



PROACTIVE WELLNESS

Decompress, Detox, De-stress

Linda Gorchels



Decompress

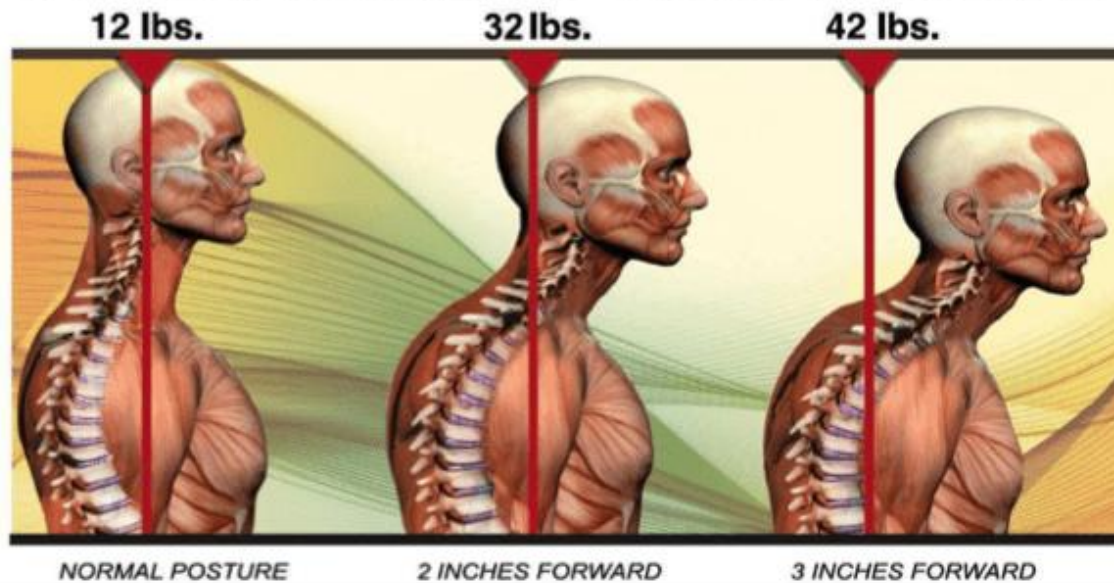
Mountain pose



Decompress

Spinal flexion & extension

How Heavy is Your Head?



Source: charmaustin.com

Decompress

Chin tucks to correct forward head posture

How To Do Chin Tucks Correctly

Fix your forward head posture



See the full video at:
BackIntelligence.com



Detox

Twists and inversions

Lymph Node Clusters

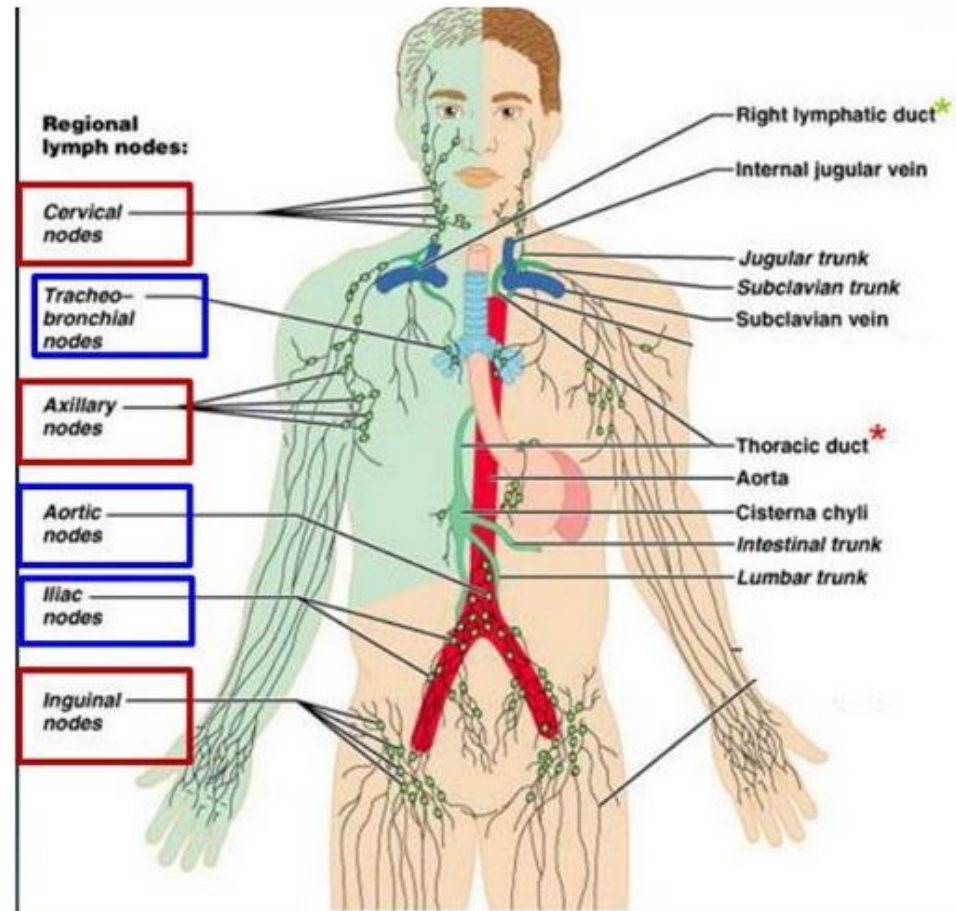
Superficial (Near the surface)

- Cervical
- Axillary
- Inguinal

Self-Massage

Deep

- Tracheobronchial
- Aortic
- Iliac



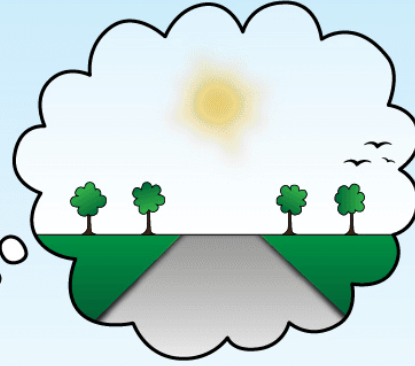
Detox

Lymphatic self-massage

MIND FULL

VS

MINDFUL



**LEARN TO BE PRESENT
AND ENJOY THE MOMENT.**

De-Stress

Practice mindfulness

- **Good posture decompresses the spine, relieving pressure on discs, nerves, and organs**
 - Many symptomatic aches result from poor posture
- **The lymphatic system is the body's internal cleansing network, critical for immune defense and detoxification**
 - Use movement, massage, and deep breathing to reduce lymph stagnation
- **Chronic stress contributes to a host of physical and psychological ailments**
 - Activate the parasympathetic nervous system to build resilience and inner peace.

Key points