

Motto:

“Be aware: your dignity, freshness, flexibility and constant improvement are your innate potentials.”

**Conscious power saving movement during walking and tracking with power saving poles**

The cross movements strengthen your muscles and bones, stimulate both sides of your brain. Your organs and your whole body move in a fizzy way.

How?

With the **poles** you have 4 “legs” instead of 2. Your **power saving poles** lengthen your arms. Your straight arm moves counter side your leg. (Left leg with right arm.) You walk as if you walked on a beam, stepping one foot in front of the other. Your shoulders and the pelvis are in cross position at every stride. The spine moves in the trunk and your trunk moves around the spine. Exactly the same way as we did when we lifted our heads as babies.

Roll on your feet from heel to toes. Mound your chest, let your head tilt gently backward and gracefully forward to its natural position. As you touch the ground with the poles your bones are stimulated through your straight arms and your heels. Your bones are strengthened and built by this vibration. As your muscles contract and relax your blood circulation gets fizzy and fresh.

This complex effect stimulates both your body and mind.

The cross movement and the twist of the spine are responsible for the perfect blood supply of your brain so you can avoid cerebral anaemia. With contracting and relaxing of your muscles your body exhales and inhales. Your blood is streaming like a clear brook. You can double or even multiply your physical and intellectual capacity. Every movement facilitates the smooth operation of your organism.

The use of **power saving poles** increases your span of concentration, stamina, prevents or ceases your spinal, leg or foot problems.

The genuine unicellular respiration and the **power saving poles** have multiple beneficial effects. The power saving poles should be considered as **therapeutic tools**.



Before using the **power saving poles** I could not climb the mountain. I needed others' help. Owing to these poles I am not helpless any more. I have regained my physical strength and self-confidence.

When I had pain in my legs I could not have walked without my poles. Now, due to the poles, I can get anywhere I want to.

We have power both over visible material and our bodies. This is not a unique ability. Endorphins – hormones of joy - are triggered by every movement.

With these poles you can split your weight: two legs and two arms can carry your rucksack. Those who are overweight also can benefit from the usage of the poles.

Questions and answers

1) How long are the poles?
They should reach your armpits.

2) What are they made of?
They should be made of natural material, preferably wood.

3) How shall we hold the poles?
Put your thumbs on the top of the handles. (See photos.)

4) What are the benefits?
They are manifold. The most important one is that they stimulate your whole body!

Try, use, enjoy and improve your quality of life!

With infinite love: *Granny Etká*

