



## secrets of natural walking™



### The Importance of Walking Properly and Naturally

Walking is so simple and something we all do many times a day, yet few do it properly. Over time, it is easy to pick up bad habits that make the way we walk not only less efficient, but possibly detrimental to our physical health and emotional well-being. By learning the Secrets of Natural Walking™, each step in our daily life becomes a beautiful opportunity to improve the condition of our whole being, including our body, mind, emotions, and heart. During the workshop, consisting of one full day or two half day sessions, theory is combined with interactive practical exercises to help guide participants to enjoy the many benefits from walking properly and naturally.

#### Research Shows Daily Walking Helps

-  Reduce the risk of breast and colon cancer
-  Reduce the risk of coronary heart disease
-  Improve blood pressure and blood lipid profiles
-  Strengthen bones and joints, and reduce the risk of osteoporosis
-  Enhance mental well-being, and improve mood and sleep quality

#### What is Unknown to the Public

##### Our Physical Body has Natural Healing Abilities

Our physical body has various natural abilities such as health maintenance, regeneration and self-healing. Through learning the proper way to walk, the body's natural functions can be reawakened and operate with optimal efficiency and greater synergy.

##### Step Your Way to Better Health and Well-being

Just like the food we eat is not simply to fill an empty stomach, the steps we take are not simply to move our body from one place to another. Eating properly nourishes our body with essential vitamins and nutrients while walking naturally and properly helps to adjust our muscles, spine, individual discs, and meridians. In addition to assisting for the physical body, proper natural walking also helps our emotional health, mind and connecting to the spiritual heart.

##### Easily and Naturally Addresses the Root of the Problem

Through the Secrets of Natural Walking™, participants will learn to identify many common mistakes made in walking and how to fix them. Also, it is not uncommon for participants to begin enjoying the benefits of natural walking even before the workshop ends. Incorporating proper walking techniques addresses the root causes of problems, even those previously unknown, and naturally helps to correct them.



# Participant Benefits

Participants have reported the following benefits, even after only a few days of practice:

- ✓ Back pain significantly reduced and posture improved
- ✓ Persistent neck pain disappeared
- ✓ Chronic knee pain eliminated
- ✓ Digestion and metabolism improved
- ✓ Hunched back now straighter
- ✓ Body more toned and proportional in size
- ✓ Swollen feet due to arthritis disappeared
- ✓ Blood sugar levels improved for diabetics
- ✓ Breasts are lifted and firmer
- ✓ Grew 2.5 cm taller due to spine improvement
- ✓ Sleep quality improved



## Eliminated Pain from Long-standing Medical Condition

Since I was a small child, I walked and stood with my right foot turned outward. As I aged, this caused pain in my knee, leg and hip. When I tried to correct my stance on my own, I would feel intense aching and a sharp pain on my lower body. I tried yoga, physical therapy, several chiropractors and an orthopedic doctor. All the doctors told me that because I had over compensated for many years, my entire body had been restructured. They all suggested I leave things the way they are because at my age it would require years of intense painful physical therapy and even traction to make the correct changes.

After 3 days of natural walking, my right foot is now straight without any pain in my body, my spine is more aligned and all my previous back pain is completely gone. After the workshop, I continued to practice every day and noticed on the 3rd day that my leg had straightened, it took me by surprise. I'm really grateful for Secrets of Natural Walking™.

**Nancy P. (Austin, Texas)**



## Relieved Pain from Posture Related Problems

I sit in front of a computer for many hours a day, and after years of working with poor posture, my body structure, nerves and musculature began to change causing pain and decreased mobility in my neck, upper back, and shoulders.

Surprisingly, during the workshop itself, the stiffness, tightness and heaviness in my upper body began to melt away, and my posture immediately improved, like a string from above had been gently pulled and instantly realigned my entire spine.

At first I wondered why the chair suddenly felt so comfortable and then I realized it was my body that felt so comfortable! I truly feel like I was lovingly given a brand new body...like some sort of "reset" button had been pushed! I feel so very grateful for the extraordinary gifts I received during the workshop and continue to receive with each "natural step."

**Stephanie B. (Los Angeles, California)**



## WE WALK EVERYDAY

"We already walk every day – no extra special effort is needed to reap the benefits of proper natural walking."

Every step you take in your life will be a reward for your health, thoughts, emotions and spiritual heart."

*- Irmansyah Effendi M.Sc.*

