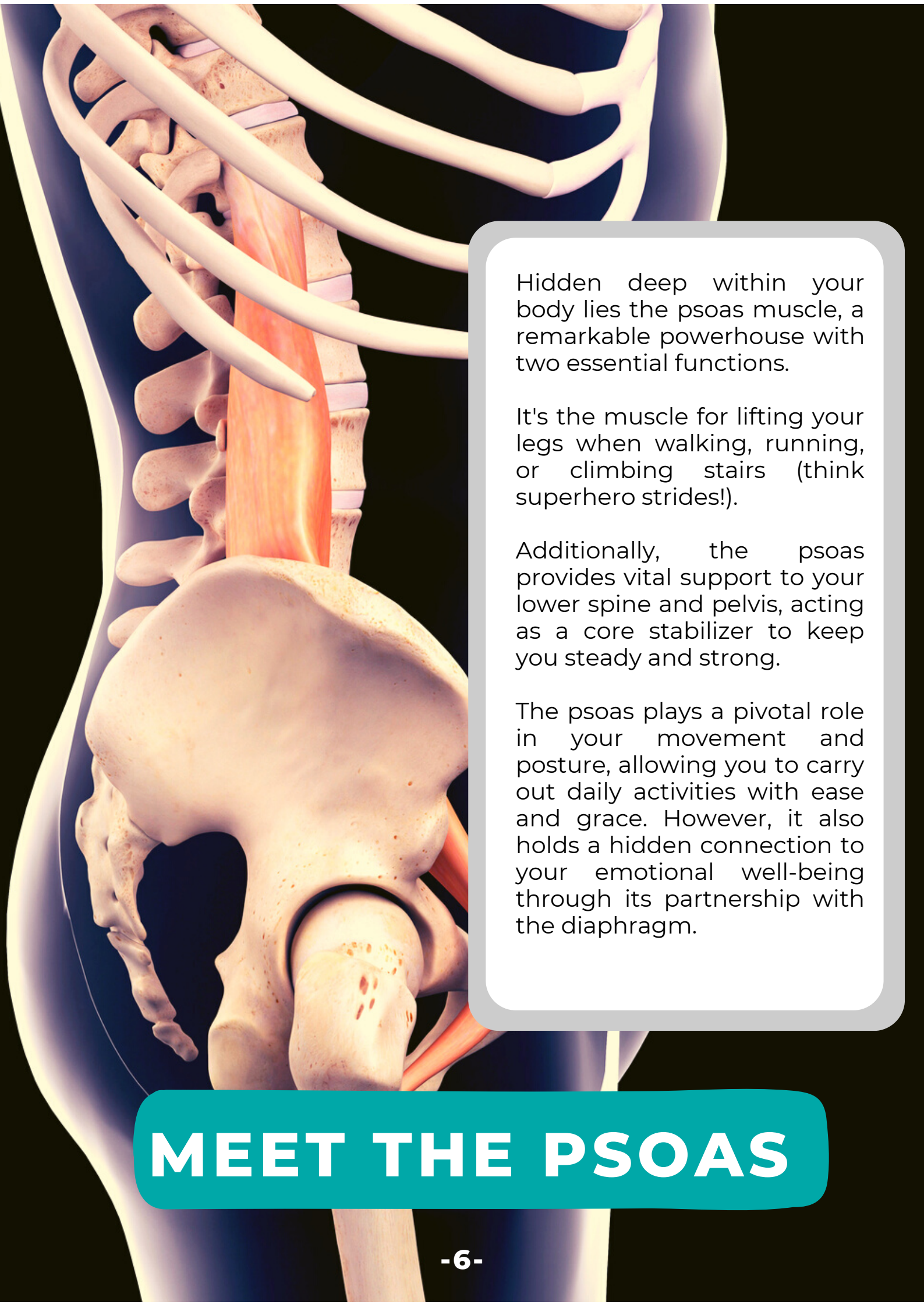
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Introduction

Welcome to a journey of discovery into the intricate world of the psoas muscle and its unexpected impact on your health and happiness. Understanding the psoas muscle can unlock the keys to a more vibrant life, whether you suffer from anxiety or are concerned about your prolonged sitting habits. In this ebook, we'll explore the wonders of the psoas, its connection to your emotions, how chronic shortening affects digestion, and how simple changes can help you regain control of your well-being.



Hidden deep within your body lies the psoas muscle, a remarkable powerhouse with two essential functions.

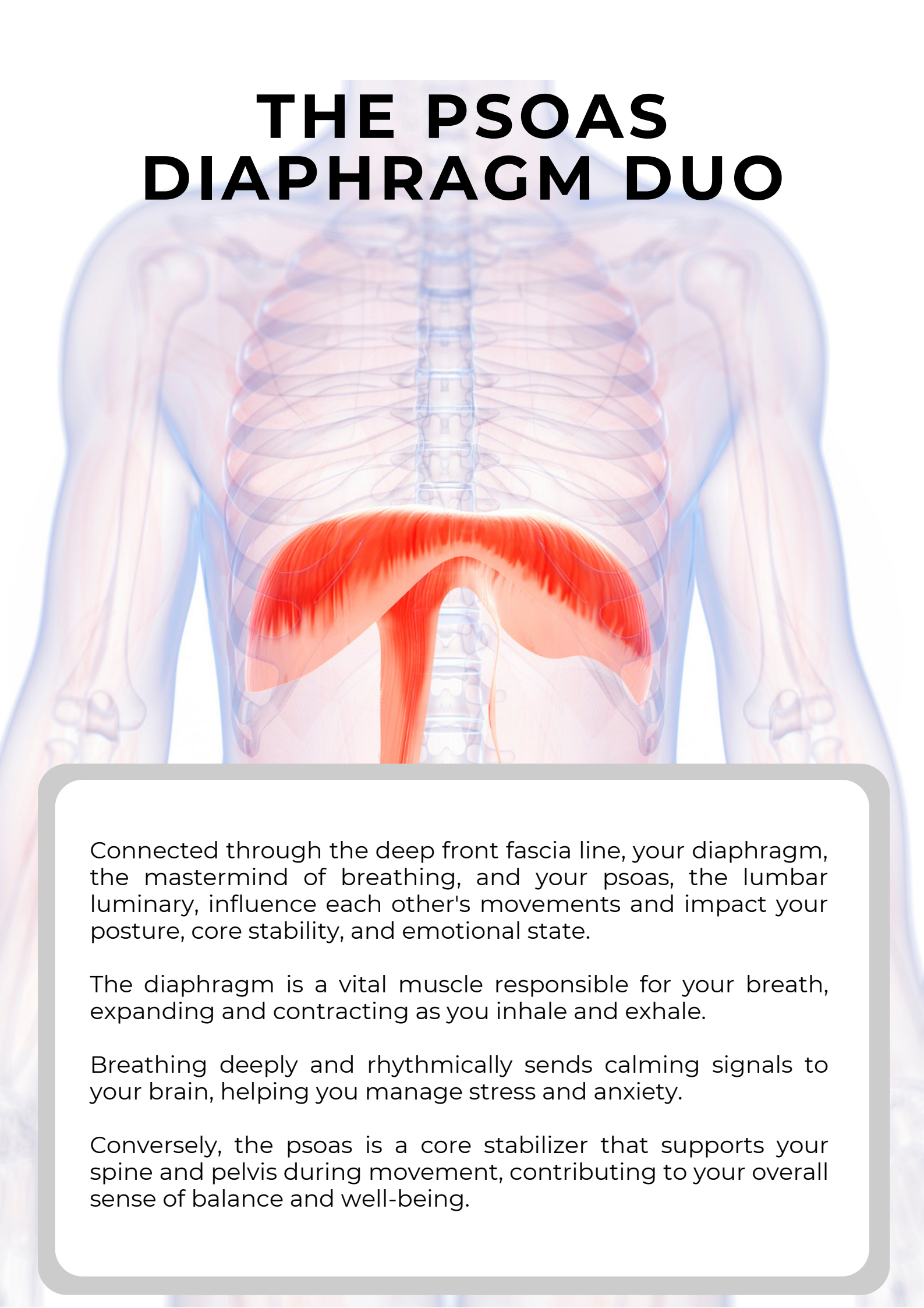
It's the muscle for lifting your legs when walking, running, or climbing stairs (think superhero strides!).

Additionally, the psoas provides vital support to your lower spine and pelvis, acting as a core stabilizer to keep you steady and strong.

The psoas plays a pivotal role in your movement and posture, allowing you to carry out daily activities with ease and grace. However, it also holds a hidden connection to your emotional well-being through its partnership with the diaphragm.

MEET THE PSOAS

THE PSOAS DIAPHRAGM DUO



Connected through the deep front fascia line, your diaphragm, the mastermind of breathing, and your psoas, the lumbar luminary, influence each other's movements and impact your posture, core stability, and emotional state.

The diaphragm is a vital muscle responsible for your breath, expanding and contracting as you inhale and exhale.

Breathing deeply and rhythmically sends calming signals to your brain, helping you manage stress and anxiety.

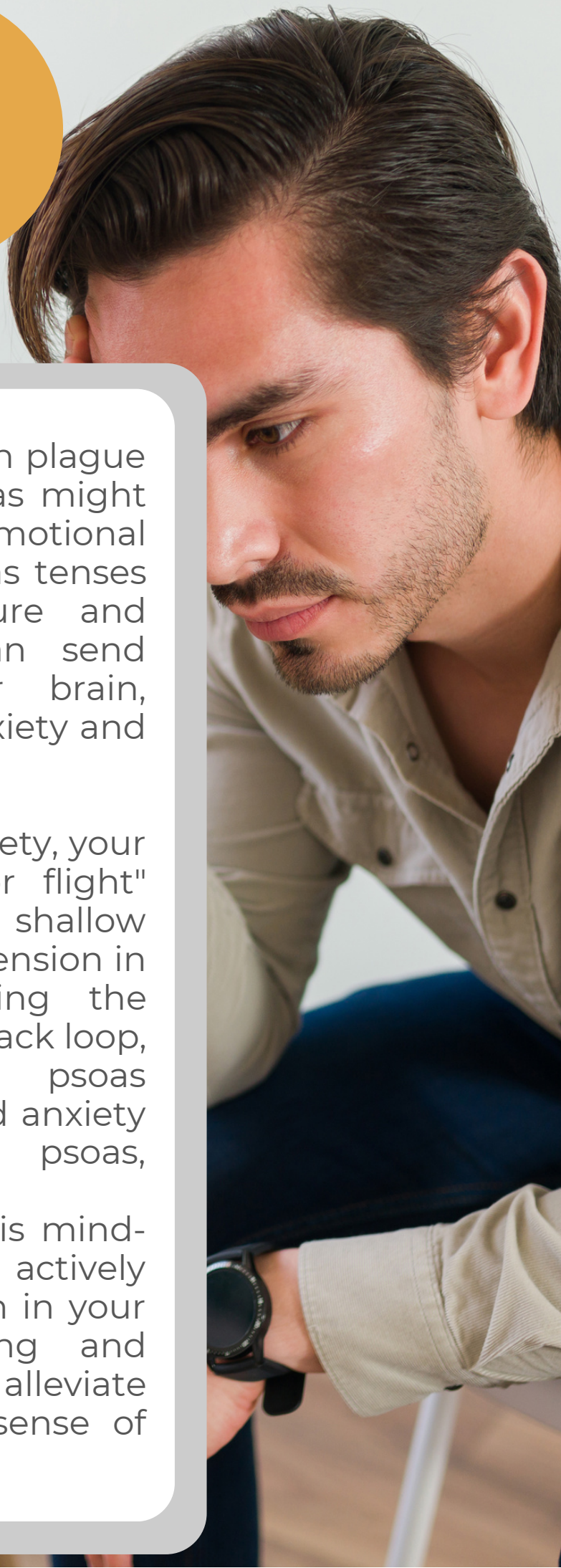
Conversely, the psoas is a core stabilizer that supports your spine and pelvis during movement, contributing to your overall sense of balance and well-being.

THE PSAOS & ANXIETY LINK

Do anxiety and stress often plague you? Your shortened psoas might be contributing to the emotional rollercoaster. As your psoas tenses up due to poor posture and prolonged sitting, it can send stress signals to your brain, intensifying feelings of anxiety and unease.

When you experience anxiety, your body goes into "fight or flight" mode, leading to shallow breathing and increased tension in various muscles, including the psoas. This creates a feedback loop, where a shortened psoas contributes to anxiety, and anxiety further tightens the psoas, perpetuating the cycle.

By becoming aware of this mind-body connection and actively working to release tension in your psoas through stretching and movement, you can help alleviate anxiety and promote a sense of calm and relaxation.



A woman with short brown hair, wearing a white short-sleeved shirt and dark blue pants, is sitting in a modern office chair at a desk. She is looking down and writing in a notebook with a pen. The desk has a white mug and some papers on it. In the background, there is a large window showing a cityscape. The overall lighting is warm and natural.

SITTING STRESSING YOU OUT?

Prolonged sitting, a modern-day challenge, is a common enemy of the psoas muscle. Whether it's your desk job or binge-watching your favourite shows, hours of sitting can wreak havoc on your psoas. But don't fret; there's hope!

In our fast-paced, technology-driven world, sitting has become a prevalent habit that often takes a toll on our bodies. Spending prolonged hours sitting shortens the psoas and other hip flexors, causing them to tighten and weaken over time. This can lead to imbalances in the musculoskeletal system, contributing to poor posture, lower back pain, and decreased mobility.



The psoas muscle's influence extends beyond emotional well-being; it may also impact your digestive health. While direct scientific evidence is limited, some theories suggest that a shortened psoas, through its connection with the diaphragm and deep front fascia lines, may indirectly affect digestion.

A chronically shortened psoas can alter your posture, leading to an anterior pelvic tilt and increased pressure on the abdominal organs. This can impact digestion, contributing to heartburn, constipation, and indigestion.

**DIGESTIVE
DISRUPTION**

BACK ON TRACK

LIBERATING YOUR PSOAS

The good news is that you hold the key to free your psoas! By incorporating simple changes into your daily routine, you can break the chains of chronic shortening and find balance.



MINDFUL MOVEMENT AND BREATHING

Embark on a journey of mindful movement. Engage in regular exercises that honour the partnership between your psoas and diaphragm, such as yoga, walking, or swimming. Breathe deeply, allowing your diaphragm to embrace its role in calming your mind and body.

STRETCHING AND MOBILITY EXERCISES

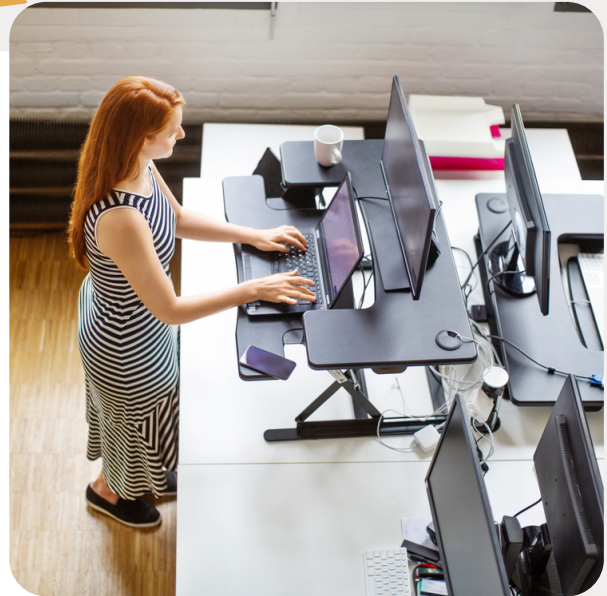
Simple stretching exercises can help release tension in your psoas and improve flexibility. Incorporate stretches that target the hip flexors, like lunges or the "psoas march," into your daily routine. These exercises help your psoas and promote better posture and mobility.



LIVING WITH TECH

ERGONOMICS AND POSTURE AWARENESS

Be mindful of your sitting habits and workspace ergonomics. Take breaks during prolonged sitting, stand up, and stretch regularly. Invest in an ergonomic chair that supports your spine and pelvis, promoting better posture and minimizing psoas tightness



HYDRATION

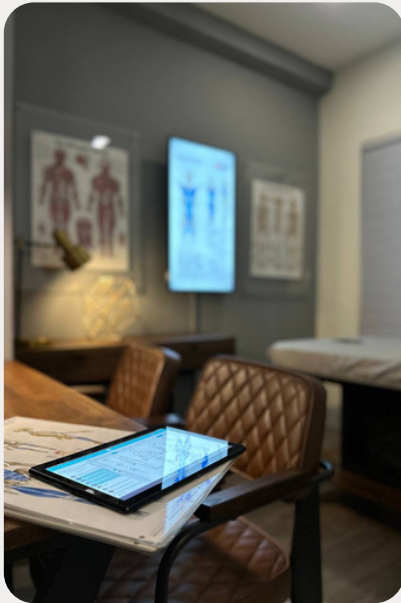
HYdration is essential to fascia, soft tissue and our general health. Dehydration can be a contributing factor in bulging discs, amongst other conditions. For those who struggle to remember to drink water, set alarms, create new habits of frequent walks to the water machine and benefit from both movement and hydration, To find out more about hydration and fascia, follow our socials to delve deeper.

PREVENTION IS BETTER THAN CURE

BOWEN THERAPY

We all understand that our car needs a regular service and that if we ignore small issues, they can soon have knock on effects and become expensive. Now put that thought into maintenance of your body. The thing you use all the time, every day. Through extensive work and studies with athletes, we have found that maintenance sessions of Bowen therapy every 1-3 months has shown beneficial in preventing injuries.

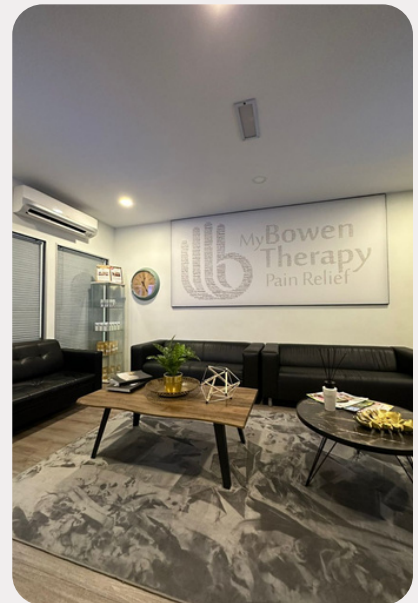




Our team at My Bowen Therapy are dedicated to educating the world about Bowen therapy, fascia and Bio-Tensegrity. We are passionate that this information is shared with as many as possible. Too many are in pain, who may have been misdiagnosed, or an essential part of the puzzle has been overlooked.

Viewing the body as a whole, instead of different compartments, is a must when treating body aches and pains.

Learn more by following our social media pages. Switch on notifications and join us As we share our experience and knowledge of the fascinating world of FASCIA.



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Learn More



MY BOWEN THERAPY

YOUR PATH TO HOLISTIC WELLNESS

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At My Bowen Therapy, we believe in the power of holistic healing and well-being. We are nestled in the heart of Kuala Lumpur, Malaysia; our dedicated team of experienced therapists is committed to providing you with the highest quality Bowen Therapy services that nurture your body and mind.

Our Philosophy

Our journey began with a simple yet profound philosophy: to facilitate healing through the body's natural abilities. Bowen Therapy, a gentle and non-invasive form of bodywork, is at the core of our practice. We embrace its principles to restore balance, alleviate pain, and promote overall wellness. Our approach goes beyond just addressing symptoms – we aim to uncover the underlying causes of discomfort and guide your body towards its optimal state of health.

Experienced Practitioners

Our team of certified and skilled Bowen Therapists brings knowledge and experience to every session. Their genuine dedication to your well-being complements their expertise. We take the time to understand your unique needs, crafting personalized treatment plans that suit your goals and concerns.

Our Commitment

At My Bowen Therapy, we promote holistic wellness through our treatments, education and empowerment. We are dedicated to helping you understand your body and its innate capacity for healing. Our mission is to guide you towards a healthier, more balanced life.

Join Us on the Path to Wellness

Embark on a journey of self-care and healing with My Bowen Therapy Sdn Bhd. Let us be your partner in achieving lasting wellness and vitality. Please feel free to contact us today to schedule an appointment or to learn more about our approach to holistic health. Don't worry if you live too far away,, Like and subscribe to our social channels and join us as we share our knowledge and experience.