

Hot Topics

What's buzzy in natural health

Fix Your Posture, Fix Your Pain

Mom was on to something when she repeatedly told you to stand up straight. It turns out that maintaining proper posture doesn't just make you look more confident, it also helps align your spine. But simply following mom's advice may not be enough if you suffer from chronic pain and/or limited mobility. That's where postural therapy comes in. This form of body manipulation, which is widely known as The Egoscue Method (TEM), is based on the belief that many types of chronic pain are rooted in postural imbalances. To correct these imbalances, a certified therapist creates a sequence of gentle, personalized exercises and stretches designed to address your specific issues by correcting your posture and aligning your spine. Does it work? According to a recent Stanford study, patients treated by TEM experienced a 41 percent reduction in spinal pain and an impressive 62 percent improvement in mobility. Postural therapy may also benefit those with low back pain, sciatica, hip or shoulder pain, migraines, foot problems, and more. To find a certified therapist near you, check out the database of providers at www.egoscue.com.



The Sound of Healing

They say that everything old is new again, and that's especially true for using sound for healing. Much like traditional music therapy, sound healing uses aspects of music and sound to improve physical and emotional well-being. By utilizing different rhythms and frequencies, sound healing can influence brainwaves, downshifting the beta waves you experience during your normal waking hours to more relaxed alpha waves. Studies show that this mental transition can help ease anxiety, depression, pain, sleep disorders, and even PTSD. While old-

school music therapy typically involves creating, listening to, or moving to music, sound therapy employs guided music meditations, tuning forks, singing bowls, and binaural beats to change brainwaves and foster calm. If you'd like to experience sound healing for yourself, there are a couple of options. If you want to take a deep dive into this unique therapy, consider working with a certified sound therapist. You can also explore many of the benefits sound healing provides by tapping into the growing number of online sound healing apps like Endel, NuCalm, or SoundCloud.

Agriculture 2.0

When it comes to food, organic is so 2020. The latest trend in farming is regenerative agriculture—an approach to growing food in a way that's sustainable and chemical free. The goal is to restore the health of the soil, enhance nutrients, and leave the Earth's land and waters, and the climate as a whole, in better shape for future generations. Regenerative agriculture is in direct contrast to industrialized farming, which promotes monocrops (growing just one type of food like corn or soy) and relies on a bevy of agricultural chemicals and techniques that promote the erosion of soil, runoff



of nutrients, and destruction of natural pollinators like bees and butterflies. Regenerative farming, on the other hand, prioritizes the health of the soil by rotating crops, composting, and planting cover crops. These holistic techniques have been shown to significantly help mitigate the impact of climate change since healthy soil is one of the Earth's largest carbon sinks. And like organics, food grown using regenerative techniques packs a bigger nutritional punch, so it's a win for both the Earth and your health! To find a regenerative farm near you, log on to regenerationinternational.org.