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For Immediate Release:**What the Foot**

A radical movement based approach to therapy
Solving unsolvable pain

Author Gary Ward, discovered his passion for anatomy as a ski boot fitter in the French Alps. He has since continued his anatomical journey into the world of human motion – bringing the static theories of anatomy and physiology to life in a way that represents real life motion. The process when applied to clients, who usually suffer from pain or impaired performance, leads to instantaneous lasting change. Gary has become known for solving ‘unsolvable pain’. Now he brings alive his methodology in the form of his new book “What the Foot” and via his “Finding Centre” courses too.

Gary has been observing the human body for over ten years, starting with the foot, moving onto obvious relationships between the foot and the rest of the body and gradually mapping the entire workings out in 3D. Noticing relationships that exist globally in motion Gary continued on his quest to understand the complexities represented by human gait. To our knowledge nobody else has detailed the entire journey of the whole body through each step it takes over a period of approximately 0.75 seconds. Gary teaches you to observe what aspects of this your client performs poorly or simply cannot access and through some clever global movements is able to restore function back to the body with movement and exercise to retrain the brain and return your body back to it’s high performance potential.- essentially allowing it to “find centre” a term coined by Gary as the body’s natural, happy and effortless posture. For the human body it’s like pushing the reset button on an electronic device.

Many of Gary’s clients have come to him due to a long term experience of pain, having seen many people with only surgery or a life of pain management courses being the only possibility for a bright future. Traditional methods and therapies have been explored and exhausted but to no avail. Gary’s method is the final saviour. There is something simple and elegant about the approach that Gary describes in What the Foot and it is comparable to the elegance of human motion when it is free to move.

This new philosophy about the human body is now available to purchase online at www.whatthefoot.co.uk/buythisbook