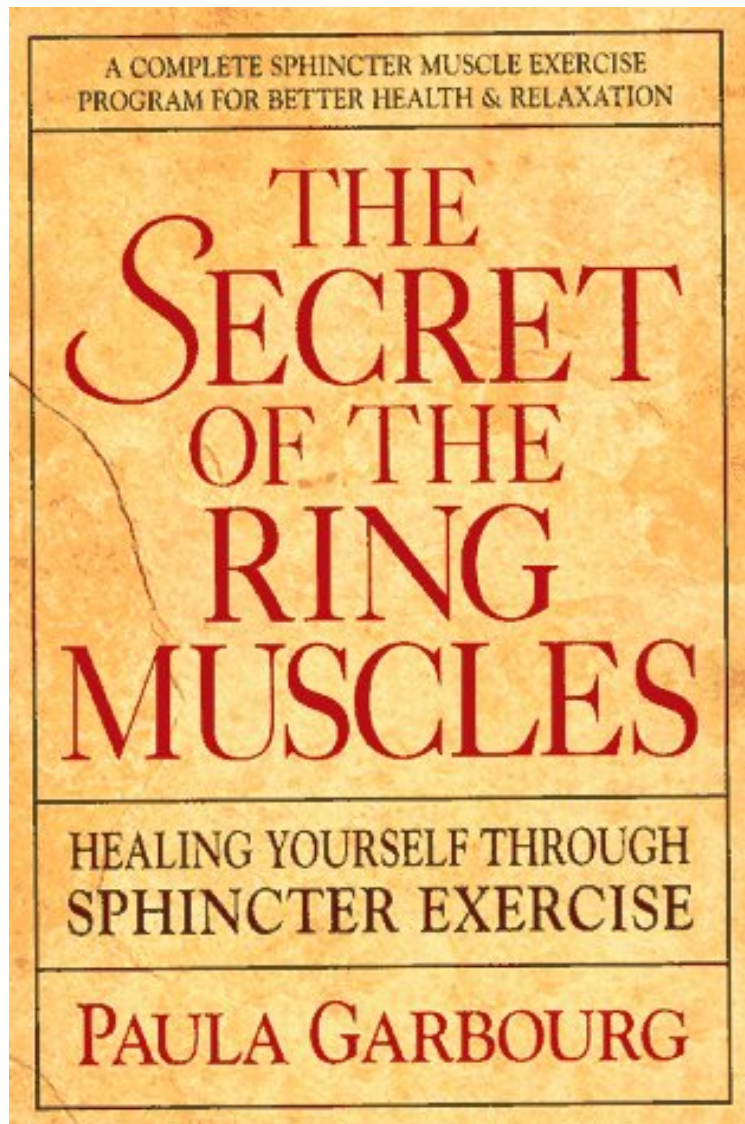


## Secret of the Ring Muscles

*Paula Garbourg*

*audiobook / \*ebooks / Download PDF / ePub / DOC*



#424742 in Books 1995-01-01 1995-01-01 Original language: English PDF # 1 9.02 x .47 x 6.06l, #File Name: 0895297620124 pages | File size: 46.Mb

**Paula Garbourg : Secret of the Ring Muscles** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Secret of the Ring Muscles:

1 of 1 people found the following review helpful. Great Exercises By A.K. Stein You wouldn't think exercises like these would work, but they seem to be. I've only done them for a couple of weeks, but I'm feeling better than I was. I didn't have anything really wrong with my health, so maybe there's something there, but I'm going to continue with these and see where it takes me. They're so easy to do, too. 11 of 12 people found the following review helpful. subtle but

powerfulBy howgalThis book was given to me by a client who had a severe head injury from a car accident. I'm a craniosacral therapist and also do work with the organs called visceral manipulation. She did the exercises while I worked on her. Very powerful combination. She had changes happening in her head that would have taken quite a bit longer to happen without the combination. I got the book for myself and found that my eyesight improved while doing the exercises. I didn't do them enough, I guess, to feel a change in my digestive system. Another thing on the list to do!All that said, I found the first 100 pages or so describing his theories was just plain bad. Whenever I suggest this book to patients I always tell them to skip the preamble. Also, many of the exercises have their roots in many different modalities such as Feldenkrais, Alexander Technique, etc. and there is no mention of that in the book.Once you get your feet wet in this, you may find Feldenkrais practitioners who have made their own audio versions of doing exercises that are excellent and bit more complicated and advanced than what is in the book.1 of 1 people found the following review helpful. Remarkable bookBy KFBThe exercises in this book are easy and so far I think they work. A fascinating system.

Shows how muscles around the eyes, mouth, and digestive tract can be exercised for optimum health-- This method of healing has been in successful practice for over 50 years and can improve such conditions as asthma, migraine, backache, arthritis, varicose veins, and sinusitisThe "ring" muscles, or sphincter muscles, are groups of muscles that contract and relax simultaneously. When they all work together, we are in good health, but when they stop working correctly, our bodies fall out of balance.Paula Garbourg explains how to control these muscles to free oneself of various pains and health disorders, offering a series of easy-to-follow, illustrated exercises.

.com Just when you think the world of health and fitness has run out of frontiers, along comes someone with a new set of muscles to exercise. In this case, it's "sphincter exercise" ("sphincter" is broadly defined to include muscles around each of the body's orifices). Paula Garbourg calls her exercises "sphincter gymnastics," and theorizes that doing them can improve conditions ranging from asthma to varicose veins. Her theories come from the fringes of wellness; in fact, she cites no science other than her own experience. But the program doesn't seem as if it could do any harm, so it might be worth checking into.