



Move Your DNA: Restore Your Health Through Natural Movement Expanded Edition

Katy Bowman

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Humorous, fascinating, and science based, the bestselling first edition of *Move Your DNA* has been updated and expanded to include a comprehensive three-level exercise program.

In layperson-friendly terms *Move Your DNA* addresses the vast quantities of disease we are suffering from, identifying our lack of movement as the primary cause. Readers can use the corrective exercises and lifestyle changes Katy Bowman has created to help each of us transition to healthy, naturally moving bodies. *Move Your DNA* explains the science behind our need for natural movement right down to the cellular level. It examines the differences between the movements in a typical hunter-gatherer's life and the movements in our own. It shows the many problems with using exercise like movement vitamins instead of addressing the deeper issue of our poor movement diet. Best of all, *Move Your DNA* contains the corrective exercises, habit modifications, and simple lifestyle changes we need to make in order to slowly mobilize our body to decrease pain and uncover our naturally healthy, reflex-driven selves.

From couch potatoes to professional athletes, new parents to seniors, readers will love Bowman's humorous, passionate, and science-based guide to restoring your body and reclaiming your life.

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