

Chapter 1 : The body has its reasons | Open Library

"The body has its reasons" is a book about the MÃ©ziÃ©res method, created by a woman named FranÃ§oise who rebelled against the classic fisiotherapy techniques, that focus on the problem and not the whole.

In your brain, the hypothalamus gets the ball rolling, telling your adrenal glands to release the stress hormones adrenaline and cortisol. These hormones rev up your heartbeat and send blood rushing to the areas that need it most in an emergency, such as your muscles, heart, and other important organs. When the perceived fear is gone, the hypothalamus should tell all systems to go back to normal. Chronic stress is also a factor in behaviors such as overeating or not eating enough, alcohol or drug abuse, and social withdrawal. Respiratory and cardiovascular systems Stress hormones affect your respiratory and cardiovascular systems. During the stress response, you breathe faster in an effort to quickly distribute oxygen-rich blood to your body. If you already have a breathing problem like asthma or emphysema, stress can make it even harder to breathe. Under stress, your heart also pumps faster. But this also raises your blood pressure. As a result, frequent or chronic stress will make your heart work too hard for too long. When your blood pressure rises, so do your risks for having a stroke or heart attack. Digestive system Under stress, your liver produces extra blood sugar glucose to give you a boost of energy. Chronic stress may increase your risk of developing type 2 diabetes. The rush of hormones, rapid breathing, and increased heart rate can also upset your digestive system. Stress can also affect the way food moves through your body, leading to diarrhea or constipation. You might also experience nausea, vomiting, or a stomachache. Tight muscles cause headaches, back and shoulder pain, and body aches. Over time, this can set off an unhealthy cycle as you stop exercising and turn to pain medication for relief. Sexuality and reproductive system Stress is exhausting for both the body and mind. This can interfere with sperm production and cause erectile dysfunction or impotence. Chronic stress may also increase risk of infection for male reproductive organs like the prostate and testes. For women, stress can affect the menstrual cycle. It can lead to irregular, heavier, or more painful periods. Chronic stress can also magnify the physical symptoms of menopause. What are the causes of inhibited sexual desire? This stimulation can help you avoid infections and heal wounds. People under chronic stress are more susceptible to viral illnesses like the flu and the common cold, as well as other infections. Stress can also increase the time it takes you to recover from an illness or injury. Medically reviewed by Timothy J.

Chapter 2 : The Body Has Its Reasons: Self-Awareness Through Conscious Movement by ThÃ©rÃ©se Ber

The Body Has Its Reasons has 94 ratings and 10 reviews. Christina said: This was one of the books I bought while in yoga teacher training. Therese writes.

As well as believing in the reality of Forms, Plato believed in the immortality of the human soul. The soul was, he thought, an entity that was fundamentally distinct from the body although it could be and often was affected by it. Chemical composition of the body Chemically, the human body consists mainly of water and of organic compounds. Water is found in the extracellular fluids of the body the blood plasma, the lymph, and the interstitial fluid and within the cells themselves. It serves as a solvent without which the chemistry of life could not take place. The human body is about 60 percent water by weight. Lipids—chiefly fats, phospholipids, and steroids—are major structural components of the human body. Fats provide an energy reserve for the body, and fat pads also serve as insulation and shock absorbers. Phospholipids and the steroid compound cholesterol are major components of the membrane that surrounds each cell. Proteins also serve as a major structural component of the body. Like lipids, proteins are an important constituent of the cell membrane. In addition, such extracellular materials as hair and nails are composed of protein. Proteins also perform numerous functional roles in the body. Particularly important are cellular proteins called enzymes, which catalyze the chemical reactions necessary for life. Carbohydrates are present in the human body largely as fuels, either as simple sugars circulating through the bloodstream or as glycogen, a storage compound found in the liver and the muscles. Small amounts of carbohydrates also occur in cell membranes, but, in contrast to plants and many invertebrate animals, humans have little structural carbohydrate in their bodies. Nucleic acids make up the genetic materials of the body. It is DNA, passed from parents to offspring, that dictates the inherited characteristics of each individual human. Chief among these are calcium, phosphorus, sodium, magnesium, and iron. Calcium is also present as ions in the blood and interstitial fluid, as is sodium. Ions of phosphorus, potassium, and magnesium, on the other hand, are abundant within the intercellular fluid. Iron is present mainly as part of hemoglobin, the oxygen-carrying pigment of the red blood cells. Other mineral constituents of the body, found in minute but necessary concentrations, include cobalt, copper, iodine, manganese, and zinc. Organization of the body The cell is the basic living unit of the human body—indeed, of all organisms. The human body consists of trillions of cells, each capable of growth, metabolism, response to stimuli, and, with some exceptions, reproduction. Although there are some different types of cells in the body, these can be grouped into four basic classes. These four basic cell types, together with their extracellular materials, form the fundamental tissues of the human body: Bone and blood are considered specialized connective tissues, in which the intercellular matrix is, respectively, hard and liquid. The most basic unit is the cell; groups of similar cells form tissues; groups of different tissues make up organs; groups of organs form organ systems; cells, tissues, organs, and organ systems combine to form a multicellular organism. The next level of organization in the body is that of the organ. An organ is a group of tissues that constitutes a distinct structural and functional unit. Thus, the heart is an organ composed of all four tissues, whose function is to pump blood throughout the body. Of course, the heart does not function in isolation; it is part of a system composed of blood and blood vessels as well. The highest level of body organization, then, is that of the organ system. The body includes nine major organ systems, each composed of various organs and tissues that work together as a functional unit. The chief constituents and prime functions of each system are summarized below. Basic form and development In general structure, the human body follows a plan that can be described as a cylinder enclosing two tubes and a rod. This body plan is most clearly evident in the embryo; by birth, the plan is apparent only in the trunk region. The body wall forms the cylinder. The two tubes are the ventrally located alimentary canal. Between the tubes lies the rod—the notochord in the embryo, which becomes the vertebral column prior to birth. The terms dorsal and ventral refer respectively to the back and the front, or belly, of an animal. Within the embryo, the essential body parts are: Everything in the body derives from one of these six embryonic parts. The mesoderm constitutes a considerable pad of tissue on each side of the embryo, extending all the way from the back to the front sides of the body wall. It is hollow, for a cleftlike

space appears in it on each side. These are the right and left body cavities. In the dorsal part of the body they are temporary; in the ventral part they become permanent, forming the two pleural cavities, which house the lungs; the peritoneal cavity, which contains the abdominal organs; and the pericardial cavity, which encloses the heart. The dorsal part of the mesoderm becomes separated from the ventral mesoderm and divides itself into serial parts like a row of blocks, 31 on each side. These mesodermal segments grow in all directions toward the epidermal membrane. They form bones, muscles, and the deeper, leathery part of the skin. Dorsally they form bony arches protecting the spinal cord, and ventrally the ribs protecting the alimentary canal and heart. Thus they form the body wall and the limbs—much the weightier part of the body. They give the segmental character to the body wall in neck and trunk, and, following their lead, the spinal cord becomes correspondingly segmented. The ventral mesoderm is not so extensive; it remains near the alimentary tube and becomes the continuous muscle layer of the stomach and intestine. It also forms the lining of the body cavities, the smooth, shining, slippery pleura and peritoneum. The mesenchyme forms blood and lymph vessels, the heart, and the loose cells of connective tissues. The neural tube itself is formed from the ectoderm at a very early stage. It is not in immediate contact with the epidermis, for the dorsal mesoderm grows up around it and around the roots of the cranial nerves as a covering, separating the brain from the epidermis. Posteriorly the neural tube terminates in the adult opposite the first lumbar vertebra. If the cylindrical body wall is followed headward, it is found to terminate ventrally as the tongue, dorsally in the skull around the brain, ears, and eyes. There is a considerable interval between eyes and tongue. This is occupied partly by a deep depression of the epidermis between them, which dips in to join the alimentary tube lining of the mouth. Posteriorly the ventral body wall joins the dorsal at the tailbone coccyx, thus terminating the body cavities. Headward, the alimentary tube extends up in front of the notochord and projects above the upper part of the body wall tongue and in front of and below the brain to join the epidermal depression. From the epidermal depression are formed the teeth and most of the mouth lining; from the upper end of the alimentary canal are formed the pharynx, larynx, trachea, and lungs. The alimentary canal at its tail end splits longitudinally into two tubes—an anterior and a posterior. The anterior tube becomes the bladder, urethra, and, in the female, the lining of the vagina, where it joins a depression of the ectoderm. The posterior dorsal tube becomes the rectum and ends just in front of the coccyx by joining another ectodermal depression the anus. Effects of aging As the human body ages it undergoes various changes, which are experienced at different times and at varying rates among individuals. It becomes thin and dry and loses elasticity. Patches of darker pigmentation appear, commonly called liver spots, though they have no relation to that organ. Hair grays and thins. Wounds take longer to heal; some reparations take five times as long at 60 as at 10 years of age. Sensory fibres in spinal nerves become fewer; the ganglion cells become pigmented and some of them die. In the auditory apparatus some nerve cells and fibres are lost, and the ability to hear high notes diminishes. In the eye the lens loses its elasticity. Organs such as the liver and kidneys lose mass with age and decline in efficiency. The brain is somewhat smaller after the age of 40 and shrinks markedly after age 75, especially in the frontal and occipital lobes. This shrinkage is not, however, correlated with declines in mental capacity. Intellectual declines in the elderly are the consequence of underlying disease conditions, such as Alzheimer disease or cerebrovascular disease. The bones become lighter and more brittle because of a loss of calcium. This loss in bone mass is greater in women than men after the fifth decade. In joints the cartilage covering the ends of bone becomes thinner and sometimes disappears in spots, so bone meets bone directly and the old joints creak. Compression of the spinal column can lead to a loss of height. Muscular strength decreases but with marked individual variability. The arteries become fibrous and sclerosed. Because of decreasing elasticity, they tend to become rigid tubes. Fatty spots, which appear in their lining even in youth, are always present in old age. Thus, the potential longevity of the human body—about years—seems to be encoded within the very cells of the body. Change incident to environmental factors Although the basic form of the human body was established in human anthropoid ancestors, evolutionary adaptations to different environments are apparent among various human populations. For example, physical adaptations in humans are seen in response to extreme cold, humid heat, and high altitudes. Extreme cold favours short, round persons with short arms and legs, flat faces with fat pads over the sinuses, narrow noses, and a heavier than average layer of body fat. These adaptations provide

minimum surface area in relation to body mass for minimum heat loss, minimum heat loss in the extremities which allows manual dexterity during exposure to cold and guards against frostbite , and protection of the lungs and base of the brain against cold air in the nasal passages. In hot climates the problem is not in maintaining body heat but in dissipating it. Ordinarily the body rids itself of excess heat by sweating. In conditions of humid heat, however, the humidity of the surrounding air prevents the evaporation of perspiration to some extent, and overheating may result. Hence, the heat-adapted person in humid climates is characteristically tall and thin, so that there is maximum surface area for heat radiation. The person living in hot climates has little body fat; often a wide nose, since warming of the air in the nasal passages is not desirable; and, usually, dark skin, which provides a shield from harmful solar radiation. High altitudes demand a degree of cold adaptation , as well as adaptation for low air pressure and the consequent low oxygen.

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The Body Has Its Reasons offers a realistic alternative to conventional body work that can help you become more efficient, creative, and self-confident. It can increase your intellectual capacity as well as your athletic ability and free you of sexual problems, including frigidity and impotence.

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Chapter 4 : The body has its reasons (edition) | Open Library

The body has its reasons anti-exercises and self-awareness Therese Bertherat and Carol Bernstein Published by Avon Books in New York. Written in English.

Eating foods that contain it can increase your LDL bad cholesterol , lower your HDL good cholesterol , and increase your risk for type 2 diabetes and heart disease. Restaurants may also compound the calorie-counting issue. Sodium The combination of fat, sugar, and lots of sodium salt can make fast food tastier to some people. But diets high in sodium can lead to water retention , which is why you may feel puffy, bloated , or swollen after eating fast food. A diet high in sodium is also dangerous for people with blood pressure conditions. Sodium can elevate blood pressure and put stress on your heart and cardiovascular system. According to one study, about 90 percent of adults underestimate how much sodium is in their fast-food meals. The study surveyed adults and found that their guesses were six times lower than the actual number 1, milligrams. This means sodium estimates were off by more than 1, mg. Keep in mind that the AHA recommends adults eat no more than 2, milligrams of sodium per day. Excess calories from fast-food meals can cause weight gain. This may lead toward obesity. Obesity increases your risk for respiratory problems, including asthma and shortness of breath. The extra pounds can put pressure on your heart and lungs and symptoms may show up even with little exertion. For children , the risk of respiratory problems is especially clear. One study found that children who eat fast food at least three times a week are more likely to develop asthma. Effect on the central nervous system Fast food may satisfy hunger in the short term, but long-term results are less positive. Effect on the reproductive system The ingredients in junk food and fast food may have an impact on your fertility. One study found that processed food contains phthalates. Phthalates are chemicals that can interrupt how hormones act in your body. Exposure to high levels of these chemicals could lead to reproductive issues, including birth defects. Carb-rich foods lead to blood sugar spikes, and these sudden jumps in blood sugar levels may trigger acne. Discover foods that help fight acne. Children and adolescents who eat fast food at least three times a week are also more likely to develop eczema , according to one study. Eczema is a skin condition that causes irritated patches of inflamed, itchy skin. Effect on the skeletal system bones Carbs and sugar in fast food and processed food can increase acids in your mouth. These acids can break down tooth enamel. As tooth enamel disappears , bacteria can take hold, and cavities may develop. Obesity can also lead to complications with bone density and muscle mass. People who are obese have a greater risk for falling and breaking bones. Effects of fast food on society Today, more than 2 in 3 adults in the United States are considered overweight or obese. More than one-third of children ages 6 to 19 are also considered overweight or obese. The growth of fast food in America seems to coincide with the growth of obesity in the United States. The number of obese Americans has also more than doubled. Despite efforts to raise awareness and make Americans smarter consumers, one study found that the amount of calories , fat , and sodium in fast-food meals remains largely unchanged.

Chapter 5 : [PDF] The Body Has Its Reasons Ebook Free - Video Dailymotion

The body has its reasons by Thérèse Bertherat, , Avon Books edition, in English.

Inflammation diet Inflammation is a defense mechanism in the body. The immune system recognizes damaged cells, irritants, and pathogens, and it begins the healing process. When something harmful or irritating affects a part of our body, there is a biological response to try to remove it. The signs and symptoms of inflammation can be uncomfortable but are a show that the body is trying to heal itself. Infections, wounds, and any damage to tissue would not be able to heal without an inflammatory response. Chronic inflammation can eventually cause several diseases and conditions, including some cancers and rheumatoid arthritis. It can be beneficial when, for example, your knee sustains a blow and tissues need care and protection. However, sometimes, inflammation can persist longer than necessary, causing more harm than benefit. Wound healing Our immediate reaction to a swelling is to try and decrease it. However, it is important to remember that inflammation is an essential part of the healing process. The first stage of inflammation is often called irritation, which then becomes inflammation. Inflammation is followed by the discharging of pus. The granulation stage comes next, and new tissue is formed in the wound. Without inflammation, infections and wounds would never heal. Innate immunity When a person is born, certain defenses in the immune system are naturally present in the body. This is known as innate immunity. It is different from adaptive immunity, which we develop after an infection or vaccination when the body "learns" to fight a specific infectious agent. Innate immunity is generally nonspecific, while adaptive immunity is specific to a particular pathogen. Inflammation is one example of an innate immune response. Symptoms Symptoms of inflammation vary depending on whether the reaction is acute or chronic. The inflamed area is likely to be painful, especially during and after touching. Chemicals that stimulate nerve endings are released, making the area more sensitive. This occurs because the capillaries in the area are filled with more blood than usual. There may be some loss of function in the region of the inflammation. This is caused by a buildup of fluid. More blood flows to the affected area, and this makes it feel warm to the touch. These five acute inflammation signs only apply to inflammations of the skin. If inflammation occurs deep inside the body, such as in an internal organ, only some of the signs may be noticeable. For example, some internal organs may not have sensory nerve endings nearby, so there will be no pain, such as in certain types of lung inflammation. Symptoms of chronic inflammation present in a different way.

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The Body Has Its Reasons: Self-Awareness Through Conscious Movement Publisher: Healing Arts Press; Original edition (May 1,) Language: English Pages: ISBN: Size: MB Format: PDF / ePub / Kindle In this revolutionary and highly readable book, Thérèse Bertherat and Carol Bernstein shatter myths about traditional exercise and health.

Chapter 7 : CDC - Fact Sheet - Health Effects of Cigarette Smoking - Smoking & Tobacco Use

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The heart has its reasons that reason reflects a theory of religious belief, therefore, that the heart is a better path to God than reason, limited. 0 Facebook Twitter Pinterest.

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