## How Inversion Helps with Back Pain: The 4 R's



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"But how can it help relieve my back pain?"

**Learn "The 4R's of Inversion"** so you can knowledgeably and efficiently explain the most important benefits of inversion

**Rehydrate the discs:** Keep the joints of the spine healthy, improving flexibility and shock absorption

Reduce pressure on nerve roots: Inversion decompresses the spine, opening up the space between each vertebra

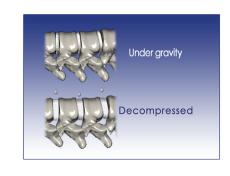
**Realign weight-bearing joints:** Proper alignment is essential for good balance, flexibility and ultimately, less back pain

**Relax tense muscles**: Inversion elongates the muscles, helping to reduce stress and tension



Many of our testimonials start with customers telling us how they tried a friend's table and decided they couldn't live without it!

Closing the sale often starts with a relaxing inversion demonstration: After adjusting the inversion table to accommodate the customers' unique settings, set the tether strap to a gentle incline of 30-45 degrees and encourage your customer to relax while you explain the 4 R's.







Phone +44-795-1055-413 or USA Direct 253.286.2437



