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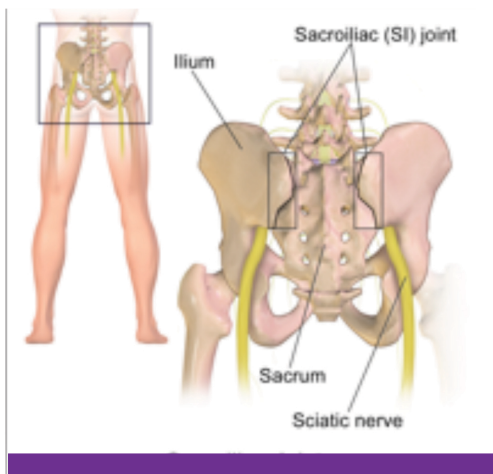
- Hanna Kroeger

ADJUSTING THE HIPS

The hips are the foundation of the entire spine, connecting the leg bones to the sacrum via the sacroiliac joint. Proper alignment of this joint contributes to the proper alignment of the entire spine.

The hips are also important for mineral balance.

A misalignment in the pelvis is determined by placing the hands on the top of the hip bones, on each side, and visually observing if one side appears lower than the other.



To Adjust the Hips

Step 1) Identify which side is high and which is low.

Step 2) Stand with the feet shoulder-width apart. Place the hand on the same side as the low hip on top of the head. Put the other hand on the hip.

Step 3) Bend forward 45-degrees, swing sideways (to the low side) and up. Retrace this path backwards by swinging down to the side and up the center. Shake your hips back and forth.

Step 4) With feet the same distance apart, turn in (pigeon toe) the foot on the high side. Place the hand of the high side on top of the head and the hand of the low side on the hip.

Step 5) Bend forward and swing to the high side and up (opposite side from before). Retrace the path backwards. Shake the hips again.

Step 6) Return the feet to parallel (still the same distance apart). Place the hand of the low side on top of the head and the hand of the high side on the hip.

Step 7) Bend forward and swing to the low side and up (same as first time). Retrace the path backwards.

Step 8) Drop the hands to the sides and shake the shoulders back and forth (instead of shaking the hips).

Step 9) Recheck the hips for evenness. Repeat if necessary.