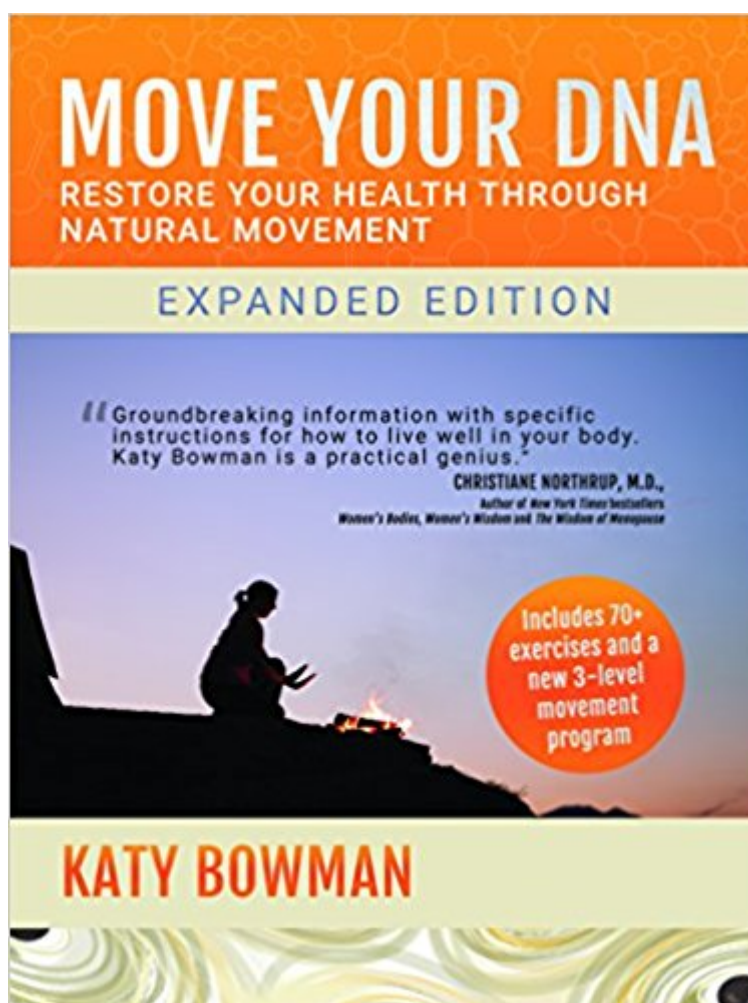


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Move Your DNA: Restore Your Health Through Natural Movement Expanded Edition



Synopsis

Humorous, fascinating, and science based, the bestselling first edition of Move Your DNA has been updated and expanded to include a comprehensive three-level exercise program. In layperson-friendly terms Move Your DNA addresses the vast quantities of disease we are suffering from, identifying our lack of movement as the primary cause. Readers can use the corrective exercises and lifestyle changes Katy Bowman has created to help each of us transition to healthy, naturally moving bodies. Move Your DNA explains the science behind our need for natural movement right down to the cellular level. It examines the differences between the movements in a typical hunter-gatherer's life and the movements in our own. It shows the many problems with using exercise like movement vitamins instead of addressing the deeper issue of our poor movement diet. Best of all, Move Your DNA contains the corrective exercises, habit modifications, and simple lifestyle changes we need to make in order to slowly mobilize our body to decrease pain and uncover our naturally healthy, reflex-driven selves. From couch potatoes to professional athletes, new parents to seniors, readers will love Bowman's humorous, passionate, and science-based guide to restoring your body and reclaiming your life.

Book Information

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Customer Reviews

Move Your DNA is one of the most important books I've ever read. If you've suspected 'nutritious' movement is as important to your health as nutritious food, you're right. This book explains why.--Robb Wolf, author of The Paleo Solution This informative analysis of

natural exercises uses apt analogies to demonstrate how best to build strength...Bowman covers some complicated topics, including physics, biology, kinesiology, and mathematics, but her tone is light, conversational, and often humorous, making learning from her effortless. Skillful use of analogy and metaphor makes complex topics accessible. For example, Bowman explains that loads are akin to the bending and rustling of a tree on a windy day and that inactivity can lead to disease in a way similar to that of a confined orca that develops a floppy fin. Move Your DNA is enjoyable, convincing, and sure to change the way fitness buffs (and coach potatoes) move. --Foreword

HEALTH & FITNESS [Review of First Edition, November

2014]forewordreviews.com/reviews/move-your-dna/This is a powerful, thought-provoking

'must' for any collection strong in not just health routines, but in healthscience.

--Midwest Book ReviewI would recommend this book to everyone. Whether you've been doing thefitness thing for years or are an absolute beginner, you will find seeds of wisdom to help you move more and better. Move Your DNA is a paradigm shifter that acknowledges the complexity of modernmovement habits while also providing helpful ways to improve and grow.--Breaking

Muscle [Review of First Edition]breakingmuscle.com/reviews/move-your-dna-book-reviewA

pioneering and necessary book and an instant classic.--Eden G. Fromberg, DO, for The Huffington Post [Review of First Edition]

A biomechanist by training and a problem-solver at heart, Katy Bowman has the ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor, earning her legions of followers. Her award-winning blog and podcast, Katy Says, reach hundreds of thousands of people every month, and thousands have taken her live classes. Her books, the bestselling Move Your DNA (2014) 9780989653947, Diastasis Recti (2016) 9780989653961, Don't Just Sit There (2015) 9781943370009, Whole Body Barefoot (2015) 9780989653985, Alignment Matters (2013) 9781943370085, and Every Woman s Guide to Foot Pain Relief (2011) 9781936661077 have been critically acclaimed and translated worldwide.

As a polemic, Katy Bowman's Move Your DNA rates 5 stars. As a work of popular science writing and an exercise manual, ratings drop to 2 stars.As an Alexander Technique Teacher, I can't help but cheer at Katy's thesis that the mechanical forces created from our daily hours of sitting, wearing shoes and staring at screens shape our bodies. Even an admirable daily exercise habit cannot combat the other 23 hours of our day. It's F.M. Alexander's thesis: "Use affects

function, *ĀfĀčĀ â Ā Ā* reformatted for a modern audience with a scientific and paleo twist. After reading Bowman *ĀfĀčĀ â Ā Ā*,^{cs} book, you may find yourself squatting to go the potty, running barefoot and sleeping on the floor *ĀfĀčĀ â Ā Ā* • or at least throwing away your pillows. She opens with the dramatic example of *ĀfĀčĀ â Ā Ā* “Floppy fin syndrome.” *ĀfĀčĀ â Ā Ā* • The mechanical forces created when a killer whale swims in the ocean at variable depths, speeds and direction load the fin tissues in ways that stimulate the fin to stiffen and stay upright. Whales in captivity don’t *ĀfĀčĀ â Ā Ā*,^{et} get these natural mechanical loads and the top fin flops. Every modern convenience from heat, to cars, to your fluffy mattress, protects the body from the mechanical loads necessary for health. Our bodies are the whale *ĀfĀčĀ â Ā Ā*,^{cs} floppy fin. Bowman does not shy away from strong analogies like *ĀfĀčĀ â Ā Ā* “casting.” *ĀfĀčĀ â Ā Ā* • The adaptations our bodies make when we have to wear a cast, such as muscle wasting, stiffening and bone loss occur in response to our environmental *ĀfĀčĀ â Ā Ā* “casts” *ĀfĀčĀ â Ā Ā* • of smooth sidewalks, chairs, and even indoor time. From our eyes to our feet, our tissues conform to the limitations of our daily positions. Bowman has a firm handle on the reality that our bodies function as a whole, and the added benefit of a scientists perspective on the effects of force on tissue development. I can *ĀfĀčĀ â Ā Ā*,^{et} help cheering when she states that the invocation to tighten your tummy to protect your low-back is hopelessly outdated. And her assertion that the endless regimen of crunches (that occur even in some of my favorite yoga classes) may have limited value and may even damage the spine. The book is less wonderful as an exercise manual.

It *ĀfĀčĀ â Ā Ā*,^{cs} poorly organized and hard to search. This problem may be worse in the Kindle version, where the index lacks hyperlinks and location references. The illustrative photographs are often pages away from the text instructions. If it was hard for me, as a movement specialist, to decipher all of her exercises, I *ĀfĀčĀ â Ā Ā*,^{et} m imagining it would be quite frustrating for a lay person. Although the book is not intended as a technical study in bio-mechanical sciences, I would have appreciated a little bit more evidence. For example, she devotes a large section to her thesis that Kegel exercises (isolated contractions of the pelvic floor muscles) may cause more harm than good. I completely agree that Kegels do not address the overall use patterns of the pelvis and torso, and ideally, it *ĀfĀčĀ â Ā Ā*,^{cs} best to let those muscles function automatically. However she does not present evidence that her approach works better. Although something seems intuitively true, it may not be. There *ĀfĀčĀ â Ā Ā*,^{cs} no way that such a small book can be comprehensive, and I believe Bowman *ĀfĀčĀ â Ā Ā*,^{cs} attempt is not to get us to adopt a fully paleo lifestyle, but to rethink our current one. By bettering our daily movement habits, we have a better quality of life.

As an engineer, I can appreciate the effort Katy Bowman has put into study and creation of this book. However, because I'm now 'old' and have more life experience I would respectfully have to disagree with Ms Bowman on the efficacy of her conclusions and exercises mainly because humans are not mechanical machines, but rather integrated energy systems that must be dealt with on a organic sensual level. A better way to approach Ms Bowman's premise is to 1) Take a course in Chinese Chi Kung (Qi Gong) - or maybe Tai Chi, and 2) Study Shinzen Young's 'Science of Enlightenment'. After doing this you'll have a whole different perspective on what we are and how you might approach Ms Bowman's subject for greater - and more enjoyable and insightful - benefit.

Life changing book!! I love how easy it is to understand and the exercises included! I've made life changing decisions based on this book!

Very interesting easy to read book. Keeps you thinking about how much sense this makes. Has tips and just walking by it laying there on my coffee table reminds me to keep moving.

“Move Your DNA presents a new paradigm of movement. Because DNA can be expressed differently depending upon how external factors impinge upon the cells within which the DNA resides, and because movement is one of these factors, the way we move has a direct bearing upon how our bodies are shaped for good and ill. It is not enough for me to tell you just to move more. You also need to move better if you are to enjoy a more sustainable state of well-being. Most people have very little idea about how movement works in our bodies, or how much movement is required for natural biological function. It is not my intention to make you freak out about your health, although I am aware that I might. My highlighting the essentialness of movement should be used to create opportunity for healing (a positive response) rather than fear of illness (a negative response). Many people are shocked when they realize just how easy it is to move more (note: I said move, and not exercise) and how radically better they feel by making tiny skeletal adjustments throughout the day. Are you ready? Let's do this! ~ Katy Bowman from Move Your DNA This is our second Note on Katy Bowman's work. Katy is one of the world's leading biomechanists helping us integrate proper body movement to optimize our well-being. She has a great podcast + blog you might enjoy as well. This book is packed with a ton of exercises and plenty of info on the science of biomechanics to help us pay more attention to the

loads we're putting on our bodies throughout the day so we can get in harmony with how our bodies were designed to move. Here are some of my favorite Big Ideas: 1. Move Your DNA - The missing link is epigenetics. 2. Movement vs. Exercise - M > E. 3. Walking - The secret sauce. (Do it often.) 4. Doing Less Physically - But almost never doing nothing. 5. Forest-Baths - Taken one lately? And, let's make sure moving our DNA is an essential part of that process! :) More goodness including Philosophers' Notes on 300+ books in our *OPTIMIZE* membership program. Find out more at brianjohnson.me.

This is a fabulous book and I have begun to put into practice several of the recommendations made. Excellent information!

This is a thought-provoking approach to movement which breaks down the distinction between work vs exercise and advocates natural movement. As a personal trainer, I find that gyms in the standard way are an aberration of nature. Our modern life has us far removed from the way our bodies were designed, and the increase in problems brought on both by inactivity but also by exercise is the logical outcome! I recommend this book to the couch potato and the fitness fanatic alike.

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