Shoulder Bags...everyday you see women fashionably stroll through the streets with their color-coordinated shoulder bags.
Do you really need everything in there?

The secret world of recognition of fine craftsmanship strewn across shoulders, a world of intrigue, a world of Alphas....a world of pain. Especially for Nubian Women in the United States, who struggle with their re-connection to their culture as they sift through Eurocentric Indoctrination.
If you take a moment you can observe women leaning away from the shoulder holding the
bag in an attempt to balance the weight within the extra-dimensional portal created by Pym Particles...unfortunately it seems that allowing more space also allows for more weight. What is even more amazing is when you see an over-sized shoulder bag being slumped around accompanied by a rolled yoga-mat. Yoga links the body. Yoga keeps the body in shape...however, large shoulder bags change your shape dramatically. This is interesting because their is an obvious state of denial taking place here and no matter how many downward dogs that are performed, the shoulder will remain in a state of perpetual pain if the offending action is not removed. However most people think that if they do not carry heavy shoulder bags everyday there will not be any adaption of the shoulder and neck muscles...this is the same mentality that people have about wearing heels. To be honest all it takes is one day of carrying something heavy across the shoulder to make an impact, especially when coupled with the following factors:

1) Poor Body Mechanics at Work
2) Lack of Sunlight
3) Rushed eating - improper digestion
4) Lack of warming and stretching the muscles in the morning
5) Wearing Heels
AND
6) Over-packing your bag

This post actually is from a conversation I had with a female therapist/personal trainer. I jokingly told her that I was going to create a bag for women that will fit close to the body and only allow a manageable weight for valuables. Her reply was 'Doesn't matter...I'll just stuff it more than it can take.' We laughed but suddenly the twilight zone theme music played in my head while I caught a glimpse of the heavy shoulder bag strewn across her well-developed shoulders.

For the sake of fashion and the unspoken caste system of the sisterhood, the following structures of the body(although more can be listed) unwillingly submit:

Supraspinatus (as well as the rest of the rotator cuff muscles) - abduction at shoulder joint (the rising action that looks like you are about to flap your arms like wings)
Pectoralis Major - Adducts (brings joint inwards) and medially rotates the humerus; attaches the arm to the body.

SCM - Rotate Neck to Opposite Side and Laterally Flex Neck on same side.

Upper Trapezius - elevation of scapula.
Deltoid - shoulder abduction, flexion and extension

Overall these muscles work together to keep the shoulder in place and stabilize it while performing actions. For the most part, our muscles can be trained to tolerate pressure during circumstances that require it to bear weight for an undetermined time. In these circumstances the body may go into the fight or flight response, releasing hormones that regulate the pressure systems in our bodies. One in particular, cortisol, inhibits functions of digestion, assimilation and cellular production. However, these circumstances are usually related to survival which means when the potential threat is diminished or out of sight, our bodies return to a state of rest and digest.

In the case of a situation where the stress response may be triggered by carrying heavy bags over the shoulder, there may not be any immediate return to the state of rest and digest if the person does not immediately stop the action causing the stress.

I have read that some people suggest to strengthen the muscles involved in carrying, which is
"Your natural gait is thrown off. "One of the consequences of carrying a shoulder bag on one shoulder is that it significantly interferes with the normal gait," says Dr. Erickson. The gait is the way your arms and legs swing when you walk naturally, and it's an important way to keep your body balanced. When you put a handbag on one side of the body, it means the arm on that side can't swing properly and the other arm has to swing more. People can develop problems because of that, she says.

"Your muscles are off balance. Since all of the weight of your bag is on one shoulder, you're carrying an asymmetric load, which throws off your posture. Most people tend to carry purses on their side of dominance -- if you're right-handed, you'll hang it over your right shoulder. But this causes the muscles in your dominant shoulder, particularly the trapezius muscle, to become bigger. "We see asymmetry in posture -- like, one shoulder's higher than the other -- from this chronic forcing of the muscles on one side to become more developed than the muscles on the other side," Dr. Erickson says. This asymmetric load also causes muscles in your spine to compensate for the weight, adds Dr. Hayden, which can cause the opposite side of the spine to go into spasm. This overcompensation can also affect your lower back and your sacrum (the bone at the base of the lower spine) -- the more asymmetric the load, the more everything below the shoulder will have to work.

"As a result, your muscles become stiff." Carrying that heavy purse can cause the trapezius muscle, which sits on top of your shoulders, to spasm and therefore tighten, along with the muscles that go from your shoulder to the base of your neck. "When that happens, it can cause a lot of stiffness in the upper back, the shoulder area and the neck," says Dr. Erickson. It can also cause a decreased curve in the neck, which is known as "military neck." "We also see people who develop arthritis in their neck, in their lower neck, because their neck has been forced to carry this heavy weight for such a long period of time," says Dr. Erickson. The delicate muscles that help you carry your purse also assist with turning the head, making that action painful.

"You can even get headaches." Some people will develop tension headaches from the muscles being forced to do all of this heavy lifting, says Dr. Erickson. When the muscles in
your shoulder and neck area spasm, it can cause pain in the back of your skull that radiates around to the front.'
- taken from Huffington Post: http://www.huffingtonpost.com/2013/12/09/purse-back-pain_n_4397727.html

Overall, the issue does not lie in the bag itself, it actually is a question of not over-stressing the body needlessly. In all reality, we do not need to carry as much as we think we do everyday. There are days when we may have to lug things around like a mule, however, with enough preparation you can minimize your load. There are other structures that become over-stressed those structures are:

The Median, Ulnar and Axillary Nerves -
These nerves control the function of the muscles in the hand and forearm as well as relay sense of touch.

The Subclavian Artery supplies oxygenated blood to the arms
The GallBladder Meridian controls the release of bile to emulsify fats and distributes the plan created by the Liver Meridian; energy descends downwards from heaven to earth - from the eyes to the feet.

The Large Intestine Meridian controls the elimination of solid waste and the exchange of with the inner and outer environments of the body; energy descends downward from heaven to earth from the index finger to the nose.
The Small Intestine Meridian assimilates nutrients by separating the pure from the impure. Its energy descends from heaven to earth from the pinky finger to the ear.

To summarize, constant bearing of unnecessary weight can impede delivery of nutrients and oxygen to the entire structure of the arm, can cause loss of sensation and function, disrupt our spheres of energy dealing with assimilation, distribution and elimination, AND cause undo stress and adaptive behavior that can shift the entire structure of the body. It may be a good time to question at what length should we go to put on appearances...
Rise in excellence.....More to come...

The technique I practice is called Ohashiatsu – Ohashiatsu is a system of physical techniques, exercise and meditation used to relieve tension and fatigue and induce a state of harmony and peace. The practitioner first assesses a person’s state by feeling the hara, the area below the navel. Then, using continuous and flowing movements, the practitioner presses and stretches the body’s energy channels, working in unison with the person’s breathing. For an hour session of bodywork and stretching of the extremities, please contact me at the email address below. Based in Brooklyn and Manhattan.

PLEASE SHARE, TAG AND REPOST!!!!

Ashe’
DjaDja COI(Certified Ohashiatsu Practitioner) – email me to book a session absoluterelease@yahoo.com – Manhattan/Brooklyn/Soho