

Legge School of Natural Health Care

YOUTHFULNESS COURSE

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Legge School of Natural Health Care

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YOUTHFULNESS COURSE – Vibration (WBV)

It has just been in the last few decades that we have begun to understand the necessity of movement for the human body. By “G-Force Movement” we mean the effect of gravity on the human body when we move. The body is made up of trillions of cells which are 70 - 75% fluid, and when we move, gravity causes the fluid in the cells to move which changes the shape of the cell membranes. As a result, the cells absorb nutrients, and also eliminate wastes. If we don't move, the cell membranes do not change shape, and the cells cannot absorb nutrients or eliminate wastes properly.

The Two Main Body Functions

The body has a program, and it is cellular based. In other words, everything that happens in the body begins in the cells. There are **two main body functions** happening at the cellular level. A person's level of health or wellness is dependent on how well these two functions work.

1) The cells pump in, or absorb nutrients from the bloodstream and lymph fluid through their cell membrane. The cells use these nutrients for energy to perform their duties that they are responsible for in the body.

2) The cells pump out, or eliminate wastes into the bloodstream and lymph fluid through their cell membrane. These waste products are the result of the cell burning, or metabolizing nutrients for energy.

A key point to understand is that **cells do not ‘pump’ when we are not moving**. In other words, cells only pump in and out effectively when we physically move our body. It is only when our body moves that cells pump or ‘vibrate’ as a result of the effect of gravity. Cells are about 70% fluid on average, so they are like microscopic ‘water balloons’. When we move, the G-forces of gravity causes the cells to jiggle or vibrate, which allows them to pump in nutrients, and pump out waste products through their cell membrane. So movement keeps the cells healthy, and being sedentary makes the cells unhealthy.

Just like a motor takes in fuel to burn for energy, each individual cell in the body takes in nutrients to burn for energy. The motor produces waste products which we call exhaust, and each cell produces waste products which include uric acid, lactic acid, carbon dioxide, etc. If each cell gets enough movement or G-forces, it can pump in nutrients efficiently, and pump out wastes efficiently. As a result it will be healthy and function up to its potential. If the cell doesn't get enough movement it can't absorb nutrients and eliminate wastes efficiently, and it will be unhealthy and malfunction. **The health of the body as a whole is dependent on the individual cells getting enough movement so they can pump in and out effectively.** Healthy cells equal a healthy body.

Picture the cell like a balloon full of water, which you are holding in your hands. If you are standing still the balloon does not change shape. If you start walking, gravity will affect the water in the balloon, and the balloon will change shape as the water moves back and forth. If you jump up and down the balloon will begin to flatten and elongate. If you are rocking in a rocking chair the balloon will move differently again. Jumping on a rebounder or trampoline will create stronger G-Forces, and flatten and stretch the balloon even further. This is what happens to the cell membrane when your body moves.

Another picture to help you understand the effect of gravity and movement on the cells of the body is to perform all of the same movements while holding a glass of water or a bottle of water. If you are standing or sitting, and holding the bottle in your hand, the water will not move. If you walk around slowly there will be a slight movement of water. If you walk briskly there will be more movement of water. Jumping up and down will create more aggressive movement of the water. The same thing happens to the fluid in the cells when a person moves their body, and as a result the cells can absorb and eliminate properly and function up to their potential. This is the secret of good health!

When the astronauts first went into space in the 1960's their bodies began to malfunction within hours because nutrients (food, air and water) were not absorbed into the cells, and the waste products were not eliminated from the cells. Within 48 to 72 hours the astronauts were critically ill. The cause for this was the lack of gravity in space. **Without gravity the cells do not change shape, and therefore they cannot pump in nutrients, or pump out their waste products.** If nutrients are not absorbed, and wastes are not eliminated, the human body begins to die, and would be dead in several days. Vibration devices have allowed the astronauts to stay in space for over a year by creating artificial gravity or G-Forces to promote cellular absorption and elimination.

When we are sitting, standing or lying down our body starts dying, because nutrients are not being absorbed by the cells, and waste products are not being eliminated by the cells. As soon as we start moving gravity takes over and the life process begins. Each cell of the body is like the motor in your car. It takes in fuel for energy and produces an exhaust or waste product. The whole life process is based on getting nutrients into the cell and getting waste products out of the cell. The fuel for each cell is a combination of food, air and water. Uric acid, lactic acid and carbon dioxide are some of the waste products produced by the cells.

WBV or Whole Body Vibration has been used around the world to enhance G-Force movement for over 100 years. The Russians first developed **Whole Body Vibration** for their athletes in the late 1800's, and that was followed up by Dr. Harvey Kellogg (Chief Surgeon for the State of Michigan) at his Sanitarium in Battle Creek Michigan in the early 1900's. The American and Russian space program have utilized similar devices for the last 50 years. For the last 20 years quality vibration platforms have been available to the general public for fitness, exercise and rehabilitation. The DKN and Power Plate brands are two of the most effective. Standing, sitting or exercising on a quality vibration platform will give people 20-50 bounces per second, which is the best speed for exercise and therapy benefits. This has the major advantage of being much faster than skipping rope or jumping on a trampoline. Also, because the range of movement is less, there is not the stress on the joints that there would be from skipping rope or jumping on a trampoline.

Benefits of Whole Body Vibration for the 12 Body Systems

1) Circulatory System: Increases oxygen and nutrient distribution to all of the cells in the body, and increases the removal of waste products from all of the cells in the body. Approximately 1 minute on the Vibration Platform can give you about the same amount of G-Forces (Gravity Forces), or number of bounces as 30 minutes of walking, jogging or running.

2) Digestive System: Improves digestion and bowel function by stimulating the movement of food through the digestive tract. By stimulating the glandular system the metabolism is increased for effective weight loss. The two Main Body Functions are enhanced, because the G-forces cause the cells to change shape, and the nutrients are pumped into the trillions of cells in the body, and the waste products are pumped out of the cells.

3) Endocrine System (Glandular System): The 3 master glands in the brain, the pituitary, pineal and hypothalamus are stimulated by G-Force movement. These 3 glands control all of the other glands in the body which produce hormones to regulate and control body functions. The anti-aging hormone HGH (Human Growth Hormone) can increase by up to 500% after 10 minutes on the Vibration Platform. HGH is considered 'the key' hormone because it controls so many functions. It's responsible for youth, vitality, energy and all of the health benefits we associate with youth. The Human Growth Hormone has a profound effect on all of the cells of the body, because it is the cell generator. It is the HGH that grows the cells, bones, muscles, glands and organs. After the age of 30 there are decreasing levels of the HGH which slowly robs us of our youth.

The happy hormone 'Serotonin' is stimulated to give a natural high, which raises energy levels, and invigorates the entire body. The effect is felt immediately.

The Cortisol hormone (Stress and inflammation hormone) can decrease by up to 50%.

4) Hepatic (Liver/Gallbladder) System: The liver is the largest organ in the body, and one of the 5 channels of elimination. The G-Forces will strengthen, cleanse and relax all of the glands and organs in the body, including the liver and gallbladder.

5) Immune System: Promotes total body detoxification from the cells through the vibration effect on all of the trillions of cells in the body.

6) Lymphatic System: Improves lymphatic cleansing through the pumping action of the platform, reversing the pooling of fluid in the legs. The lymphatic system is one of the 5 channels of elimination, and is a key part of the immune function in the body. The lymph fluid carries wastes away from the cells, and needs to be recirculated to the upper body to be filtered through the lymph nodes (glands). The lymph fluid does not have a pump to push it uphill against gravity, and it is dependent upon muscular contraction in the legs to recirculate it to the upper body.

7) Muscular System: Increases muscle strength, and enhances sports training effectiveness. Improves muscle recovery after exercise. A quality Vibration Platform can be used for an effective cardiovascular, a strength, and stretching workout all on the one machine. It can dramatically improve flexibility, coordination, balance and mobility.

8) Nervous System: The central nervous system benefits by immediately relaxing the mind and body at a deep level. Electrical communications within the nervous system are enhanced and kept healthy by the stimulation of G-forces on the trillions of cells in the human body.

9) Reproductive System: The reproductive system benefits as part of the endocrine (glandular) system (see above), and by improved nutrient delivery and assimilation.

10) Respiratory System: The total body vibration helps to loosen congestion and mucus, making breathing easier. It's great for anyone with a respiratory condition, cold or flu. If a person is comfortable they can lie on the platform on their back to help cleanse the respiratory system. The respiratory system is one of the 5 channels of elimination.

11) Skeletal System: Calcium and other nutrients are more easily absorbed by the cells because of the G-Forces of gravity. Increases bone mass density, and lessens osteoporosis concerns. Also, the vibration reduces strain on the joints, ligaments and tendons, and helps joints to rehydrate.

12) Urinary (Kidney/Bladder) System: Drinking pure water and using a quality Vibration Platform acts almost like a natural diuretic, by pumping fluid up from the legs, and stimulating the kidneys and bladder to remove excess fluid from the body. The Urinary system is one of the 5 channels of elimination. The skin is often referred to as 'the third kidney' because it has the ability to eliminate toxins through the process of perspiring. The skin is one of the 5 channels of elimination.

Some of these benefits could be achieved from skipping rope, or jumping on a trampoline or rebounder, or running, **but it would take much longer.** For example most people bounce once or twice per second when skipping or jumping or running. The average speed on the vibration platform is 30 bounces per second. That means that one second on the platform would take 15-30 seconds of jumping or running, and one minute on the platform would take 15-30 minutes of jumping or running to give you the same total number of bounces. When we apply this ratio to a 10 minute workout on a platform, it would be the equivalent of 150-300 minutes of jumping or running, which is 2.5 to 5 hours! Whether a person relies on using a rebounder, or skipping rope, or using a vibration platform, **the goal is cellular exercise which increases the strength and vitality of every cell in the body.**

To put this in a historical perspective, for thousands of years humans got enough G-Force movement up until the industrial revolution of the late 1800's. In the last 100 years in the western world machinery has taken over the workload of manual labour and walking, that human beings have practiced since the beginning of time. As machinery has replaced human labour and walking, people's bodies have begun to die prematurely, not because of infectious disease, but because of degenerative disease. Never before in human history have we had an epidemic of degenerative disease like we have in the Western World today. In Third World countries, or non-industrialized countries, degenerative disease is very rare as it was in North America and Europe 100 years ago. We know by scientific and empirical evidence that the body needs movement in order for cells to pump in nutrients and to pump out wastes.

For the digestive process to work at an optimum level the body has to move. The absorption and digestion of nutrients starts in the mouth with the chewing of food. As we chew the enzymes in our saliva mix with the food and begin digesting it. The sublingual glands under the tongue absorb some nutrients directly into the bloodstream before the food even gets to our stomach. When the food is swallowed it passes down the oesophagus into the stomach where it is mixed with hydrochloric acid and various other enzymes to be broken-down further. After the stomach has turned the food into what's called *chyme* it passes into the small intestine. Here alkaline pancreatic juices are added, so that the nutrients are more readily absorbed through the wall of the small intestine. The wall of the small intestine is lined with small hair-like structures called *villi*, which allow the absorption of nutrients through the intestinal wall. Once the nutrients have been absorbed, the indigestible portion of the food which is called fiber, passes on through the ileocecal valve which is near the appendix, and then into the large intestine to be eliminated. The blood, which has absorbed the fresh nutrients via the small intestine wall, now travels to the liver to be detoxified and filtered of any toxins or wastes that have been absorbed from the digestive tract. Once the blood has been cleaned it travels to the heart and lungs and then gets pumped throughout the body through the Circulatory System. Now that the blood is carrying all of

these life-giving nutrients to every cell in the body, the cells have to be able to take in or absorb these nutrients. It's not enough to just get nutrients into the blood, the cells must be able to absorb these nutrients or they will degenerate and die prematurely.

Understanding that health begins at a cellular level is foundational to understanding how the body works as a whole. **In other words, healthy cells equal healthy body parts, which equal a healthy person.** The opposite is also true, that unhealthy cells equal unhealthy body parts, which equal an unhealthy person. To prevent and overcome disease it is essential to improve cellular absorption and elimination by moving your body so that gravity will cause the cells in the body to pump. Covering up the symptom by using a drug is masking the problem, and ignoring the root cause. In the modern world people are dying from degenerative diseases, such as cancer, heart disease and diabetes, in epidemic proportions.

One of the most important warm-up and cool-down techniques is to sit on a chair with your feet on the Platform, and with your hips slightly lower than your knees. In a few minutes the blood and lymph fluid begins to recirculate to the upper body, and the joints in the feet, ankles and knees are decompressed and rehydrated. These benefits are not achieved when you are standing on the Platform.

If you want to improve your level of health and fitness you must use G-Force movement so that your body functions up to its potential. The Vibration Platform can provide the benefits of G-Force movement on the cells of the body in a very short period of time, and with minimal stress on the joints. For many people the lack of cellular exercise is the missing link in their health and fitness program, because in their sedentary lifestyle they aren't getting the hours of bouncing and movement that their body needs to function up to its potential!

FOOT ALIGNMENT:

Any type of exercise can put increased pressure on the arch of the foot. The ground force impact (GFI) of walking, jogging or running adds to the downward pressure of gravity, and can cause the arch to pronate or flatten. When this happens the ankle, knee, hip and back will shift out of position as well. Many back, shoulder and neck concerns are caused by the arch falling or flattening as a result of gravity. Heel spurs, bunions and plantar fasciitis are very common concerns with the feet. The older we get the more of a problem this is because gravity has had longer to work against proper foot alignment. Cardiovascular Training and Strength Training can add extra weight to the body while working out, which puts more weight on all of the joints including the feet. Using the Vibration Platform before and after a cardio or strength workout can relieve discomfort caused by gravity, and improve the health of the feet and the legs.

The best long-term solution is to use a **foot orthotic that is a foot realigner**. It is custom fitted to the foot, and is based on the correct alignment of the arch. This is very beneficial for plantar fasciitis, heel spurs, bunions, and sore, tired feet. The 'Flex Foot Orthotic' has a proven track record, and has been used effectively for over 40 years as a foot realigner.

Complete the following interesting Review, and email, fax or bring it to LEGGE FITNESS SUPERSTORES to be checked. You will receive a \$75 Gift Card when you complete the 'YOUTHFULNESS COURSE'.

WHOLE BODY VIBRATION – Review

Section A - TRUE or FALSE: (Circle either T or F)

1. The first of the two main body functions is the absorption of nutrients by the trillions of cells in the body. T F
2. The absorption and digestion of nutrients starts in the stomach. T F
3. The skin has been referred to as the “third kidney”. T F
4. The health of our body as a whole is related to the health of each cell. T F
5. The cells can easily absorb all the nutrients that are delivered to them in the bloodstream. T F
6. The enzymes in our saliva mix with the food and begin digesting it. T F
7. Getting the waste products out of the cells is called “digestion”. T F
8. The second of the two main body functions is the elimination of wastes and toxins from the trillions of cells in the body. T F
9. The tiny hair-like “villi” absorb nutrients in the stomach. T F
10. The lymph fluid carries wastes away from the cells, and is filtered by the lymph nodes or glands. T F
11. WBV stimulates the happy hormone called ‘Serotonin’. T F
12. Calcium and other nutrients are not absorbed with G-Force movement. T F
13. Cells are approximately 20% fluid. T F
14. The G-forces of gravity causes the cells of the body to stagnate. T F
15. Nutrients are absorbed into the bloodstream through the “villi” which are located in the small intestine. T F
16. The cells in the body are approximately 70 – 75% fluid. T F
17. The G-forces of bouncing or movement causes the cell membrane to change shape and nutrients are pumped in, and wastes products are pumped out. T F
18. Skipping rope or jogging provides approximately the same number of bounces as standing on a Vibration Platform in the same length of time. T F
19. The lymph fluid pools in the legs while exercising on a Vibration Platform. T F

20. The Human Growth Hormone (HGH) has been called the anti-aging hormone, and is stimulated by using a Vibration Platform. T F
21. Degenerative disease is just as common in Third World countries as it is in Europe and North America. T F
22. This is the first time in human history that we have an epidemic of degenerative diseases, such as heart disease, cancer, diabetes, kidney and liver disease. T F
23. At 30 bounces per second on a Vibration Platform, it would take 2.5 to 5 hours of jumping or jogging, to equal 10 minutes on a Vibration Platform. T F
24. Everything that happens in the body begins in the cells. T F

Section B – MULTIPLE CHOICE: Circle only the answer which most accurately completes the statement.

1. Nutrients are metabolized (burnt up as fuel) by each cell...
 - A) To cleanse the cell
 - B) To produce energy for the cell to function
 - C) To relax the nervous system
 - D) None of the above

2. Nutrients are delivered to the cells throughout the body...
 - A) By the lymph fluid
 - B) By the muscular system
 - C) By the digestive system
 - D) By the bloodstream

3. The G-forces of movement causes the cells...
 - A) To pump nutrients in, and waste products out
 - B) To stagnate
 - C) To die prematurely
 - D) To remain youthful

4. If we are inactive...
 - A) The cell membrane changes shape
 - B) The body has a rest
 - C) The body deconditions
 - D) The cells cannot absorb nutrients or eliminate wastes properly

5. Nutrients are absorbed into the cell...
 - A) When we are sleeping
 - B) After exercise
 - C) Through the permeable cell membrane
 - D) Before exercise

6. Cells produce toxins and wastes...
 - A) Because they are metabolizing nutrients
 - B) Because of lack of exercise
 - C) Because of poor diet
 - D) Because of too much exercise

7. One of the channels of elimination is...
 - A) The skeletal system
 - B) The muscular system
 - C) The urinary system (kidney/bladder)
 - D) The nervous system

8. Cells eliminate most of their wastes into...
 - A) The lungs
 - B) The bones
 - C) The bloodstream
 - D) The liver

9. Which of the following is not a channel of elimination?
 - A) The skin
 - B) The lungs
 - C) The glandular system
 - D) The liver/bowel

10. Vibration Platforms have been used around the world for...
 - A) 10 years
 - B) 20 years
 - C) 52 years
 - D) Over 100 years

11. Exercising on a quality Vibration Platform will give you...
 - A) 20 to 50 bounces per second
 - B) 5 bounces per second
 - C) 100 bounces per second
 - D) None of the above

12. Using a quality Vibration Platform will...
 - A) Strengthen the liver
 - B) Increase the appetite
 - C) Improve the two main body functions
 - D) Decrease bone density

13. For thousands of years prior to the Industrial Revolution of the late 1800's...
 - A) Many people died prematurely from degenerative diseases
 - B) Most people got plenty of G-force movement from manual labour
 - C) Most people lived long, healthy lives
 - D) All of the above

14. The Human Growth Hormone (HGH) ...
- A) Is called the anti-aging hormone
 - B) Decreases with age
 - C) Is responsible for youth, vitality and energy
 - D) All of the above
15. Ten minutes on a quality Vibration Platform gives you as many bounces as...
- A) 60 minutes of jumping or jogging
 - B) 30 minutes of jumping or jogging
 - C) 90 minutes of jumping or jogging
 - D) 2.5 to 5 hours of jumping or jogging
16. Lymphatic drainage is improved reducing the pooling of fluid in the legs...
- A) By drinking more water
 - B) By the pumping action of the Vibration Platform
 - C) By eating a high fiber diet
 - D) None of the above
17. A quality Vibration Platform can be used for a...
- A) Cardiovascular workout
 - B) Stretching workout
 - C) Strength workout
 - D) All of the above
18. The best way to improve cellular absorption and elimination is...
- A) A vegetarian diet
 - B) G-force movement
 - C) Stress management
 - D) A cardiovascular workout
19. The blood and lymph fluid stays in the legs longer than it should...
- A) Because of gravity
 - B) Because of too much exercise
 - C) Because of a poor diet
 - D) Because of back and hip problems

Section C – MATCHING COLUMNS: (Write the number from Column A beside the *best match* in Column B)

Column A

1. 2 Main body functions
2. Getting nutrients to cells
3. Cellular absorption
4. Liver
5. Getting waste products out of cells
6. Hydrochloric acid added
7. Third kidney
8. No pump
9. Getting wastes out of body
10. Lymphatic system
11. Improving absorption and elimination
12. Like a balloon full of water
13. Russians in the 1800's
14. HGH
15. Degenerative disease is rare
16. Fiber
17. Urinary system
18. Toxic cells
19. 10 minutes on Vibration Platform
20. Channel of elimination
21. Stress and inflammation hormone
22. Number of cells in body
23. Fluid content of body
24. G-force movement
25. In the small intestine
26. Healthy cells
27. Pituitary, Pineal, Hypothalamus
28. Body starts dying
29. Absorb nutrients in mouth
30. Villi in small intestine
31. Best speed for exercise & therapy
32. The body has a program and ...

Column B

- ___ About 70 - 75% fluid
- ___ Indigestible portion
- ___ Small hair-like structures
- ___ 5 channels of elimination
- ___ Pancreatic juices added
- ___ Sublingual glands
- ___ A cell
- ___ Equals a toxic body
- ___ Kidneys/bladder
- ___ 30 to 100 trillion cells
- ___ Effect of gravity when we move
- ___ Sitting, standing or lying
- ___ 20 – 50 bounces per second
- ___ Cortisol hormone
- ___ Cellular absorption and elimination
- ___ Improves the health of the body
- ___ It is cellular based
- ___ Equals a healthy body
- ___ Digestion and circulation
- ___ Getting nutrients into cells
- ___ Developed first vibration platforms
- ___ Cellular elimination
- ___ Channel of elimination
- ___ Filters and detoxifies blood
- ___ The skin
- ___ Liver/bowel
- ___ In stomach
- ___ 2.5 to 5 hours of bouncing
- ___ Human Growth Hormone
- ___ Master glands
- ___ In Third World countries
- ___ Lymph fluid

Section D – FILL IN THE BLANKS:

The 2 main body functions are the _____ of nutrients by the trillions of cells in the body, and the _____ of wastes and toxins from the trillions of cells in the body. The absorption and digestion of _____ starts in the mouth with the chewing of food. When the food is swallowed it passes into the stomach where it is mixed with _____ acid. The wall of the small _____ is lined with small hair-like structures called villi, which allow the _____ of nutrients through the intestinal wall.

The _____ which has absorbed the fresh nutrients now travels to the liver to be _____ and filtered. It's not enough to just get _____ into the blood. The cells must be able to _____ these nutrients or they will _____ and die prematurely. Cells burn nutrients for _____ and this produces wastes or toxins in the _____. The pumping function of the cell pulls _____ into the cells, and pushes the waste products out.

“By G-Force Movement” we mean the effect of _____ on the human body when we move. The body is made up of _____ of cells which are 70-75% _____, and when we _____ gravity causes the fluid in the cell to move which changes the _____ of the _____ membrane. As a result, the cell _____ nutrients, and also eliminates _____. If we don't move the cell membrane does not change _____, and the cell cannot absorb nutrients or eliminate wastes properly.

Picture the cell like a _____ full of water, which you are holding in your hands. If you are standing _____ the balloon does not _____ shape. Jumping on a _____ or trampoline will create strong G-Forces, and flatten and _____ the balloon. This is what happens to the cell _____ when your body moves.

If you are standing or sitting and holding a bottle of water, the water is not _____. Jumping up and down will create aggressive _____ of the water. The same thing happens to the _____ in the cells when a person moves their body, and as a result the cells can function up to their _____.

When we are sitting, standing or lying down our body starts _____. As soon as we start _____, gravity takes over and the life _____ begins. Each cell of the body is like the _____ in your car. It takes in fuel for _____, and produces an _____ or waste product. The fuel for each cell is a combination of _____, air and _____. Uric acid, _____ acid and carbon _____ are some of the waste products produced by the cells.

Vibration Platforms have been used around the world to enhance G-Force movement for over _____ years. They are one of the oldest motorized products that have been used for health and fitness. Exercising on a quality Vibration Platform will give people _____ - _____ bounces per second. Some of these same benefits could be achieved from _____ rope, or _____ on a trampoline or rebounder, or _____, but it would take much longer. The average speed on the Vibration Platform is 30 bounces per _____. That means that one second on the Platform would take _____ - _____ seconds of jumping or running, and one minute on the Platform would take 15 to 30 minutes of _____ or running to give you the same total number of bounces. When we apply this _____ to a 10 minute workout on a Platform, it would be the equivalent of 150 to 300 minutes of jumping or running, which is _____ to _____ hours!

To put this in a _____ perspective, for _____ of years humans got enough G-Force movement up until the _____ revolution of the late 1800's. In the last 100 _____ in the _____ world machinery has taken over the workload of manual labour and _____ that human beings have practiced since the _____ of time. As machinery has replaced human labour people's bodies have begun to die _____, not because of _____ disease, but because of degenerative _____. Never before in human history have we had an _____ of degenerative disease like we have in the Western _____ today. In

Third World countries, or non-industrialized countries, degenerative disease is very _____ as it was in North America and _____ 100 years ago.

Understanding that health begins at a _____ level is foundational to understanding how the body works as a _____. In other words, healthy cells equal _____ body parts, which equal a healthy _____. The opposite is also true, that _____ cells equal unhealthy _____ parts, which equal an _____ person. To prevent and _____ disease it is essential to improve cellular _____ and _____. Covering up the _____ by using a drug is _____ the problem, and ignoring the _____ cause. In the modern world people are dying from degenerative diseases, such as _____, _____ disease and diabetes, in _____ proportions.

A quality Vibration Platform can provide the benefits of G-Force movement on the cells of the body in a very _____ period of time, with _____ stress on the joints. For many people this is the _____ link in their health and fitness program, because in their sedentary lifestyle, they aren't getting the _____ of bouncing and _____ that their body needs to function up to its _____!

YOUTHFULNESS COURSE – Inversion/Oscillation

It's very interesting that inverting the human body allows you to turn the table on gravity, and use gravity as a positive exercise and therapy tool. In the previous chapter we discussed how moving your body allows gravity to create a pumping action in the trillions of cells in the body so that they will absorb nutrients and eliminate wastes. The focus was on the beneficial effect of gravity combined with movement on the human body. In this chapter we are going to look at the damaging and negative effects of gravity when we are not moving, in other words when we are sitting, standing and lying down. Obviously we can't keep moving all of the time, 24/7. We have to stop to eat and sleep, and many people have a sedentary work environment where they are sitting and standing most of the time. Let's look at some of the negative effects of gravity on the human body.

The human body shrinks about 1 inch every 25 years. This is not because the bones are getting smaller or shorter, but the space between the bones, in the joints, is getting narrower. Most of this shrinkage is in the spine because there are 26 bones (vertebra) which are separated by a fluid cushion called a 'disc'. The downward pressure of gravity pushes fluid out of the disc, and so with aging the disc gets thinner and thinner. The loss of a 1/16 of an inch of thickness in the disc multiplied by 26 vertebrae would result in over an inch and a half of spine length loss. The cartilage in the ankle, knee and hip is also compressed and loses fluid which results in more height loss. As a result the 25 year old can be walking around in a shrunken body that's an inch shorter than it should be. The 50 year old could be 2 inches shorter, and the 75 year old could be 3 inches shorter than their optimum height.

The Inversion Table is an amazing tool which allows us to use gravity for many health and fitness benefits. The body is 70 – 75% fluid, and when we change the angle of the body, the fluid within the trillions of cells, and also the extracellular fluid is pushed into a different position. It is helpful to picture a bottle of water, and look at the effect that gravity has on the water when you hold the bottle at different angles. If the bottle is upright, the water is in the bottom of the bottle. If you hold the bottle on a diagonal angle, the water is partly on the side and partly on the bottom of the bottle. If you tilt the bottle into a horizontal position, the water is on the side of the bottle. When the bottle is inverted, the water is in the top of the bottle. Gravity is a force which is perpendicular to the earth, or at a 90 degree angle to the earth. When we drop something it falls directly to the earth, it doesn't travel sideways. This applies in the northern hemisphere, or in the southern hemisphere, and at the equator. We can see that gravity is always pulling our body towards the earth, and that applies to everything inside the body as well, which would include the blood and lymph fluid, and all of the glands and organs.

The Inversion Table allows us to put the body at various angles which physically moves the glands, organs, muscles, joints, and bodily fluids into a slightly different position. Oscillating the body from a positive 20 degree angle to a negative 20 degree angle, helps to get rid of pressure points caused by gravity, and creates a floating effect, or feeling of weightlessness or buoyancy. **This is similar to floating in water without the resistance of water**, and without the concern of getting water up the nose. In the space station, astronauts experience the same feeling of weightlessness or floating which is very relaxing and therapeutic. Astronauts are approximately 2 inches taller in space, and then they shrink back to their compressed posture when they return to earth. By using an Inversion Table as an

oscillation tool you can achieve a similar effect on the body. **Some people measure about 2 inches taller while they are on the Inversion Table.** This is extremely helpful for the joints and muscles in the body where people often have pain, and a loss of flexibility because of the downward pressure of gravity. It is helpful to lie down after using the Inversion Table, so that the discs between the vertebrae, and the cartilage in the ankle, knee and hip, have time to rehydrate with fluid which will make the discs and cartilage thicker. Using the Inversion Table before going to bed gives the body extended benefits while you are sleeping, because the body is in a horizontal position and gravity will not compress the joints.

The Inversion Table is a simple, comfortable way to use gravity to decompress the body and bring a person back to their proper height. The muscles, tendons and ligaments are stretched back to their proper length to allow the spine to elongate, and the ankle, knee and hip to decompress. The modern inversion table has been used around the world for over 30 years, and prior to that Gravity Boots were used on a steel bar, and going back hundreds, and even thousands of years the Roman Chair and various back extension or hyperextension benches were used. The big advantage of the Inversion Table is that a person does not need to go upside down. Many people receive excellent benefits by oscillating from an upright position to a negative 10-50 degrees. Going right upside down or vertical would be a negative 90 degrees, and is often not helpful because the person can't relax and their body is fighting the stretch. There are some health concerns where a person should never go vertical or upside down, but most people can use an inversion table from an upright position back to a negative angle of 10-50 degrees. It's important to stretch for only 30-60 seconds at a mild angle with the tether strap on, and then return to an upright position. 3-5 stretches is often recommended, but everyone must listen to their own body and be in their comfort zone.

Gravity tends to keep the blood and the lymph fluid in the legs, hips and abdomen longer than it should be. The heart pumps blood to the lower body through the arteries, but it has to return to the upper body through the veins. The arteries are a high pressure system, but the veins, or the venous system, are a low pressure system. It is difficult for the heart to fight gravity and recirculate blood to the upper body. Inverting the body allows gravity to help recirculate blood to the upper body. The lymphatic system does not have a pump to help recirculate lymph fluid to the upper body, so it is dependent on muscular contraction. The lymph fluid is the intercellular fluid which bathes and cleanses all of the cells of the body, and is part of our immune function. It is essential that it circulates throughout the body, and is filtered by the lymph glands (nodes) which are located around the joints in the body. Inverting the body is an excellent way to recirculate the lymph fluid to the upper body so that it can be filtered by the lymph glands. Improved lymph flow can mean the difference between good health and serious illness.

The internal organs in the torso of the body sag or prolapse with time. The lungs, heart, kidneys, liver and stomach put downward pressure on the digestive tract, bladder and reproductive organs. This is one of the main causes for problems with the digestion, bladder and reproductive organs as people get older. Using an Inversion Table allows gravity to lift the internal organs back up into the youthful position so they can function properly, and it also takes the downward pressure off the organs in the lower abdomen. Inversion drains the old deoxygenated blood out of the organs, so that fresh, clean oxygenated blood can replace it. **The only time the internal organs can fully relax is when the upper body is lower than the hips.**

The external muscles, joints and tissues prolapse with time as well, so using the Inversion Table has been called a natural "face-lift" for the whole body. It is a face-lift,

chest-lift and tummy-lift! The Inversion Table is also recommended to get blood and nutrients to the face, scalp and hair creating a healthy, youthful appearance. Remember, that **exercise can compress the body quicker** because of the added weight and impact applied to the muscles and joints while exercising. So, we could say that the more we exercise the more important it is to use an Inversion Table on a regular basis.

Did you know that when your head is lower than your hips it is difficult to worry or experience stress? The reason for this is that the central nervous system is relaxed. In the hospital they use a slight decline angle of about 10% to 15% for shock and trauma patients. When you use an Inversion Table you don't have to carry the world on your shoulders, you can let all of your concerns and stress just roll off, like water off a duck's back.

Perhaps the one organ that benefits the most from inversion is the brain! The brain is above the heart, so as a person ages it becomes increasingly difficult for the heart to provide all of the nutrient- rich, oxygenated blood that the brain needs. The brain uses about 25% of the calories we consume each day, and needs about 2,000 quarts of fresh blood every 24 hours. Gravity of course tends to slow blood flow to the brain. Research has shown that brain speed and accuracy improves with inversion, as well as memory and concentration. The cerebellum at the base of the brain is responsible for balance and coordination, and fresh, oxygenated blood improves the performance of the cerebellum. Eye sight and hearing can also improve with inversion. **Head and shoulder stands have been performed for thousands of years** to achieve these benefits for the brain and the other organs in the body. However, the concern with head and shoulder stands is that the lower body weight is transferred to the upper spine which causes compression of the thoracic and cervical vertebrae in the neck and shoulder area. Also, with the head and shoulder stand there is no stretching or decompression of the muscular and skeletal systems. With the inversion table a person receives all of the benefits of inversion for their glands, organs, blood, lymph fluid and muscles and joints without any compression of the upper spine.

A motorized Inversion Table offers many important benefits compared to a manual table:

1. A motorized table is easy to control because there is no balancing or adjusting required like there would be on a manual table.
2. A motorized table can be stopped at any angle, and a person can stretch or exercise without the table changing position.
3. A person can lie on their stomach, and receive a treatment or massage on their back while they are decompressed at a slight angle.
4. A quality motorized table has a comfortable padded bed, and an arm cradle to support the arms, and a cut-out for the face if you are in a prone position, and a knee support to hold the knees at a certain angle.
5. A quality motorized table is extremely well-built, stable and sturdy for a lifetime of benefits.

TEETER Inversion Tables are the **only manufacturer** to make quality motorized and manual Inversion Tables that are tested and certified by an independent third party.

In summary, Inversion Therapy will benefit all **12 Systems of the human body**. To fully appreciate all of the health and fitness benefits, it is important to understand the 'Two Main Body Functions'. Below is a brief outline, but the 'Whole Body Vibration' and 'How The Body Works' Sections in this Course explain it in more detail.

The Two Main Body Functions

The body has a program, and it is cellular based. In other words, everything that happens in the body begins in the cells. There are **two main body functions** happening at the cellular level. A person's level of health or wellness is dependent on how well these two functions work.

1) The cells pump in, or absorb nutrients from the bloodstream and lymph fluid through their cell membrane. The cells use these nutrients for energy to perform their duties that they are responsible for in the body.

2) The cells pump out, or eliminate wastes into the bloodstream and lymph fluid through their cell membrane. These waste products are the result of the cell burning, or metabolizing nutrients for energy.

A key point to understand is that **cells do not 'pump' when we are not moving**. In other words, cells only pump in and out effectively when we physically move our body. It is only when our body moves that cells pump or 'vibrate' as a result of the effect of gravity. Cells are about 70% fluid on average, so they are like microscopic 'water balloons'. When we move, the G-forces of gravity causes the cells to jiggle or vibrate, which allows them to pump in nutrients, and pump out waste products through their cell membrane. So movement keeps the cells healthy, and being sedentary makes the cells unhealthy.

Just like a motor takes in fuel to burn for energy, each individual cell in the body takes in nutrients to burn for energy. The motor produces waste products which we call exhaust, and each cell produces waste products which include uric acid, lactic acid, carbon dioxide, etc. If each cell gets enough movement or G-forces, it can pump in nutrients efficiently, and pump out wastes efficiently. As a result it will be healthy and function up to its potential. If the cell doesn't get enough movement it can't absorb nutrients and eliminate wastes efficiently, and it will be unhealthy and malfunction. **The health of the body as a whole is dependent on the individual cells getting enough movement so they can pump in and out effectively.** Healthy cells equal a healthy body.

Benefits of Inversion Therapy for the 12 Body Systems

1) Circulatory System: Recirculates the blood to the upper body to be filtered and cleansed, and to pick up nutrients from the digestive tract, and to pick up oxygen from the lungs. This is essential for vibrant health of the whole body.

2) Digestive System: Lifts the internal glands and organs to the original position so they do not put downward pressure on the digestive tract. This allows food to be processed and move through the digestive tract more efficiently with better absorption of nutrients into the bloodstream.

3) Endocrine System (Glandular System): Stimulates glandular activity by getting more oxygenated, nutrient-rich blood to the master glands in the brain which are the pituitary, pineal and hypothalamus. This can improve the metabolism for healthy weight management.

4) Hepatic (Liver/Gallbladder) System: The liver is the largest organ in the body, and one of the 5 channels of elimination. Inversion and oscillation provides decompression and realignment, and decongests the liver of old blood allowing oxygenated blood to come in. The liver is the master chemist in the body, and is responsible for over 500 functions!

5) Immune System: The glandular system, and circulatory system and the lymphatic system all work together to make up the immune system. By improving the function of these 3 systems the immune performance is enhanced.

6) Lymphatic System: Recirculates the lymph fluid to the upper body through all of the lymph glands and nodes, so that the lymphatic system is cleansed.

7) Muscular System: Stretches 400 plus muscles, tendons and ligaments back to their original length. This increases flexibility, range of movement and muscle strength.

8) Nervous System: Relaxes the central nervous system by putting the upper body at an angle that is lower than the hips. It is almost impossible to worry when the head is lower than the hips! This is a wonderful treatment reducing anxiety, stress and fatigue. Also, the decompression of the vertebrae takes the pressure off of the nerves and nerve tissue in the spine.

9) Reproductive System: The reproductive system benefits as part of the endocrine (glandular) system (see above). Inversion lifts all of the reproductive organs back to their youthful position for proper functioning. Also, it takes the downward pressure of the digestive tract off of the reproductive organs.

10) Respiratory System: Lifts the lungs and heart back to a healthier position for proper functioning. Deep breathing and stretching on the table increases the lung capacity, and also cleanses the lungs.

11) Skeletal System: Brings the 200 plus joints in the body back to a healthier alignment, which allows the discs between the vertebrae and the cartilage in the joints to rehydrate. A person can regain optimal height and posture. If the body is relaxed you can gain up to 2 inches in height on the Inversion/Oscillation table, because of the increased space between all of the joints in the body. This can result in a significant reduction in muscle and joint pain in the neck, shoulders, back, hips, legs, knees, ankles and feet, caused by the downward pressure of gravity.

12) Urinary System: By recirculating blood to the upper body more effectively the kidneys can do a better job of filtering the blood. Also, by draining excess fluid out of the legs the kidneys can regulate fluid levels in the body, which helps with fluid retention, varicose veins, and cellulite. Inversion decongests the kidneys of old, toxic blood allowing fresh oxygenated blood to replace it.

Complete the following interesting Review, and email, fax or bring it to LEGGE FITNESS SUPERSTORES to be checked. You will receive a \$75 Gift Card when you complete the 'YOUTHFULNESS COURSE'.

INVERSION/OSCILLATION – Review

Section A - TRUE or FALSE: (Circle either T or F)

1. The human body shrinks about 1 inch every 50 years. T F
2. The lymph fluid does not have a pump to recirculate to the upper body. T F
3. Decompressing the spine allows the discs to rehydrate with fluid. T F
4. People can lose about 1 inch of height every 25 years because of the downward pressure of gravity. T F
5. Using an Inversion Table will cause gravity to pull all of the internal organs lower into the abdomen. T F
6. The Inversion Table uses gravity to help stretch the muscles, ligaments and tendons back to their proper youthful length. T F
7. Prolapsed or sagging internal organs put downward pressure on the digestive tract, bladder and reproductive organs, which can cause health concerns in those areas. T F
8. Having your head lower than your hips can relax the central nervous system. T F
9. Blood is filtered, and absorbs nutrients in the legs. T F
10. Inversion products such as Roman Chairs, and hyperextension benches have been used around the world for hundreds and even thousands of years. T F
11. Inversion can effectively recirculate blood and lymph fluid to the upper body to pick up nutrients, and to be filtered and cleaned. T F
12. Gravity is a powerful force which can be effectively used as a fitness tool. T F
13. Hanging right upside down gets rid of pressure points in the body. T F
14. Astronauts are about 2 inches taller in space. T F
15. Mild oscillation on the Inversion Table is like floating in space. T F
16. As a person gets older the discs in the spine usually get thicker. T F
17. Oscillating from a positive 20 degrees to a negative 20 degrees can help to get rid of pressure points in the body. T F
18. The only time the internal organs can relax is when the upper body is higher than the hips. T F

19. Inversion drains the old deoxygenated blood out of the organs so that fresh oxygenated blood can replace it. T F
20. The arteries are a low pressure system, and the veins (venous system) are a high pressure system. T F
21. Improved lymph flow can mean the difference between good health and serious illness. T F
22. A person needs to go upside down to benefit from inversion. T F
23. Head stands are a good way to stretch the body. T F
24. Perhaps the one organ that benefits the most from inversion is the brain. T F
25. A motorized inversion table is ideal for massage and other treatments because the person can lie on their stomach at a stationary angle. T F

Section B – MULTIPLE CHOICE: Circle only the answer which most accurately completes the statement.

1. People lose height throughout their life because...
- A) Their bones get shorter
 - B) They don't exercise enough
 - C) They gain weight
 - D) The space between the bones gets smaller
2. The Inversion Table enables a person to...
- A) Recirculate blood and lymph fluid to the upper body
 - B) Stretch muscles and joints to the original length
 - C) Lift the internal organs to the youthful position
 - D) All of the above
3. Using the Inversion Table at a mild angle of a negative 10-15 degrees will...
- A) Relax the central nervous system
 - B) Shorten the muscles
 - C) Compress the discs
 - D) Provide maximum traction
4. The Inversion Table should be used at a mild angle and doing...
- A) 1 stretch for 10 minutes
 - B) 3 stretches for 5 minutes each
 - C) 5 stretches for 10 minutes each
 - D) 3-5 stretches for 30-60 seconds each

5. Astronauts are approximately 2 inches taller in space...
 - A) Because of a good exercise program
 - B) Because of a special diet
 - C) Because of the lack of gravity
 - D) Because of stretching exercises

6. On the Inversion Table a person can measure 2 inches taller because...
 - A) Muscles, tendons and ligaments are elongated
 - B) Discs and cartilage are decompressed and rehydrated
 - C) Internal glands and organs are lifted
 - D) All of the above

7. It's important to lie down after using the Inversion Table...
 - A) To allow the discs and cartilage time to rehydrate
 - B) To improve weight loss
 - C) To strengthen the heart muscle
 - D) To improve liver function

8. Mild oscillation on an Inversion Table means...
 - A) Lying at a negative 10 degrees
 - B) Oscillating from level to a negative 60 degrees
 - C) Moving from a positive 20 degrees to a negative 20 degrees
 - D) None of the above

9. Most of our height loss with aging occurs in the spine because ...
 - A) Of the pressure of gravity
 - B) The back muscles are weak
 - C) There are 26 joints in the spine
 - D) The lower body muscles are stronger

10. Inversion helps drain old deoxygenated blood out of the organs because ...
 - A) It uses the power of gravity
 - B) The veins are a low pressure system
 - C) Blood has to travel back to the heart and lungs
 - D) All of the above

11. The heart pumps blood to the lower body through the arteries which are ...
 - A) Carrying fresh, oxygenated blood
 - B) A low pressure system
 - C) Carrying old, deoxygenated blood
 - D) None of the above

12. Head and shoulder stands have been used for thousands of years to ...
 - A) Move blood and lymph fluid out of the lower body
 - B) Decongest the organs and glands of old deoxygenated blood
 - C) Get nutrient-rich, oxygenated blood to the brain
 - D) All of the above

13. The daily calorie needs and blood flow requirements for the brain are ...
- A) About 10% of our calories and 500 quarts of blood
 - B) About 50% of our calories and 1,000 quarts of blood
 - C) About 25% of our calories and 2,000 quarts of blood
 - D) None of the above
14. Head and shoulder stands can have a negative effect by ...
- A) Adding compression to the hips
 - B) Weakening the legs
 - C) Compressing the shoulder and neck area of the spine
 - D) None of the above
15. The Immune System is made up of 3 systems which are ...
- A) Glandular, Muscular and Circulatory Systems
 - B) Circulatory, Nervous and Digestive Systems
 - C) Reproductive, Skeletal and Glandular Systems
 - D) Circulatory, Glandular and Lymphatic Systems
16. Quality motorized Inversion Tables have the advantage of being ...
- A) Easy to control with no balancing or adjusting required
 - B) Suitable for a person to lie on their stomach for massage treatments
 - C) User friendly with arm cradles, knee supports and a face cut-out
 - D) All of the above
17. The liver is ...
- A) The master chemist in the body
 - B) Responsible for over 500 functions
 - C) The largest organ in the body
 - D) All of the above
18. Oscillation from a mild positive angle to a mild negative angle will ...
- A) Strengthen the muscular system
 - B) Compress the spine
 - C) Help the heart circulate blood to the legs
 - D) Be similar to floating in space or water
19. An Inversion Table is superior to Gravity Boots and the Roman Chair because ...
- A) You don't have to go upside down
 - B) It is more comfortable, and safer
 - C) You can oscillate to experience weightlessness and buoyancy
 - D) All of the above

Section C – MATCHING COLUMNS: (Write the number from Column A beside the *best match* in Column B)

Column A

1. Fluid cushion
2. Downward pressure of gravity
3. Roman Chair
4. Organs and glands relax when ...
5. Cerebellum
6. Motorized Inversion Table
7. Organ that benefits the most
8. Shock and trauma patients
9. Blood returns to the heart
10. Every 25 years
11. Mild oscillation on Inversion Table
12. Pituitary, Pineal, Hypothalamus
13. Modern Inversion Table
14. Intercellular fluid
15. Fluid content of body
16. Lying down after using table
17. Arteries
18. 75 year old
19. Veins
20. 2 inches taller
21. Ideal position for stress relief
22. The spine
23. 200 plus joints
24. Stimulate Master Glands
25. Lie on stomach for massage
26. 400 plus muscles
27. Immune system
28. Kidneys
29. Good number of stretches
30. Perpendicular to the earth

Column B

- ___ Upper body is lower than hips
- ___ Lymph fluid
- ___ 10% to 15% angle in hospital
- ___ Made up of 3 systems
- ___ 3 - 5 stretches for 30 seconds each
- ___ For weight management
- ___ Easy to control and comfortable
- ___ At the base of the brain
- ___ Used for thousands of years
- ___ About 3 inches shorter
- ___ Slight decline angle on Table
- ___ Downward pull of gravity
- ___ Skeletal system
- ___ A person shrinks one inch
- ___ Astronauts in space
- ___ Used for over 30 years
- ___ On Motorized Inversion Table
- ___ Feeling of buoyancy or floating
- ___ High pressure system
- ___ Disc
- ___ Through the veins
- ___ Gives time for discs to rehydrate
- ___ Master Glands
- ___ Muscular system
- ___ Pushes fluid out of the disc
- ___ 70-75% fluid
- ___ The brain
- ___ Regulate fluid levels in the body
- ___ Low pressure system
- ___ 26 vertebrae

Section D – Fill in the Blanks:

The human body _____ about 1 inch every _____ years. This is not because the bones are getting _____ or shorter, but the _____ between the bones, in the joints, is getting narrower. Most of this shrinkage is in the _____ because there are _____ bones (vertebra) which are separated by a fluid cushion called a _____. The downward _____ of gravity pushes fluid out of the disc, so with aging the disc gets _____ and _____. The loss of a 1/16 of an inch of thickness in the disc multiplied by 26 _____ would result in over an inch and a half of spine _____ loss. The cartilage in the ankle, knee and hip is also _____ and loses _____ which results in more height _____. As a result, the 25 year old can be walking around in a shrunken body that's an _____ shorter than it should be. The _____ year old could be 2 inches shorter, and the 75 year old could be _____ inches shorter than their optimum height.

The Inversion Table allows us to put the body at various angles which physically moves the glands, _____, muscles, _____, and bodily fluids into a slightly different position. Oscillating the body from a positive 20 degree _____ to a negative 20 degree angle, helps to get rid of pressure points caused by _____, and creates a _____ effect, or feeling of weightlessness or _____. This is similar to floating in _____ without the resistance of water, and without the concern of getting water up the nose. In the space station, astronauts experience the same feeling of _____ or floating which is very _____ and therapeutic. Astronauts are approximately 2 inches _____ in space, and then they shrink back to their _____ posture when they return to earth. By using an Inversion Table as an oscillation tool you can achieve a similar effect on the body.

The Inversion Table is a simple, comfortable way to use _____ to decompress the body and bring a person back to their proper _____. Some people measure about 2 inches _____ while they are on the Inversion Table. The muscles, _____ and _____ are stretched back to their proper length to allow the _____ to elongate, and the ankle, _____ and _____ to decompress. The modern Inversion Table has been used around the world for over _____ years, and prior to that _____ boots were used on a steel bar, and going back hundreds and even thousands of years the _____ chair and various back extension and _____ benches were used. The big advantage of the Inversion Table is that a person does not need to go _____ down. Many people receive excellent benefits by _____ from an _____ position to a negative _____ - _____ degrees. Going right upside down or vertical would be a negative 90 degrees, and is often not helpful because the person can't relax, and their body is fighting the _____.

There are some health concerns where a person should never go upside down or vertical, but most people can use an Inversion Table from an upright position back to a negative _____ of 10 to 50 _____. It is important to stretch for only _____ - _____ seconds at a _____ angle, and then return to an _____ position.

Gravity tends to keep the blood and _____ fluid in the _____ longer than it should be. Inverting the body allows _____ to help recirculate the blood to the upper body. The lymph fluid does not have a _____ to help recirculate lymph fluid to the upper body. Inverting the body is an excellent way to recirculate the lymph fluid to the upper body so that it can be _____ by the lymph _____. Improved lymph flow can mean the difference between good _____ and serious _____.

The internal organs in the _____ of the body sag or _____ with time. The lungs, _____, kidneys, liver and stomach put downward _____ on the digestive _____, bladder and _____ organs as people get older. Using an Inversion Table allows gravity to _____ the internal organs back up into the _____ position so they can function properly, and it also takes the downward _____ off the organs in the lower _____. Inversion _____ the old _____ blood out of the organs, so that fresh, _____ oxygenated blood can replace it. The only time the internal organs can fully _____ is when the _____ body is lower than the hips.

The external _____, joints and tissues _____ with time as well, so using the Inversion Table has been called a natural _____ for the whole body. It is a face-lift, _____, and tummy-lift!

Did you know that when your head is _____ than your hips it is difficult to _____ or experience stress? In the hospital they use a slight _____ angle of about _____ - _____ for shock and trauma patients. When you use an Inversion Table you don't have to carry the _____ on your shoulders.

Perhaps the one organ that benefits the most from inversion is the _____! Research has shown that brain _____ and accuracy improves with inversion, as well as memory and _____. Eye sight and _____ can also improve with inversion.

A motorized inversion table offers many important benefits compared to a _____ table. A motorized table is easy to _____ because there is no balancing or _____ required like there would be on a manual table. A motorized inversion table can be stopped at any _____, and a person can _____ or exercise without the table changing position. A person can lie on their _____, and receive a treatment or _____ on their back while they are decompressed at a _____ angle.

