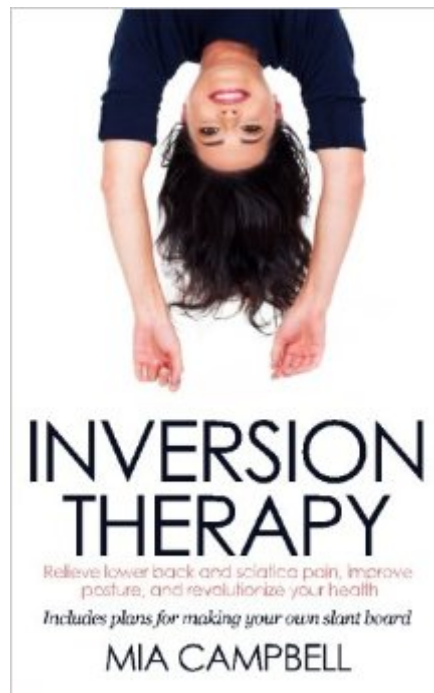


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# Inversion Therapy: Relieve Lower Back And Sciatica Pain, Improve Posture, And Revolutionize Your Health



## Synopsis

DO YOU NEED TO EASE PAIN & DE-STRESS YOUR BODY? Inversion therapy is an ancient way of decompressing and reducing stress on the spine - a natural method of pain management and prevention. The discs between the bones of the spine are quite soft and gravity naturally compresses them over the years. It's one of the reasons we often lose height as we age. The discs get smaller and more compressed over time - they can even leak and irritate surrounding nerves. Decompressing your spine by lying or hanging upside down allows the discs to expand. It also reduces nerve pressure and allows the spine to realign. The father of medicine, Hippocrates, is known to have invented a form of inversion around 400 BC for his patients by using a system of ladders and ropes to relieve pressure on their spines. Inversion can relieve back pain and sciatica and brings numerous other benefits as well, including:

- Preventing loss of height
- Anti-aging
- Reducing stress
- Improving posture
- Help insomnia
- Improved digestion and elimination
- Improved hormones
- Better menstruation/menopause
- Better mood
- Brighter complexion
- Increased hair growth
- Plus many more

This book explains why it works, how it works, and how to get started. You'll discover the different types of inversion equipment, including approximate prices and the advantages & disadvantages of each. By regularly inverting, you could make a massive difference to your health. The cost is minimal compared to the benefits. Slant boards cost from just \$50, or you could make your own following the guidance in this book. All you need is a long piece of plywood, some wood to make a frame for the plywood top, and a piece of carpet as a covering (essential so it isn't slippery!). Inverting is unusual in that it is relaxing yet invigorating. Inverting in the mornings is a great way to start your day and inverting before bed is very relaxing and can help sleep (especially when done as part of a regularly bedtime routine).

**Beauty Benefits** The beauty benefits of inversion are one of its best-kept secrets. When we invert, we nourish our facial skin with fresh blood flow. That means extra nutrients and oxygen. Lymph flow is also increased, taking wastes away more efficiently. The result is skin that looks and feels years younger. It plumps up, brightens, and glows. Not to be overlooked is the effect on hair. Providing better blood flow to the head means that the hair is more nourished - resulting in stronger, glossy hair that grows more quickly than you can believe!

**Contraindications** While the benefits of inversion therapy are many, sadly there are people who are unable to invert due to certain health conditions. The main ones are cardiovascular disease, high blood pressure, and glaucoma. That's because inversion temporarily raises blood pressure. Pregnancy is another condition that may mean inversion is - temporarily - not a great idea. To be safe, it really is best to check with your physician before starting inversion - just in case you have an undiagnosed illness that would be

contraindicated, or something that your physician knows could be made worse by inverting. If you can't invert or have to stop temporarily, you can improve your health tremendously by doing a few simple things: \* Don't lean forward habitually when sitting. \* Don't hold your breath - many of us do while working on a computer (it's called 'email apnea', a wonderful term invented by the technology writer Linda Stone). \* Take up regularly swimming. The movement is very beneficial and the buoyancy of the water reduces the effect of gravity on the body. These tips are covered in more detail in Appendix 1.

## **Book Information**

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## **Customer Reviews**

This is the only book I could find on Inversion Therapy; something that interested me after reading a book called "A Calm Brain" by Gayatri Devi, MD. Devi mentions a patient who failed to elicit the relaxation response (the opposite of fight or flight) through meditation and other simple relaxation techniques, and only through inversion was the patient able to "trick" the body, and thus the mind, into relaxing. The trick involved the Vagus nerve and its influence over the autonomic nervous system. Devi, a neurologist, writes a well researched and technical book, however, her mention of relaxation and inversion is merely anecdotal, hence my search for more information. As it turns out, there is very little written in the literature (peer reviewed scientific journals) on Inversion, with the majority written in the 1980's, (PubMed search). I was hoping, and willing to risk \$1.99, that this book had better luck finding sources of information. Unfortunately, the book consists of "references" from blogs, vendor websites, Wikipedia and other unverified web-based sources or personal stories. While I appreciated learning about the author's first hand experience, I would have liked to have

known, prior to purchase, that this book did not contain anything more than anecdotal evidence. The author does appear to genuinely want to help others by sharing her experiences and limited research, and for that, I'm appreciative. However, buyer beware.

It really didn't provide that much more information than I had already found on the internet. But it is a good introductory to the practice. I have a bad hip and lower back pain and use my inversion machine twice a day to relieve the pain. This book does give instructions on how to assemble your own low impact version at home--very cheaply. But I got my machine on for just under a hundred bucks... just look around?

extremely interesting, I really do appreciate how she teaches you how you can make your own inversion table. Very informative highly recommend this to all who really want to know more about inversion therapy. I am looking forward to doing inversion therapy for myself.

I am so glad I got this book on inversion. I really enjoyed how well researched it was and found it to be insightful, easy to read and understand and very well laid out. The background information on why to do it, how to do it, all the health benefits, etc. I felt was all very well done and described in such a way that I want to try this myself. I'm inspired to act like a bat now and get inverted!

Luv it ..just what I needed and easy to put together and operate..I had a recline board for years and used allot but it took up so much space so got rid of..Suddenly years later my back starts acting up... this one so easy to use and folds up easy. .almost like an ironing board. .so easy to store.I use a couple times a week. .I changed the security strap to a chain though.. much easier to calibrate and safer..

I was looking for information on how to use my new inversion table. There were only 3-4 useful pages. The book explains everything inversion helps with but I wanted information on how to use the table. A waste of money. I read the entire book in 15 minutes.

I purchased this for my mom who is having back issues. It is a great quality product. Easy to assemble, and really works to relieve a lot of her back issues. I would recommend it for anybody who is looking for an inversion table.

Very high quality product, worth any extra cost over competition; safety (multi-colored) strap works well and easy. IF YOU HAVE ANY BACK CONDITION (bulge, herniated disc, scoliosis, etc.) I highly advise talking with your neurologist and/ or chiro FIRST JUST TO MAKE SURE THE movements you are causing are all positive Add-on lumbar support highly recommended if any lower back pain. Add-on nodules - are a personal preference, good news is it's very easy to move around and / or remove. I liked them once I found the right spot! I do 5 min at 60 degrees in am and about 5-10 min early eve rocking back and forth with just simple arm movements. REMEMBER TO REMOVE ANY NECKLACE(S) - I almost hung myself with a cross ON CHRISTMAS EVE by the cross getting stuck in a groove ABOVE my head, leading to a very unpleasant surprise when I flipped back right side up, hanging by my necklace, luckily I could get enough slack to undo!!! I LOVE THE MACHINE!!!

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