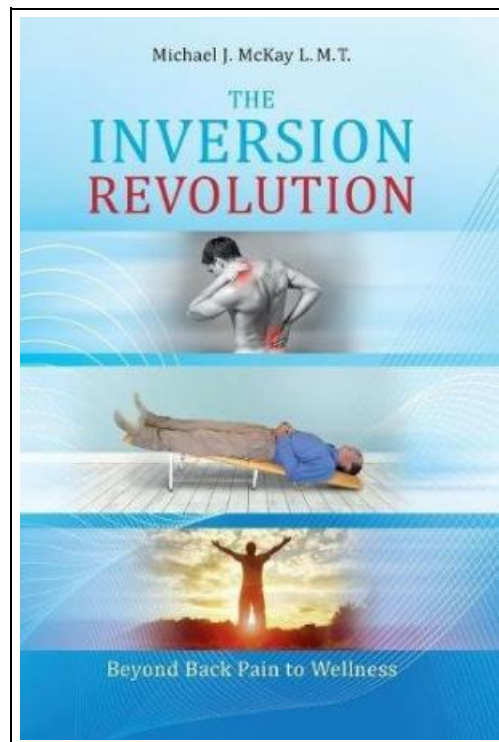


The Inversion Revolution: Beyond Back Pain to Wellness (Hardback)



Filesize: 5.39 MB

Reviews

Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.

(Meagan Beahan)

THE INVERSION REVOLUTION: BEYOND BACK PAIN TO WELLNESS (HARDBACK)

[DOWNLOAD](#)

To get **The Inversion Revolution: Beyond Back Pain to Wellness (Hardback)** eBook, make sure you access the hyperlink listed below and download the ebook or have accessibility to additional information which might be relevant to THE INVERSION REVOLUTION: BEYOND BACK PAIN TO WELLNESS (HARDBACK) ebook.

Self Care Press, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Inversion Revolution, Beyond Back Pain to Wellness, presents an introduction to Self-Care and gives a deep understanding how inversion can be used as a central tool that can take a person beyond back pain - to Wellness. Millions of people have seen TV commercials selling high angle inversion tables to alleviate back pain. These are so common that many - even the Mayo Clinic - mistakenly equate inversion therapy with going upside down at high angles which is scary and inappropriate for many people. Presenting the history of inversion the author points out that high angle inversion is NOT necessary. Conservative low angle inversion (aka slanting) can be very effective and can be constructed so the person feels safe and secure to do it alone without a spotter being needed. What is health? What is Wellness? The book explores these two pivotal questions and presents a large number of practical Self-Care strategies the author has used for regaining balance and overcoming obstacles which has allowed him to live a life in greater freedom from pain and enjoying expanded possibilities. This book is for those who are in pain or love someone who is in pain; it is for those who want to learn how to become the General Contractor of their own health and how to work more effectively with their chosen healthcare providers. The book includes bonus material on how to create a Self-Care toolkit and an important exercise program called The 4 Minute Miracle which is suitable for most people whether their health condition is marginal, modestly healthy or athletically fit. Michael McKay L.M.T. is the author and inventor of Gravity Pal(R) low angle inversion tables which includes the...

[Read The Inversion Revolution: Beyond Back Pain to Wellness \(Hardback\) Online](#)[Download PDF The Inversion Revolution: Beyond Back Pain to Wellness \(Hardback\)](#)

Other Kindle Books

**[PDF] Depression: Cognitive Behaviour Therapy with Children and Young People**

Click the hyperlink below to get "Depression: Cognitive Behaviour Therapy with Children and Young People" PDF file.

[Read ePub »](#)

**[PDF] Questioning the Author Comprehension Guide, Grade 4, Story Town**

Click the hyperlink below to get "Questioning the Author Comprehension Guide, Grade 4, Story Town" PDF file.

[Read ePub »](#)

**[PDF] Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!**

Click the hyperlink below to get "Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!" PDF file.

[Read ePub »](#)

**[PDF] Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee**

Click the hyperlink below to get "Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee" PDF file.

[Read ePub »](#)

**[PDF] Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Click the hyperlink below to get "Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade" PDF file.

[Read ePub »](#)

**[PDF] Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

Click the hyperlink below to get "Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities" PDF file.

[Read ePub »](#)