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The Urgent Inversion: From the Pen of a Layperson

By Carol Curtis

iUniverse, United States, 2009. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. How can we live the highest quality of life possible and increase our chances of longevity? To this eternal quest, one key ingredient is essential—the inversion of the brain and heart. In *The Urgent Inversion*, author and yoga practitioner Carol Curtis describes the health benefits of inversion and includes instructions and pose illustrations to perform the inversion. This guide discusses how the eternal pull of gravity can cause our skin, tissues, and organs to sag and droop as time passes. The circulation of the blood throughout the body slows down as we get older, and the pull of gravity makes it more and more difficult for the heart to pump blood to the brain. Not only will inversion help to reverse these effects, but it may also help to prevent Alzheimer's disease, Parkinson's disease, chronic depression, and addictions. Incorporating basic information about the physiological and lifestyle benefits of these inversion poses, *The Urgent Inversion* advocates that we become proactive and invert the brain and heart each day to slow down and reverse the effect of gravity...


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