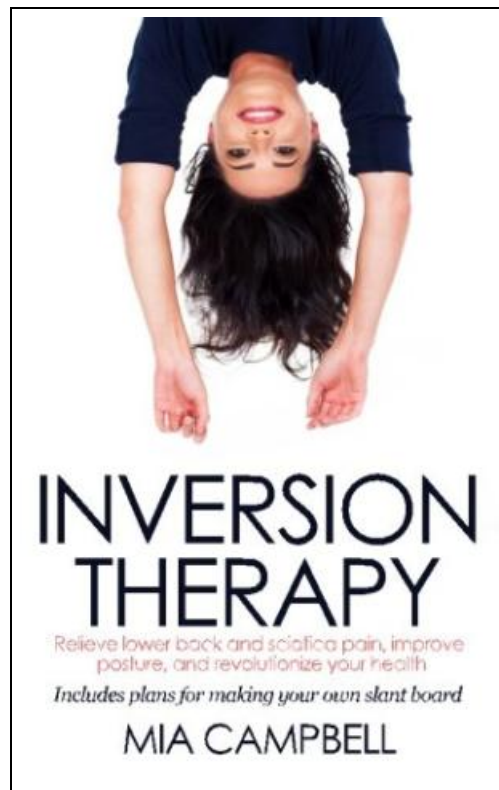


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Green Pony Press, Inc. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 7.8in. x 5.0in. x 0.5in. **DO YOU NEED TO DE-STRESS YOUR BODY** Inversion therapy is an ancient way of decompressing and reducing stress on the spine. The discs between the bones of the spine are quite soft and gravity naturally compresses them over the years. Its 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 menstruationmenopause Better mood Brighter complexion Increased hair growth Plus many more This book explains why it works, how it works, and how to get started. Youll discover the different types of inversion equipment, including approximate prices and the advantages and 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 isnt slippery!). Inverting is unusual in that it is relaxing yet...



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