

Press Article From June/July 2012 issue of CHOICE HEALTH MAGAZINE:

The Vital Psoas Muscle, set for release on 30 June 2012, presents an in-depth look at the most important yet often abused skeletal muscle in the human body. Located deep within the front hip joint and lower spine, the psoas is critical for optimal postural alignment, movement, and overall wellbeing.

Its function and importance extend beyond anatomical mechanics to the nerve complex and energy systems. Taking a uniquely holistic approach, this book explores how the psoas affects the health of the body, mind, and spirit.

Physically the psoas is the only muscle that connects the upper and lower body, emotionally the muscle acts as a messenger to and from the brain and a vessel of deeply rooted feelings and spiritually it acts as an integrator within the root of the lower chakras, subtly affecting the flow of life energy throughout the body.

Understanding and working with the psoas can help alleviate lower back pain, strengthen the core, correct posture, reduce trauma and open energy channels.

Author, Jo Ann Staugaard-Jones, says: "Sometimes called the 'mighty psoas', the psoas muscle is the most important skeletal muscle in the human body, as it is the only muscle that connects the upper extremity to the lower extremity (the spine to the legs). This makes it a very significant postural muscle and mover and stabilizer of two different joints: the iliofemoral joint and the lumbar spine. The muscle is also located near the body's centre of gravity, so its role becomes that of regulating balance, and affecting nerve and subtle energies as well."

With detailed illustrations and key stretching and strengthening exercises, including complete chapters on the role of the psoas in Pilates and yoga, *The Vital Psoas Muscle* shows readers how to release this muscle to create balance, harmony, and freedom of movement. AVAILABLE FOR PRE-ORDER: WWW.AMAZON.COM.

