

Specialising in:

- + Neuromuscular Therapy
- + Postural Corrections
- + Treatment Massage for Muscle Aches & Pains
- + Therapeutic Massage
- + Kinesiology (Muscle Testing)
- + Sport Performance
- + K Taping
- + Stress Management
- + Lifestyle Education



Reiki Level 1
January 2017
Call to book a place.

[Click for Reiki info](#)

Call Karen
01757871
06 3676465

A couple of weeks ago Lorayne from www.thebusinessassistant.co.nz asked me to trial the Savvy Saddle Seat. I had been using the well known Swiss Ball which was quite comfortable while engaging the core muscles and supposedly improving my posture. This is fine but not for the whole day.



When I sat on the Savvy Saddle Seat a little voice inside said ‘arrhh this is mine’. Lorayne left the Savvy Saddle Seat with me for 10 days with an information sheet.

I must admit it took a couple of days to get used to sitting on this horse style stool which I was told is ‘normal’. So this is what I found:

It made me sit up straight without getting tired. The angle of the seat throws the pelvis forward keeping the pressure off my tail bone. I bent from the waste and not from the upper back which usually ends up with rounded shoulders.



this issue

The Savvy Saddle Seat..... P.1

QL and Lower Back PainP.2

The saddle gave me the stability and flexibility to move while I work.

I did a little research and this style of seat is very popular with dentists, therapists as well as office workers.

I also found out that the saddle sitting improves keenness and alertness.

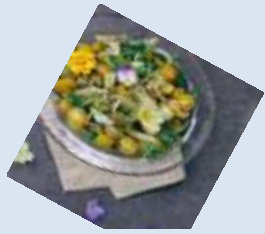
What I really liked about the stool is that it is quality made; it feels sturdy with the wide wheel base. The saddle does come in different sizes and thought the one I was trialing was too big for my bottom but looking back it gave comfortable support in all the right places.

When Lorayne came and took away my Savvy Saddle Seat I felt a bit lost. I hadn't realised how much I relied on the seat to do the work I do. Back sitting on the Swiss Ball I felt my posture was not supported.

I don't normally promote things like furniture; but I feel quite strongly about Lorayne's Savvy Saddle Seat. It has made a difference to me so I hope you will try it out and feel the difference to your posture and energy levels.

Call Lorayne Baker 0211594916
www.facebook.com/SavvySaddleSeat/
help@thebusinessassistant.co.nz





FENNEL SALAD RECIPE

Serves 4

- 2 bulbs of fennel, ends and fronds removed, then finely sliced
- 2 sprigs fresh rosemary
- Extra virgin olive oil for drizzling
- 3 large handfuls of rocket leaves
- 1 punnet cherry tomatoes, each sliced in half
- ¼ cup extra virgin olive oil
- Juice of one lemon
- Flaky sea salt
- Ground pepper
- Edible flowers to serve (optional)

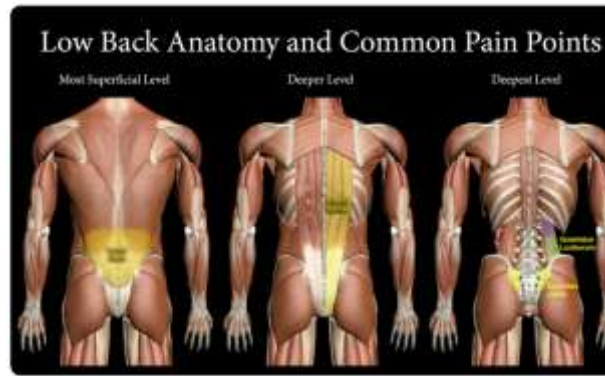
1. Pre heat the oven to 180 C, and line a large baking tray with baking paper. Lay the fennel slices on the tray and drizzle with extra virgin olive oil. Scatter the rosemary leaves over the top and then season well with sea salt and freshly ground pepper.

2. Bake in the oven for 20 minutes, or until slightly crisp on the edges. Remove from the oven and leave to cool.

3. Toss the roasted fennel with the remaining salad ingredients, and then season to taste if needed.

Transfer to a serving bowl.

<http://www.viva.co.nz/article/food-drink/fennel-salad-recipe/>



[Click for spinal video](#) [Click for lower Back Video](#)

Contractures and adhesions in the QL can result with:

- *chronic repetitive strain injuries and overuse injuries (e.g., frequent bending/lifting with improper biomechanics),
- *the chronic stage of healing after traumatic muscle strains (e.g., athletic low back injuries),
- *traumatic injuries that cause damage to the muscle or other structures in the iliolumbar region of the back (such as “Slip and Fall”, accidents or Motor Vehicle Accidents).

Actions of the QL:

- *Same side sideways bend of spine (Lateral Flexion)
- *Extension of the spine (after touching toes coming back up)
- *Holds the 12th rib in place during inspiration

Tell Tale signs the QL muscle is involved:

- *Lower back hurts when coughing or sneezing
- *Turning over in bed is difficult
- *Your lower back pain over time develops into what seems like a severe hip pain.
- *Over time the pain from the tight QL could translate into the groin area which could also develop into sciatica symptoms
- *It’s been said that people constantly attempting to brace and stabilize their upper body with their hands while they stand or sit is a sure fire sign of an over firing QL.
- * Being in an upright or sitting posture makes the pain worse but most individuals will experience pain with any movement.
- * If you are aware of one leg being genetically shorter than the other and your suffering from back pain you could be a good candidate for a tight QL.

[Click - Stretches for QL muscle](#)

Come and see me to clarify your back pain and get it sorted.



*Gift Certificates
Can Now Be
Emailed or
Posted!*



A reward for You, for taking the time for your wellbeing. Each time you have an appointment with me your name will go into the monthly draw. The winner will receive an extra 30 minutes to their next appointment.

'Congratulations' Our November winner is an out of town mature business woman who takes her massage treatments very seriously.



Monday, Tuesday, Thursday 9-5pm
Wednesday 9-6pm
Friday Saturday 9-12pm

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www.positiveposturenz.com
48hr cancellation policy

“Our business continues to grow with your kind recommendations”