

Communications: To all citizens and government personnel from Peter Valentine 10/20/2014

Dr. James A. Levine (author of "Get Up) is a leading edge scientist Who has spent decades studying the deadly affects 'SITTING'.

And what to do about it. I accidently came upon the information in a magazine, where on the front cover was written, (your chair is killing you) .

Here are some of the effects that excess sitting can cause, but first the simple reason. Sitting cramps and restricts your lower digestive organs, restricts your blood and nerve flow, distorts your skeletal structure, thus spreading ailments to other parts of the body but does it slowly and comfortably, so you slowly degenerate and age. The solution is simple regular counteractive exercise .

Here are the possible affects weight gain, diabetes, heart disease, several types of cancer, notably breast cancer, poor posture, back pain, carpal tunnel syndrome, abdominal gas, swollen ankles, aching feet, diseases,

Here are an array of situations . At work, for food, at meetings, travel by bike by vehicle, listening to performances, waiting in offices.

Here is the first simple solution

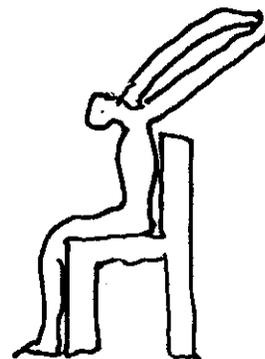
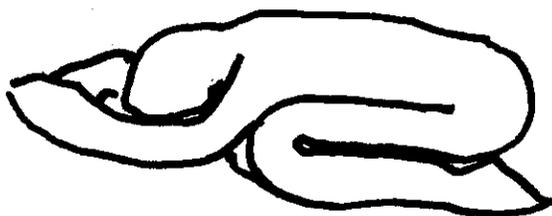
While sitting, gently hold your spinal column up above the Center of the hip.

Gently hold your neck up from the top bone of your skeleton. Every once and awhile move your body around as if massaging your hip and abdominal areas.

While sitting clasp your hands and stretch your arms above your head backwards.

When you're standing. develop the habit of always gently holding up your skeletal column from the hip and your neck gently up from the top of the spinal column .

Use the pictured position to massage your organs and skeleton swaying from side to side.



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