

Sounds like Bogus

Monday, 05 November 2007

Great posture is important for so many reasons and it can literally change your life! You might think I am over exaggerating, but just take a moment and hear me out.

A beautiful upright posture immediately separates you from the rest. It gives you that look of pure confidence and poise and if you add a smile to that, your radiance will be undeniably noticeable.

But the awesome thing is that not only will you look phenomenal, you will also feel more energetic and completely self-confident. Good posture can effect the way you look as well as the way you feel.

I haven't even mentioned all the physiological advantages of improving your posture yet...

Are you experiencing chronic lower backache? Do you walk around with a constant headache because you have so much tension in your neck and shoulders? Do you have a knee that is giving you trouble?

It might just be that you are experiencing all these inexplicable aches and pains due to the fact that your body is so out of alignment because of the way you let your posture deteriorate.

When your posture becomes misaligned with gravity, the balance between muscles are disturbed and certain muscle groups have to work overtime to keep you upright. That is why you might start experiencing excessive muscle tension and even pains in the joints.

It is never too late to start improving your posture, but the older you get the harder it becomes, so don't delay another moment. This is something you can do right now by simply becoming aware of it!

In the Pizzazz Factor I explain and demonstrate step by step how you can improve your posture and by doing that get rid of aches and pains and at the same time give yourself a positive, poised and radiant image that will stand out in any crowd instantly.

You will gain respect from everyone you come in contact with and you will be amazed at how suddenly you will be receiving compliments left, right and center. You will immediately look completely different - more attractive and more radiant, and more in control without changing your wardrobe, without plastic surgery or any other drastic measures.

Posture can do wonders for you, your relationships and your career. I know it sounds like bogus - too good to be true! But take my advice and become more aware of your posture right now and just see what happens!

You have the Power!

Kind regards

Vanessa Bader

P.S. I am actually filming a new program tomorrow... It is the latest craze with the celebrities and rightly so. It is the most amazingly empowering workout that can also do a whole lot for your self-image, self-confidence and Posture! I'll be telling you more about that in the near future!