

CORE FITNESS SYSTEM

FREQUENTLY ASKED QUESTIONS ON BODY INVERSION PRACTICE AND ON THE USE OF THE MOTORIZED INVERSION MACHINE

WHAT ARE THE BENEFITS PROVIDED BY THE USE OF THE INVERSION MACHINE?

OUR MOTORIZED INVERSION MACHINE IN ORDER OF IMPORTANCE PROVIDES THE FOLLOWING BENEFITS:

1. DECOMPRESSION OF THE SPINE;
2. RE-ALIGNMENT OF THE VERTEBRA OF THE SPINE TO A NATURAL CURVATURE;
3. TOTAL FLEXIBILITY OF THE SPINE;
4. TOTAL STRENGTH OF THE BODY'S MUSCLES AND CARTILAGE OF THE JOINTS;
5. GREATER STRENGTH AND MUSCLE POWER;
6. IMPROVEMENT OF BLOOD CIRCULATION THROUGHOUT THE BODY;
7. MOST EFFECTIVE WAY TO EXERCISE THE HEART AND REDUCE BLOOD PRESSURE;
8. IMPROVEMENT OF CIRCULATION OF LYMPHATIC FLUIDS THROUGH OUT THE BODY;
9. CORRECT REPOSITIONING OF THE INTERNAL ORGANS OF THE BODY;
10. BUILDING SPINAL AWARENESS FOR BALANCE, INCREASED ENERGY PEAK PERFORMANCE IN FITNESS AND SPORTS AND PREVENTION OF INJURIES.

1. DECOMPRESSION OF THE SPINE

WHAT IS DECOMPRESSION OF THE SPINE?

DECOMPRESSING THE SPINE MEANS EXPANDING THE INTERVERTEBRAL SPACES OF THE SPINE TO ALLOW THE DISCS TO REFURBISH WITH LYMPH AND ACQUIRE NORMAL THICKNESS. AS WE KNOW, THE DISCS ARE THE "SHOCK ABSORBERS" THAT PREVENT THE VERTEBRAE TO COME INTO CONTACT WITH ONE

ANOTHER AND AVOID THE PAINFUL AND DELETERIOUS CONDITIONS OF PINCHED NERVES, TORN CARTILAGE, LACERATED AND HERNIATED DISCS, ETC. THESE CONDITIONS ARE EXACERBATED WHEN EXERCISING OR SITTING IN A BAD POSTURE FOR EXTENDED PERIODS OF TIME. DECOMPRESSION CAN ONLY BE ACHIEVED BY REVERSED GRAVITY OF THE BODY.

HOW DOES ONE COMPRESS THE SPINE?

THE HUMAN SPINE HAS 23 VERTEBRAE THAT UNDER ANY PRESSURE CAUSED BY EXERCISES OR PROLONGED SEATING ARE PUSHED CLOSER TOGETHER, SOMETIMES TO TOUCH EACH OTHER BONE-TO-BONE AND DISLodge THE INTERVERTEBRAL DISCS.

WHAT ARE THE SHORT AND LONG TERM CONDITIONS OF EXTENDED COMPRESSION WITHOUT DECOMPRESSION?

THE SHORT TERM CONDITIONS ARE PINCHED NERVES, LACERATED AND SLIPPED DISCS, HERNIATED DISCS AND MORE; THE LONG TERM CONDITIONS ARE ARTHRITIS, CAUSED BY CORROSION OF THE VERTEBRA COMING INTO CONTACT WITH ONE ANOTHER; TOTAL DETERIORATION OF THE SPINAL CORD AND TOTAL IMPAIRMENT OF MOVEMENTS AFFECTING THE ENTIRE NERVOUS SYSTEM AND CONSEQUENT PARALYSIS OF THE BODY.

HOW DO THESE CONDITIONS OCCUR?

ALL TYPES OF EXERCISES, CARDIOVASCULAR OR STRENGTH, LIKE RUNNING OR INDUCED BY MACHINES, FREE WEIGHT LIFTING, PUT PRESSURE COMPRESSING THE SPINAL DISCS AND FLATTENING THEM LIKE "PANCAKES". RUNNING, ESPECIALLY WHEN LANDING ON THE HILLS OF THE FOOT, ALSO CAUSES REPEATED POUNDING ON THE VERTEBRAE, COMPRESSING THE DISCS FROM THE NECK ALL THE WAY TO THE OCCIPITAL BONE; ULTIMATELY, EVEN PROLONGED SEATING MAY PRODUCE INCREASE OF SPINAL PRESSURE BY 60%.

HOW DO YOU DECOMPRESS YOUR SPINE?

ANY TYPE OF SPINAL PRESSURE SHOULD BE REMOVED OR EQUALIZED BY INVERTING THE GRAVITY OF THE BODY BECAUSE IT AFFECTS THE ENTIRE HEALTH OF THE SPINE.

THE SPINE SHOULD BE DECOMPRESSED SLOWLY AND GRADUALLY FROM THE PELVIS UP BEFORE AND AFTER EACH EXERCISE TO ALLOW THE THE “FASCIA” WHICH IS THE CARTILAGE THAT ENVELOPS THE VERTEBRAE AND ALL THE OTHER CARTILAGES OF THE JOINTS TO GENTLY STRETCH AND MAINTAIN ELASTICITY. **THIS CAN BE DONE ONLY WITH OUR PATENTED MOTORIZED INVERSION MACHINE.**

HOW DO YOU FEEL AFTER DECOMPRESSION OF THE SPINE?

AFTER DECOMPRESSION, ALL PRESSURE ON YOUR CERVICAL, THORACIC, LUMBAR AND SACRAL DISCS IS REMOVED AND THE DISCS RE-ACQUIRE THEIR NORMAL THICKNESS HAVING BEEN REFURBISHED WITH FLUID. THE FIRST SENSATION IS LIGHTNESS THROUGHOUT THE ENTIRE BODY. A NEWLY RE-ENERGIZED BODY BUILDS TOTAL AWARENESS OF THE SPINE, WHICH ALLOWS SHARPER REFLEXES, BALANCE AND CONTROL OF BODY MOVEMENTS AND REMOVES ALL NECK AND LOWER BACK PAINS.

2. ACQUIRING NATURAL SPINAL ALIGNMENT

WHAT IS SPINAL ALIGNMENT?

THE SPINE IS THE CENTRAL SUPPORT OF THE BODY. IT HAS A NATURAL CURVATURE, WHICH IS LIKE A GENTLE 'S' COMPRISING 23 VERTEBRAE CONNECTED BY CARTILAGE, FITTING TOGETHER TO ALLOW SUPPORT AND MOVEMENT. THE PERFECT FIT OF THE BODY OF EACH VERTEBRA TO THE NEXT EPITOMIZES THE PERFECT POSTURE OF THE SPINE AND THE NATURAL CONDITION FOR SUPPORTING THE BODY AND BEARING ADDITIONAL EXERCISE STRESS. MOTHER NATURE DID NOT DESIGN THE SPINE TO BEAR WEIGHT OR TO BE COMPRESSED BECAUSE HUMANS WERE ONCE FOUR-LEGGED-ANIMALS, LIKE HORSES, CATS AND DOGS. HUMANS BECAME ERECTED AND THE CURVATURE STAYED ALMOST THE SAME FOR MILLIONS OF YEARS

HOW DO YOU KEEP THE SPINE IN PERFECT ALIGNMENT?

ABOVE ALL ELSE, ONE MUST KEEP THE TORSO ERECT AND WELL SUPPORTED BY STRONGER LUMBAR AND ABDOMINAL MUSCLES IN
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ADDITION TO THE METHOD OF VISUALIZATION OF THE SPINE CURVATURE.

DOES KNOWLEDGE OF SPINE ANATOMY HELP TO MAINTAIN A PERFECT ALIGNMENT?

KNOWLEDGE OF ANATOMY HELPS TREMENDOUSLY. IT HELPS TO KNOW THAT NATURE PRODUCES A SLOW PROCESS OF CHANGE AND IT IS YET TO MAKE THE NECESSARY CHANGES TO ACCOMMODATE HUMAN TRANSITION TO AN ERECTED POSITION OF THE SPINE. SPINAL ALIGNMENT IS OBTAINED WHEN EQUAL PRESSURE IS MAINTAINED THROUGHOUT THE SURFACE OF THE DISCS, WHICH MEANS MAINTAINING THE CENTER OF GRAVITY TO WHERE ALL PRESSURE OF ANY BEARING WEIGHT IS DISTRIBUTED THROUGHOUT THE ENTIRE BODY OF EACH VERTEBRA AND TRANSFERRED TO THE GROUND.

HOW DOES THE SPINE BECOME MISALIGNED?

IMPROPER EXERCISES, ESPECIALLY INDUCED BY BADLY DESIGNED EQUIPMENT, LIFTING WEIGHTS UNDER IMPROPER POSTURE, OR EVEN SEATING OR SLEEPING INCORRECTLY CAN PRODUCE MISALIGNMENT OF THE SPINE. ONE SHOULD EXERCISE KEEPING THE TORSO ERECT AND PERFECTLY IN BALANCE IN ORDER TO AVOID NEGATIVE STRESS ON THE SPINE AND SHIFTING ITS CENTER OF GRAVITY. PROTECTING THE SPINE AGAINST WHAT WE CALL “NEGATIVE STRESS” IS THE NEXT GOOD THING IN FITNESS.

HOW DOES OUR MOTORIZED INVERSION MACHINE REALIGN THE SPINE?

INVERTING THE GRAVITY OF THE BODY PRODUCES A NATURAL REALIGNMENT OF THE VERTEBRA AND RESTORATION OF THEIR NATURAL POSITION. THE WEIGHT OF THE BODY DOES THIS JOB NATURALLY AND PROPORTIONALLY. A PERFECT CURVATURE IS OBTAINED WHEN THE VERTEBRAE ARE IN GOOD POSITION AND THE INTERVERTEBRAL DISCS REACQUIRE THEIR PROPER SHAPE AND REMAIN HOUSED IN THEIR NATURAL SEAT. ALL THIS CAN BE ACHIEVED BY INVERSION AND BY USING THE BODY,S OWN WEIGHT, WHICH RESTORES ITS SHAPE NATURALLY.

IS NATURAL STRETCHING THE SAME THING AS REALIGNING THE SPINE?

BY REVERSING THE GRAVITY FORCE OF THE BODY'S OWN WEIGHT, ONE OBTAINS BOTH A NATURAL STRETCH AND A NATURAL REALIGNMENT OF THE SPINE. IMAGINE A CHIMPANZEE HANGING FROM A TREE. SUCH AN ANIMAL WILL NEVER HAVE BAD POSTURE AND ITS SPINE WILL ALWAYS BE IN PERFECT ALIGNMENT AS IT HANGS NORMALLY BOTH BY THE ANTERIOR AND BY THE POSTERIOR LIMBS.

DOES THE ENTIRE SPINE GO OUT OF ALIGNMENT OR JUST PARTS OF IT?

COMMON SYMPTOMS OF MISALIGNMENT OF THE SPINE ARE PAIN IN THE LOWER BACK AND NECK. IN THESE TWO AREAS THE MOST COMMON PAINS ARE EXPERIENCED BECAUSE THEY ARE THE CENTERS OF GRAVITY. THE TWO TYPES OF PAIN ARE CONNECTED BECAUSE WHEN THE LUMBAR AND ABDOMINAL MUSCLES DO NOT PROVIDE SUFFICIENT SUPPORT, THE LOWER BACK HAS A TENDENCY TO CURVE UNDER ANY PARTICULAR STRESS AND PAIN IN THE NECK IS EXPERIENCED WITH THE CONSEQUENTIAL SHIFTING OF THE CENTER OF GRAVITY. HOWEVER, THE PRIMARY MOVEMENT OF THE TORSO HINGES ON THE PELVIS, A FACT OFTEN FORGOTTEN BY FITNESS EXPERTS AND EQUIPMENT DESIGNERS. ALSO, THE NECK SUPPORTS THE WEIGHT OF THE HEAD IN ANY OF ITS MOVEMENTS AND POSITIONS. ANY PROLONGED SHIFT OF GRAVITY PRODUCES NEGATIVE STRESS. BY INVERTING THE BODY, IMMEDIATE RELIEF OF THE LOWER BACK AND NECK IS EXPERIENCED BECAUSE IT ELIMINATES NEGATIVE STRESS, WHICH MAKES OUR **MOTORIZED INVERSION MACHINE** A NECESSARY PREVENTIVE AND THERAPEUTIC INSTRUMENT AS WELL.

3. TOTAL FLEXIBILITY OF THE SPINE

WHAT DOES FLEXIBILITY OF THE SPINE MEAN?

THE VERTEBRAE OF THE SPINE ARE ATTACHED ALL-AROUND AT THEIR BASE BY A CARTILAGE CALLED "FASCIA." CARTILAGE IS A RESILIENT ELASTIC FIBER THAT ALLOWS THE VERTEBRA ALL-AROUND MOVEMENTS AND PREVENTS THE SHIFTING OF THE DISCS

UNLESS RUPTURES OCCUR. LIKE THE MUSCLE FIBERS, CARTILAGES HAVE MAXIMUM RESILIENT CAPACITY, ONLY WHEN THEY ARE EXERCISED. BY NOT STRETCHING THE CARTILAGE, IT DOES NOT RETAIN ITS RESILIENT CAPACITY AND THE SPINE REMAINS STIFF AND SUSCEPTIBLE TO DAMAGE AND DETERIORATION. **OUR MOTORIZED INVERSION MACHINE STRETCHES THE CARTILAGE, THUS RENDERING THE SPINE EXTREMELY FLEXIBLE.**

WHAT HAPPENS WHEN YOU HAVE A STIFF SPINE?

A STIFF SPINE OCCURS FOR TWO COMMON REASONS: INSUFFICIENT LUMBAR AND ABDOMEN EXERCISES AND PROLONGED INCORRECT POSTURE ALSO PRODUCE ATROPHY OF THE ARTICULATING AND SUPPORTING MUSCLES. A STIFF SPINE IS SUSCEPTIBLE TO ANY TYPE OF INJURIES. STRETCHING THE SPINE INCREASES FLEXIBILITY AND RELIEVES PAIN AND STIFFNESS ESPECIALLY ON THE LOWER BACK AND NECK. “A FLEXIBLE SPINE IS A HEALTHY SPINE,” SAYS DR. PANDOZY.

WHAT ARE THE ADVANTAGES OF A FLEXIBLE SPINE?

A FLEXIBLE SPINE CAN TAKE VARIOUS TYPES OF SOLICITATIONS AND PRESSURE DUE TO SPORTS OR FITNESS EXERCISES. A TENNIS PLAYER, FOR INSTANCE, OFTEN FINDS HIMSELF STRIKING THE BALL WITH THE BODY OUT OF POSITION. BASKETBALL OR FOOTBALL PLAYERS MAY EXERT IMPROPER STRESS OR BE FORCEFULLY IMPACTED DURING A JUMP. BASEBALL AND GOLF PLAYERS MAY RUPTURE SOME OF THE LIGAMENTS DURING THE ROTATION OF THE TORSO. WHENEVER THERE ARE RESILIENT LIMITATIONS OF THE CARTILAGE, INJURIES ARE LIKELY TO OCCUR. THUS THE REMEDIES ARE: EXERCISES THAT INDUCE FLEXIBILITY OF MUSCLES AND CARTILAGE.

4. TOTAL STRETCH OF THE ENTIRE MUSCLES OF THE BODY

WHY DOES THE MOTORIZED INVERSION GRAVITY MACHINE OFFER THE BEST WAY TO STRETCH?

OUR MACHINE STRETCHES THE ENTIRE BODY GENTLY AND PROPORTIONALLY WITHOUT EXCEEDING THE RUPTURE POINT OF FIBER RESILIENCE OF EACH MUSCLE. THE GRADUAL STRETCHING

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OF THE INVERTED BODY IS DESIRABLE BECAUSE IT ALSO REACTIVATES BLOOD CIRCULATION TO THE CAPILLARIES. EXCESSIVE OR ABRUPT STRETCHING APPLIES STRENUOUS MUSCLE FORCE WHICH PRODUCES FIBER MUSCLE RUPTURE. A SLOW AND WARM FEELING SHOULD FOLLOW STRETCHING THE ENTIRE BODY GRADUALLY AND NATURALLY WHEN MORE BLOOD CIRCULATES IN THE MUSCLES. TOTAL STRETCHING IS IMPORTANT BECAUSE STRETCHING ONLY SOME PARTS OF THE BODY AS OPPOSED TO A GRADUAL GENTLE STRETCH MAY PRODUCE TEARS IN THE COLD AREAS OF THE MUSCLES. IDEALLY, BLOOD CIRCULATION SHOULD BE STIMULATED EQUALLY THROUGHOUT, BECAUSE THE BODY PARTICIPATES IN ANY EXERCISE AS A WHOLE.

WHAT IS THE BEST WAY TO STRETCH THE BODY NATURALLY?

THE BEST WAY IS OBVIOUSLY OUR MOTORIZED INVERSION GRAVITY MACHINE, BECAUSE BY INVERTING THE GRAVITY OF EVERY SINGLE MUSCLE OF THE BODY IT'S STRETCHING UNIFORMLY AT THE CALIBRATED RATIO OF THE BODY WEIGHT.

5. OBTAINING GREATER MUSCLE STRENGTH.

WHAT IS THE EXERCISE ACTION THAT BEST PRODUCES POWER ENHANCEMENT AND HEALTH OF THE MUSCLE?

ALL MUSCLES OF THE BODY HAVE THE SAME DYNAMICS, NAMELY: TRACTION, CONTRACTION, AND TORQUE. FOR EXAMPLE, THE CIRCUS PERFORMER THAT CONTORTS HIS BODY INTO A 24 INCH BOX DEMONSTRATES THESE DYNAMICS. MORE POWER IS DELIVERED BY THE MUSCLE IF THE ACTION BRINGS ABOUT ITS FULL DYNAMICS OR IT ORIGINATES FROM A FULL STRETCHED POSITION. THE FIBER STRUCTURE OF THE MUSCLES HAS CERTAIN RESILIENT CAPACITY WHICH DEMANDS GREATER INTAKE OF OXYGEN IN ORDER TO DELIVER GREATER POWER. THE INVERSION PRACTICE BRINGS ABOUT MAXIMUM STRETCH OF THE FIBER WITHOUT OVERCOMING THE RUPTURE POINT. THE NATURAL RESILIENT CAPACITY OF A MUSCLE CAN BE FELT AND EXPERIENCED DURING ANY EXERCISE. IN SUMMARY, THE BEST WAY TO ENHANCE THE PERFORMANCE AND THE HEALTH OF THE MUSCLE IS TO EXERCISE ITS FULL DYNAMICS.

HOW DO YOU TRAIN YOUR BODY TO GOVERN THE STRENGTH OF YOUR MUSCLES?

THE ANSWER TO THIS QUESTION IS SIMPLE. INTELLIGENCE SHOULD GOVERN AND ADMINISTER THE NECESSARY FORCE TO THE MUSCLE. STRAINING THE MUSCLE IS NOT RECOMMENDED BY ANY DOCTOR. THE COMMAND OF THE BRAIN ACTIVATES THE TENDONS OF THE MUSCLES BUT ALSO CONTROLS THE FORCE APPLIED. FEELINGS AND INTELLIGENCE ARE IMPORTANT TO DELIVER THE COMMANDS TO THE TENDONS AND TO GRADUALLY MOVE THE MUSCLE TOWARD GREATER PERFORMANCE. THIS MEANS, ESPECIALLY IN STRENGTH EXERCISES, THAT IT IS ADVISABLE TO PERFORM LONGER MOVEMENTS AND MORE REPETITIONS WITH LESS STRESS IN ORDER TO OBTAIN MUSCLE AWARENESS AND FEELINGS.

IS MUSCLE AWARENESS AND MUSCLE FEELINGS THE SAME THING?

AWARENESS REQUIRES CONCENTRATION AND FEELINGS ARE THE RESULT OF IT. LONGER REPETITIONS OF MOVEMENTS WITH LESSER STRESS IS THE ONLY WAY TO OBTAIN MUSCLE AWARENESS AND FEELINGS AS WELL AS TARGETING SPECIFIC MUSCLES FOR FORM DEVELOPMENT AND POWER ENHANCEMENT. THESE EXERCISES MUST BE FOLLOWED BY MENTAL CONCENTRATION AND ATTENTION MUST BE PAID AT EACH MOMENT AND EACH SEGMENT OF THE MOVEMENT.

WHEN IS IT GOOD TO INVERT THE BODY?

INVERSION SHOULD BE PRACTICED BEFORE AND AFTER EACH EXERCISE. JUST A FEW MOMENTS OF HANGING STILL WITH THE BODY UPSIDE DOWN PRODUCES FAST PRODUCTION AND RECOVERY OF ENERGY IN THE BODY. INVERSION PRIOR TO EXERCISING ALLOWS DECOMPRESSION OF THE SPINE, FLOW OF BLOOD TO THE MUSCLES AND BODY FLUIDS TO THE JOINTS, WHICH BOOSTS ENERGY IN THE BODY. INVERSION AFTER EXERCISING ALLOWS FAST RECOVERY OF ENERGY TO RE-VITALIZE THOSE MUSCLES THAT ARE EXERTED AND TO PRODUCE NEW ENERGY WHICH CAN BE EXPERIENCED AS SOON AS ONE RETURNS TO THE STANDING POSITION.

6. IMPROVED CIRCULATION THROUGHOUT THE BODY.

HOW DOES THE INVERSION MACHINE IMPROVE CIRCULATION IN THE BODY?

AS WE ALL KNOW, THE HEART IS A PUMP THAT IS SUPPOSED TO SEND EQUAL BLOOD PRESSURE TO THE ENTIRE BODY UNDER ANY POSITION. HOWEVER THE FORCE OF GRAVITY DOES NOT SATISFY THIS NATURAL PRINCIPLE. THE HEART WORKS BEST WHEN THE BODY IS HORIZONTAL. IN THE STANDING POSITION THERE ARE AREAS OF THE BODY LIKE THE LEGS THAT RECEIVE MORE BLOOD THAN OTHER AREAS. WHILE IN THE INVERED POSITION THE HEAD RECEIVES MORE BLOOD THAN THE FEET. IMPROVING BLOOD CIRCULATION MEANS EQUALIZING BLOOD PRESSURE AND BLOOD FLOW THROUGHOUT THE BODY AND STIMULATING ALL THE CAPILLARIES TO FEED THE SMALLEST MUSCLES, ORGANS, SKIN AND EVEN THE SCALP.

DOES INVERSION OF GRAVITY HAVE PREVENTIVE AND CORRECTIVE CAPACITIES?

INVERSION OF GRAVITY HAS TREMENDOUS PREVENTATIVE AND CORRECTIVE ACTIONS. IT RELIEVES BLOOD PRESSURE ON THE ARTERIES AND CAPILLARIES OF THE LEGS WHERE PRESSURE IS AT ITS HIGHEST. IN THIS WAY, VARICOSE VEINS AND CELLULITE DISAPPEAR, WHILE HAIR IN THE HEAD GROWS FASTER, BECAUSE THE SCALP CAPILLARIES ARE BEING REFURBISHED.

HOW DOES INVERSION OF BODY GRAVITY AFFECT THE HEART?

INVERSION GRAVITY IS THE BEST EXERCISE FOR THE HEART BECAUSE IT IS FORCING IT TO PUMP UNDER DIVERSE GRAVITY CONDITIONS AND DISTRIBUTE THE BLOOD PROPORTIONALLY SATISFYING THE DEMAND OF EACH MUSCLE OR ORGAN. INVERSION CAUSES AREAS THAT RECEIVE THE MOST BLOOD TO BE RELIEVED AND AREAS THAT RECEIVE LITTLE BLOOD TO BE REFURBISHED.

7. MOST EFFECTIVE WAYS TO EXERCISE THE HEART

WHAT ARE THE MOST EFFECTIVE WAYS BESIDE CARDIOVASCULAR EXERCISES TO HAVE A HEALTHY HEART?

BESIDES CARDIOVASCULAR EXERCISES, WHATEVER METHOD THAT ACCELERATES THE HEARTBEAT IS A GOOD EXERCISE. THERE ARE TWO ADDITIONAL WAYS TO ANSWER THIS QUESTION. THE HEART RESPONDS INSTANTLY TO SUDDEN CHANGES IN TEMPERATURE AND CHANGES OF GRAVITY. FOR INSTANCE, A COLD SHOWER AFTER A STEAM BATH ACCELERATES THE HEARTBEAT. INVERTING THE BODY ACHIEVES THIS BETTER AND MORE THOROUGHLY BECAUSE DISPENSING NEW BLOOD IN A NEW BODY POSITION REQUIRES THE HEART TO PULSE AT A HIGHER RATE.

8. INCREASED CIRCULATION OF BODY FLUIDS.

HOW DO YOU IMPROVE CIRCULATION OF BODY FLUIDS?

BODY FLUIDS LUBRICATE AND MAINTAIN THE RESILIENCE OF THE TISSUES, SUCH AS CARTILAGE, SKIN, SPINAL DISCS AND ORGAN TISSUES. THEY SAY THAT THE HUMAN BODY IS COMPOSED OF ABOUT 80% FLUID, ALL PRODUCED BY THE LYMPHATIC SYSTEM. THIS SYSTEM DOES NOT HAVE A PUMPING MECHANISM FORCING THE FLUID TO COVER EVERY AREA OF THE BODY. ONLY GRAVITY MODIFIES THE PROCESS OF REDISTRIBUTING ALL BODY FLUIDS. STIFF JOINTS AND BRITTLE CARTILAGE ARE THE RESULT OF LACK OF FLUIDS, ESPECIALLY IN BONE JOINTS. REVERSING THE GRAVITY ALLOWS BODY FLUIDS TO REACH AREAS WHERE INACTIVITY PROCRASTINATES, LIKE IN THE CERVICAL VERTEBAE, OFTEN EXPERIENCED AS A STIFF OR SORE NECK.

9. REPOSITIONING OF THE BODY'S ORGANS.

HOW DOES THE INVERSION MACHINE REPOSITION BODY ORGANS?

PROLAPSED ORGANS DUE TO GRAVITY IS A COMMON CONDITION. THE ORGANS OF THE BODY, WE CAN SAY, FLOAT INSIDE THE BODY, SUSPENDED OR ATTACHED TO NERVE TISSUES, BUT NOT FASTENED TO BONE STRUCTURE BY CARTILAGE. BAD POSTURE AND PROLONGED STANDING ALLOWS THE ORGANS, SUCH AS THE INTESTINES AND STOMACH, TO SAG OR TO SHIFT. INVERTING THE GRAVITY OF THE BODY ALLOWS THESE AND OTHER ORGANS, LIKE

THE LUNGS OR THE KIDNEYS TO REACQUIRE THE ORIGINAL POSITION INSIDE THE BODY.

ARE THERE OTHER BENEFITS OR EFFECTS INVERSION GRAVITY HAS ON THE HUMAN ORGANS?

IN THE INVERSION POSITION, THE LIVER, THE BLADDER, THE PROSTATE, ALL URINARY PASSAGE WAYS, AND EVEN THE INTESTINES HAVE A CHANCE TO DRAIN THE DEPOSITS OF CALCIUM AND OTHER IMPURITIES ACCUMULATED OVER THE YEARS.

10. ACQUIRING SPINAL AWARENESS

WHAT IS SPINAL AWARENESS?

SPINAL AWARENESS IS A VERY IMPORTANT FEELING THAT IS FELT ALONG THE SPINAL COLUMN AS IN ANY OTHER PART OF THE BODY. IT HAS BEEN PROVEN SINCE ANCIENT TIMES THAT ONE COULD HEAL A CERTAIN PART OF THE BODY BY BUILDING AWARENESS. ONE CAN CONCENTRATE MENTAL ENERGY, WHICH DRIVES NEURAL CURRENT TO SPECIFIC AREAS OF THE BODY. SPINAL AWARENESS IS THEREFORE A MENTAL CONTROL EXERCISE.

WHAT ARE THE BENEFITS OF SPINAL AWARENESS?

AS WE KNOW, THE SPINAL CORD IS LOCATED INSIDE THE SPINAL COLUMN. ALL THE BRAIN COMMANDS AND THE NEURAL CURRENT THAT PRODUCE MUSCLE AND ORGAN MOVEMENTS ARE DELIVERED BY THE SPINAL CORD. FROM IT, ON EITHER SIDE OF THE SPINAL CORD RUN THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS. THESE TWO SYSTEMS ARE DISTRIBUTION LINES OF NEURAL ENERGY DIRECTED TO ALL MUSCLES AND ORGANS OF THE BODY; THUS EVERY MUSCLE AND EVERY ORGAN IS CONNECTED TO THE SPINAL CORD. SPINAL AWARENESS IS A FEELING EXPERIENCED AS PHYSICAL WARMTH AND SENSIBILITY IN THAT PART OF THE BODY TARGETED BY MENTAL CONCENTRATION. CONCENTRATION EQUALS AWARENESS, WHICH TELLS US WHEN WE MAINTAIN A GOOD OR BAD POSTURE. IT TELLS US THE LIMITS OF STRESS WE CAN APPLY TO CERTAIN MUSCLES OF THE BODY DURING EXERCISES, AND WHEN THE BODY IS IN PERFECT OR IMPERFECT BALANCE AND EQUILIBRIUM. IN SUM, SPINAL AWARENESS

PRODUCES FAST COMMANDS AND FAST RESPONSES OF TENDONS AND MUSCLES AND THEREFORE PRODUCES THE BEST PERFORMANCE IN SPORTS AND FITNESS EXERCISES.

HOW IS SPINAL AWARENESS ACHIEVED IN THE INVERTED POSITION?

THE GENERAL UNDERSTANDING OF MIND-BODY RELATIONSHIP IS A REQUIREMENT TO PROMOTE THE NEUROLOGICAL BENEFITS OF SPINAL AWARENESS, WHICH IS ACHIEVED BY TRAINING THE MIND TO CONVEY ENERGY TO THAT PARTICULAR PART OF THE BODY OR SET OF MUSCLES BEING EXERCISED AND TO ACHIEVE PEAK PERFORMANCE. THIS PRINCIPLE APPLIES TO BOTH FITNESS AND SPORT ACTIVITIES.

SPINAL AWARENESS IS ACHIEVED BY THE FOLLOWING PRINCIPLES:

- 1) IT IS WELL KNOWN THAT THE MIND REGULATES THE BLOOD STREAM OF THE CUTANEOUS AND SUBCUTANEOUS VESSELS. BY ENGAGING THE MIND IN THE PHYSICAL EXERCISE AND SHARPLY FOCUSING ON THE PART OF THE BODY BEING EXERCISED ONE CAN INCREASE THE EFFICIENCY OF THE EXERCISE. THIS CAN BE DONE BY THINKING AND VISUALIZING THE CONSEQUENTIAL SKELETAL MUSCLE MOVEMENTS. THIS ACTION INSTANTLY INCREASES THE NEURAL FLOW OF ENERGY BEING CONVEYED TO THE ENGAGED MUSCLES. THE BOOK 'THE POWER OF NOW', BY Eckhart Tolle, EXPLAINS HOW THE SUBJECT IS ABLE TO FEEL THE FLOW OF ENERGY CONVEYED BY THE MIND TO THE PARTICULAR PART OF THE BODY. THIS PHENOMENA CAN ALSO BE ASCERTAINED BY SOPHISTICATED MODERN INFRA-RED INSTRUMENTS
- 2) CONCENTRATION AND VISUALIZATION IS NOT POSSIBLE WITHOUT EMPTYING THE MIND OF ALL THOUGHTS AND DISCHARGING ALL CONCERNS OF EVERYDAY ACTIVITIES.
- 3) CONCENTRATION OF THE MIND AND VISUALIZATION ARE THE FUNDAMENTAL DISCIPLINES TO BE DEVELOPED ALONG WITH THE PHYSICAL EXERCISES, WHICH IMPROVE SENSIBILITY AND INCREASE THE FLOW OF ENERGY BEING CONVEYED TO THE TARGETED PART OF THE BODY. A FEELING OF HEAT STANDS TO SIGNIFY THE PHYSIOLOGICAL CHANGES

RESULTING IN GREATER MUSCLE VOLUME AND POWER OF SUCH A PART OF THE BODY.

4) CONCENTRATION AND VISUALIZATION BRING ADDITIONAL RESULTS IN BRINGING PROMPT REFLEXES, TRUE BALANCE AND COORDINATION TO THE BODY, AS WELL AS THE CAPACITY TO EXERT THE EXTRA POWER NEEDED TO ACHIEVE PEAK PERFORMANCE IN FITNESS AND SPORT.

5) ACCORDING TO MICHAEL J. ALTER, IN THE INVERTED POSITION THERE IS AN INCREASE OF BLOOD FLOW OF 55% THROUGHOUT THE BODY AND GREATER PROMPTNESS OF THE NERVOUS SYSTEM. THIS IS PRIMARILY BECAUSE THE HEART DOES NOT HAVE TO WORK AS HARD TO SEND BLOOD TO THE BRAIN'S CAPILLARY. AS A RESULT, THE RENEWED FLOW OF ENERGY CAN PROMOTE NEW PHYSIOLOGICAL DEVELOPMENTS. IN ADDITION ALL NEGATIVE STRESS OF FRICTION DUE TO INACTIVITY IS ELIMINATED, WHICH MAKES ANY EXERCISE MORE EFFECTIVE.

6) THESE FACTS, ONCE PART OF THE INVERSION PRACTICE AWARENESS BRING CONFIDENCE TO THE MIND AND ALLOW THE ULTIMATE CONDITIONING OF THE BODY.

WHAT IS THE RACHEL EXERCISE ROUTINE © ?

THE RACHAEL INVERSION EXRCISE ROUTINE IS A COPYRIGHTED EXERCISE DESIGNED TO ACHIEVE THE ULTIMATE CONDITIONING AND TO ADVANCE THE SCIENCE OF EXERCISE FOR SPECIFIC SPORTS AND HIGH LEVEL OF FITNESS PERFORMANCE. THIS METHOD OF EXERCISING YIELDS THE BEST RESULTS IN MUSCLE PERFORMANCE AND APPEARANCE BECAUSE IN THE INVERTED POSITION THERE IS NO SPINAL OR JOINT COMPRESSION. COMPRESSION IS WHAT CAUSES NEGATIVE STRESS. ABSENCE OF GRAVITY MAKES THE EXERCISES 100% EFFECTIVE ELIMINATING ALL BONE FRICTION AND SPINAL COMPRESSION. MOST IMPORTANTLY, THIS EXERCISE ROUTINE ENGAGES THE BODY IN EXERCISES THAT INITIATE MOVEMENTS FROM MAXIMUM FIBER LENGTH THEREFORE OBTAINING MAXIMUM MUSCLE POWER AND MAXIMUM MUSCLE ENLARGMENT. THE ROUTINE COMPRISES APPROXIMATELY THIRTY EXERCISES WITH INTERVAL PAUSES OF 30 TO 60 SECONDS. THESE

PAUSES ARE DESIGNED FOR PRACTICING AND ACHIEVING CONCENTRATION AND FOR IMMEDIATE ENERGY RECOVERY.

DURING PAUSES,

- A) MAKE SURE TO CLOSE YOUR EYES AND TAKE A DEEP BREATH.
- B) ALLOW YOUR BODY TO HANG LIFELESS IN TOTAL RELAXATION.
- C) FEEL THE BODY BEING ENERGIZED.
- D) FOCUS ON THE PART OF THE BODY TO BE EXERCISED AND VISUALIZE THE MOVEMENT FROM THE INSIDE OUT, AND THEN PROCEED WITH THE NEXT EXERCISE.
- E) STAY FOCUSED ON THE PART OF THE BODY FOR THE ENTIRE DURATION OF THE EXERCISE.
- F) INHALE A BIG LONG BREATH OF AIR DURING THE EXERTION OF THE FORCE AND EXHALE AFTER THE FORCE HAS BEEN EXHAUSTED.
- G) FEEL THE HEAT OF THE PART OF THE BODY THAT YOU HAVE JUST EXERCISED.

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