

Brain, Lagree Method, manual therapy; physical exercise, Micro former, massage in psycho-body, emotional-affective and socio-relational recovery.

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Abstract

Exercise as a moment of socializing, fun and well-being. Titanic Enterprise? Just want to do. For me, I have brought together the greatest, the best, my closest friends, for one great passion: movement, physical exercise, as a source of well-being, especially in this critical moment for those who have suffered damage even from the point of view. Economically. But the topic is another. I was in Sicily, a friend of mine is training with others but ... he has a herniated disc ... prevents him from moving ... yet, thanks also to the encouragement, the sociability, the fun of the group itself, he does not feel pain and is able to perform all exercises perfectly. Hence the idea: can conviviality, sociality in the world of sport have and be a natural opioid? Can we modulate our perception of pain thanks to a "disembodied attitude and an enactive approach? We are embodied beings", in which minds, bodies, environment and culture are connected to each other on different levels. "The answer is yes and the purpose of the post is to leave you breathless to admire the infinite beauty of my friends who train and have fun, live the sport, the Movement and long live true friendship. Obviously I emphasize my world, my fitness lagree method, Lagreefitness which also improves self-esteem, good mood through the generation of wellness molecules and hormones. Heart health, brain health, muscle and joint health. Neuroscience and lagree method; induction of the pituitary hypothalamic axis of growth hormone, its possible implications in longevity.

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Biography

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