



# Why Pilates For Beginners Explained For Experts 1851

**R Bogdan**



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thousands of lives through holistic and integrative therapies His experience has revealed to him that treating the fascia your long ignored unappreciated hidden organ that weaves around and through every single structure in your body is crucial for both physical and mental health Within these pages Dr Fenster will reveal all you need to know about fascia including The 8 villains that hurt your fascia and how to combat them A free your fascia quiz to assess what therapies are right for you 20 recipes to nourish your fascia Simple at home exercises and DIY therapies for releasing and optimizing your fascia Advice for working with professionals and the most powerful tools in fascial manipulation Exclusive to this book are interviews between Dr Fenster and ten of the leading edge fascia researchers and experts By freeing your fascia you ll feel stronger healthier and happier from head to toe

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