

Muscles and Meridians: The Manipulation of Shape, 1e

Phillip Beach DO DAc OSNZ

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Foreword by Leon Chaitow

Muscles and Meridians

The manipulation of shape



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Phillip Beach DO DAc OSNZ : Muscles and Meridians: The Manipulation of Shape, 1e before purchasing it in order to gauge whether or not it would be worth my time, and all praised Muscles and Meridians: The Manipulation of Shape, 1e:

7 of 7 people found the following review helpful. Muscles and Meridians By Wendy LeBlanc-Arbuckle as a yoga, pilates, somatic movement teacher, and structural integration practitioner, I am deeply appreciative of books that invite us to explore embodiment and our bodies as a process rather than as machines to be fixed and trained. Phillip Beach

has written a very important book that invites us, through his novel contractile fields theory, archetypal postures and meridian map de-coding, to experience the wisdom of our own biological process - beginning with the embryonic field as the primordial state of potential growth. He broadens our concept of movement as what we are - not something we do - which opens our field of potential and invites us to deepen our experience of our human journey. Buy this book now..you won't want to put it down! 8 of 9 people found the following review helpful. The most important new model of the body this century. By Joshua Leeger Phillip Beach has synthesized experience he has gained as a DO and acupuncturist into a coherent new model of the human body. This is an important contribution to the field of medicine and movement, and should be read by anyone with a physical body. I can't recommend this book highly enough. If you're interested in the theories and want to know more before purchasing the book, the author has written several papers outlining various pieces of the model that can be accessed through journal databases. 0 of 0 people found the following review helpful. A bit too detailed for me for me, id ... By nicole A bit too detailed for me for me, id prefer a more concise bio explanation and more on instructional teaching others and body mechanics to be able to teach a feasible concept.

Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders. Describes a new model of human movement - the Contractile Field model Offers a rare and serious attempt to look at whole person movement patterns akin to Anatomy Trains but with a stronger link to vertebrate evolution and development Suggests that much of our endemic back and leg pain is due to a loss of ease in postures that are archetypal to mankind Offers a profound new understanding of the world's oldest medical map, the Chinese meridian map

'The biomechanical and postural concepts emerging from Phillip Beach's study of contractility and vertebrate movement patterns are revolutionary and clinically relevant to all manual therapists and acupuncturists. They change the way we need to view the body and its behaviour. Leon Chaitow, Registered Osteopathic Practitioner and Senior Lecturer, University of Westminster, London, UK Reflecting his extensive education, profound explorations, and years of practical experience, Phillip Beach's ideas braid movement, embryology, and acupuncture into a unique and useful systemic perspective. Thomas W. Myers, author of Anatomy Trains About the Author Graduated BCNO (now BCOM) 1983. Taught osteopathic technique BCNO 1986-2003, taught osteopathic rehabilitation at the BSO 1997-2003. London School of Acupuncture and Traditional Chinese Medicine, 1986-1990 Keynote Lecture, 1st International Conference on Advances in Osteopathic Research, London 1999 Workshop, 4th Pan Pacific Medical Acupuncture Forum, Taupo, New Zealand, 2004 Private practice, Wellington, New Zealand 2004 -