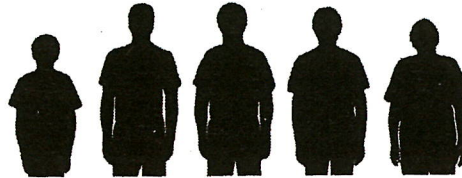


HEALTH

TUESDAY, FEBRUARY 17, 2004



A Shortcut to Staying Tall

Thankfully, none of us really have to suffer “Downsizing” as discussed in the Feb. 3 story about losing height. The easiest way to maintain, even gain height, has been with us for a century, and it has many health benefits. The Alexander Technique is the one safe, proven method that is directly concerned with decompressing, or lengthening, the spine. It is especially helpful for those with arthritis and scoliosis.

The scientific basis reaches as far back to the 1932 Nobel Prize lecture by Sir Charles Sherrington, considered the father of neurophysiology, and even farther to its beginnings in the late 1890s.

As a licensed physical therapist and a certified teacher of the Alexander Technique, my clinical experience is that it is the best way to prevent back and neck problems as well as help decrease pain in spines

that are already suffering. In fact, I became a trained Alexander teacher because I was frustrated with what modern medicine couldn't do for people with back problems.

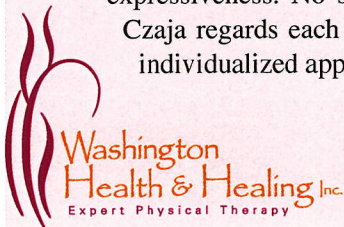
The Alexander Technique is gentle, fun, feels good and believe it or not, employs no exercises. Alexander teachers have a minimum of 1,500 hours of training, and in the Washington area we are lucky to have at least 40 certified teachers.

Information on the local consortium of teachers is available on the Web at www.alexander-teachers.org.

Information on the two leading certifying organizations in the United States can be found at www.ati-net.com and www.alexandertech.com.

*Gabrielle Czaja
Washington, DC*

Unique in her approach to patients, Gabrielle Czaja, MPT, mATI is one of Washington DC's leading physical therapists. Melding an eclectic, thorough, yet personalized approach to patients of all ages and illnesses/injuries, she employs the Alexander Technique, which focuses on restoring the body's capacity for flexibility, power and expressiveness. No stranger to athletic injuries, Czaja regards each patient with a genuine and individualized approach to the human body.



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