

# POSTURE AND YOUR HEALTH

HEALTH ISSUES #19



Upright posture and mobility were associated with different cognitive processes, suggesting different underlying neural mechanisms. These results provide evidence for a link between postural alignment and cognitive functioning in healthy older adults.

## FRONTIER IN AGING NEUROSCIENCE

Cohen, R. et al. (2016) Mobility and Upright Posture Are Associated with Different Aspects of Cognition in Older Adults

**“Older men and women with hyperkyphotic posture have higher mortality rates.”**

## JRNL. AM. GERIATRIC SOCIETY

Kado, D. Hyperkyphotic posture predicts mortality

“Posture affects and moderates every physiological function, from breathing to nervous system function, and despite the considerable evidence that posture affects physiology and function, the significant influence of posture on health is not addressed by most physicians.”

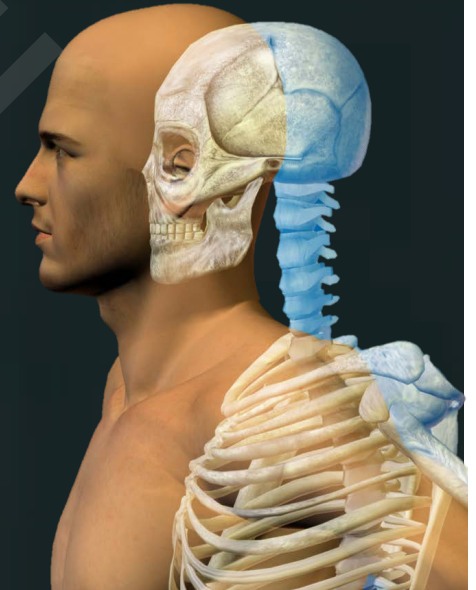
## AMERICAN JOURNAL OF PAIN MANAGEMENT

Lennon, J. Shealy, C.N Postural and respiratory modulation of autonomic function, pain, and health4:36-39 · Jan.94

“Deviations in the body’s center of gravity (poor posture) have resulted in intestinal problems, hemorrhoid, varicose veins, osteoporosis, poor health, decreased quality of life, and a shortened life span.”

## JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Freeman JT. Posture in the Aging and Aged Body, JAMA 1957, 165(6) p.843-846



**“The beginning of the disease process starts with postural distortion.”**

Dr. Hans Seyle, Nobel Laureate

“Chiropractic focuses on the anatomy of the spinal cord and the nerves that branch out from it. Even minor deviations of the spine caused by poor posture can impair the working of a nerve and the body part it supplies.”

## MIRIAM STODDARD, M.D.

Journal of Pain ManagementLenn, J. (1994, January).