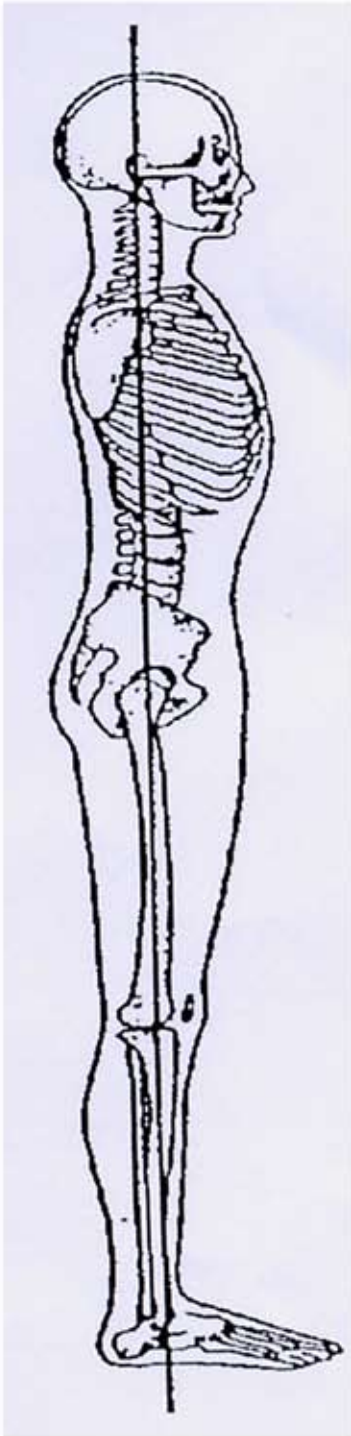


Correct Posture & Related Function



(Back in Action)

Related Functions

Zone 6 – Head, neck, face

Sleep/ Wake cycles
Hormonal/Physiological Regulations

Zone 5 – Lower neck, shoulders, arms

Metabolism
Calcium Regulation

Zone 4 – Upper Back & Chest

Blood Pressure
Immunity

Zone 3 – Upper Abdominal & Middle back

Digestion
Muscle Function

Zone 2 – Lower Abdominals, Lumbar, Legs & Feet

Sexual Functions, Elimination of toxins,
Water regulations

Zone 1 – Legs, feet & pelvis

Adrenals – fight or flight system, bones & skeletal system