



Refreshed
and Recovered
in 3 MINUTES

With The
Back Revolution® System

By: Dr. Mick Hall

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Introduction

My name is Mick Hall. I am a Naturopathic Doctor and have been engaged in the research and practice of natural medicine for over 35 years. The primary focus of my work is total body detoxification and teaching the principles that will allow others to reverse aging and disease.

In 1998 I discovered the Back Revolution® System. I have found it to be so effective and remarkable in treating back pain (and many other related issues) that I wanted to write this book and share my experience.

Over the past eight years I have developed a method that, when followed as outlined, actually supports the body in reversing the causes of aging and disease. The Back Revolution® System is an essential component within that method!

In the pages that follow, you will read of the logical value and scientific validations that support the Back Revolution® System. You will also review the comments from a few of the thousands of excited and satisfied users of this system. I trust that, before you finish the book, you will see why every adult needs access to a Back Revolution® System!

As an introduction to this presentation I would like to share with you my personal experience. This will clearly demonstrate why I am so passionate about the Back Revolution® System.

My area of expertise is natural medicine, and I have been studying and actively researching in the field for

over three decades. Beginning in 1986 I spent two years working as the director of a cancer clinic in Mexico. This experience led me to question the true origins of disease in the human body. I soon realized that I had far more questions than available answers. Realizing that there was only one way of discovering information not readily available, I launched a self-funded twenty-year research project. This research led me to discover and understand the eleven specific reasons why the human body breaks down in every form of disease.

My tools of choice for pursuing the information I sought consisted of the Darkfield and HLB blood studies, tissue mineral evaluation through hair analysis, and the total chemical breakdown and evaluation of urine. These four modalities allowed me to observe the fluid chemistry of the body as well as its structure and function. Performing more than 20,000 such evaluations allowed me to see every possible pattern hundreds of times over and to discover what each pattern represented, why it existed, and what was necessary to correct each pattern.

As a Naturopathic Doctor evolving through this research, I began specializing in total body detoxification. I had been fully aware for years of the direct correlation between nerve flow restrictions caused by tightness in the lower back, and the strictures (closed down areas that inhibit proper movement) in the colon. I also discovered these strictures to be the number one cause of human fatigue, the main cause of the breakdown of the immune system as well as the direct

cause of human waste being drawn continually into the blood stream, causing autointoxication (self-poisoning from the colon).

Discovering the reasons why the body malfunctions is exciting for any researcher, but it also presents the very real challenge of discovering the associated solutions. This occupied my time for many years.

Back in 1989 I had the opportunity of working with a woman in Iowa who had an advanced condition of Chronic Fatigue Syndrome. As I studied her blood, I realized that I had frequently seen similar patterns in the blood work of the cancer patients at the clinic in Mexico. She was the last person I worked with that day, so I asked if she would mind my working on her lower back for a few minutes before she left. She said she would love that, and that she had been having a lot of pain in that area. I did a massage technique that stretched and opened the spaces between the vertebrae of her lower back. I didn't realize it at the time, but this same technique was also rehydrating her intervertebral discs.

After I finished working on this woman's back, we began to talk about what I hoped she could expect as a result of the work I had just performed. Before I could even finish telling her, she jumped up and said, "Oh my gosh, I need to use the bathroom." I pointed her to the bathroom and she quickly went in. When she returned to the treatment room, she had a look of embarrassment on her face, but at the same time a smile and a look like a child who had just seen something extraordinarily

fascinating. Hardly able to contain her excitement and curiosity, she said: “You wouldn’t believe what I just did! I have never in my life had a bowel movement like that before; it filled the whole toilet bowl!”

By decongesting the muscles of her lower back and rehydrating the discs between the vertebrae, the therapy I had performed on this woman’s back released the restricted nerve flow and allowed the stricture in her colon to relax, which allowed the large volume of accumulated waste to finally be released from her colon.

The very next day I phoned the husband of a woman I had been working with in Palm Springs who had been totally debilitated with Chronic Fatigue Syndrome for years. I told him what I had discovered and explained exactly how he could work on her lower back to generate more complete elimination. Within weeks both women began making very positive improvements.

For the next ten years I observed the problem of the lower back as not only the starting point for Chronic Fatigue Syndrome, but as one of the primary causes of every one of the many degenerative diseases from which mankind suffers. My only frustration had been in trying to get each person to do the exercises that would relax and decompress their lower backs. I continued helping as many as I could with my treatment, but found myself quite limited in how many I could help, since every person actually needed much more therapy than I was able to provide.

When I finally discovered the Back Revolution® System in 1998, it proved to be the most ideal

instrument for replacing the therapy I was so limited in providing. Since that time, by having people use the Back Revolution® System, I have been able to help many more not only relieve their back pain, but also to reverse many other health disorders associated with a toxic colon. It is the solution I had only wished for while attempting to remove back tension by hand for all those years.

I am excited for you to read the pages that follow, and see how this simple system can create such profound improvements in your health.

Dr. Mick Hall

***Just as a note of caution: anyone with high blood pressure, middle ear infection, eye disorders, or any other problem that could be made worse if you were to be upside down for a minute or two—please consult your medical doctor or health care professional prior to using The Back Revolution® System. This is especially important for older individuals and those in poor health. Never let children use The Back Revolution® unsupervised. Women who are pregnant or in the first few days of their menstrual cycle should not use The Back Revolution® System.

CHAPTER ONE

Reversing Physical Age With The Back Revolution[®] System

Do you realize that the most direct and immediate cause of debilitating old age is a compressed and dehydrated spine?

What mental image comes up for you when you think of an elderly man or an elderly woman? Would the term “bent and withered” describe that image? Beyond the wrinkles, the dead giveaway of old age is inflexibility and a distorted structure!

From decades of researching the reasons why humans age and develop every form of disease I have not only discovered the reasons but have developed many simple, logical, and effective solutions for reversing the actual causes of both—human aging and human disease. I am thrilled to have the opportunity of sharing with you one of the greatest and most important of these solutions through the information in this book.

I will begin by taking you for a short, and mildly uncomfortable, tour through the Hall of Fame of suppressed human fears. When it comes to the effective reversal of aging and disease, the starting point must be the awareness of truly applicable information.

In the world of anti-aging, the focus of the industry—as well as the focus of most people between the ages of 40 and 70—is on wrinkles and hair. Yet,

when a person gets into his or her seventies and beyond, the conversation moves to pain, stiffness, and the many symptoms of disease. In fact, beyond the age of 80, the focus on aches and pains increases until it becomes the center of most conversations.

In our youth we seem to focus upon the flashy aspects of life, like fashionable clothing or a modern hairstyle but, as time goes on, we begin to appreciate the higher values in life. I guess that is the wisdom that accompanies experience and maturity.

When it comes to the aging of the human body, of course everyone prefers to be less wrinkled and in possession of a full head of naturally colored hair. In fact, there has never been a time in the entire history of the world that mankind held a greater determination to turn back the clock than in the present day. Almost every adult over the age of 40 is focused in some way or another upon the dreaded affects of aging. Why? Because, through our observations, we have seen a cruel side of aging that none of us wants to engage in, a cruelty that goes far beyond wrinkled skin and hair loss. Many people harbor great concern and fear about developing a painful degenerative disease. One of the most feared is Alzheimer's disease, a condition that even destroys our ability to remember the people with whom we spent most of our lives. Or we could be cursed with the embarrassment and discomfort of losing control of our bowel and urinary functions. Keep in mind that every elderly person dealing with any of these issues is also suffering from the stiffness and pain that accompanies debilitating old age.

On the other hand, there are many people—and you may find yourself in this category—who find the thought of debilitating age so unpleasant that they create a comfortable state of denial instead. From the relative safety of that denial, thoughts of debilitating age just never quite receive serious consideration. What a horrible shock it is when debilitating old age sneaks up on someone who has been hiding out in denial rather than wisely preparing for such an inevitable experience.

Aging and death just keep on happening to humanity, even though it has been the desire of the ages to sidestep both experiences.

Before I reveal what I have found to be a key to reversing the debilitating part of aging, I would like to share with you a beautiful story of death that was told to me by an elderly gentleman of my acquaintance. As you read the story, I think you will agree with me that it is the ideal way of passing from this life.

The gentleman telling me the story was 74 years old when his close friend and associate passed away. For the sake of the story, let's just say the man recounting his experience was named George, and his friend who died was David.

David was the head of a spiritual organization and had always lived a very clean and spiritual life. At the age of 96 he was still fit and healthy. Since George would soon become David's successor, David invited George to his home from time to time to receive information and explanations of things George would need to know in order to continue running the organization.

One day as George followed David around his house making notes of the things he was being told, he was intrigued by the accuracy of the information and how final everything was sounding. It was as though the very last of David's instructions were being finalized that day. In the midst of his note taking, George followed David into his bedroom. David finished his instructions at the same time as he neatly stepped out of his slippers and crawled into his bed. As he finished talking, he pulled his blankets up to his chin, took a deep breath, and said, "your servant is now tired." And with that David closed his eyes and peacefully passed away.

David did not experience debilitating age. He had no painful disease. David was one of the best-prepared individuals I have ever heard of. Death held no surprises for David. There was no denial. There was no fear of death. There was no agony leading up to death.

My desire is to help you to understand one of the most vital principles that lies at the root of both debilitating age and degenerative disease. With this understanding, you can truly sidestep both unnecessary experiences.

Did you know that the health of your spine determines how you age? Did you also know that spinal disorders are involved in every form of degenerative disease?

The information you are about to read contains scientific validation of the most effective form of self-therapy for spinal health. The key to this self-help therapy is a remarkable, easy to use piece of equipment called The Back Revolution® System.

The reason I am writing about the Back Revolution® System is because I have used other units that are available and have found that the Back Revolution® System is the very best tool for the job. The way the body is held while inverting allows the entire spine to completely decompress, especially the mid-back and lumbar (lower back) areas. In other words, I have studied in great detail both the problem and the need for a solution. I have found The Back Revolution® System to be the most consistently effective solution available.

CHAPTER TWO

The Necessity of Spinal Decompression

It seems that two of the hottest conversation topics of our time are anti-aging and the prevention of degenerative disease.

From these two powerful subjects spring another hundred conversations, among them discussions of diet and exercise, and treatments and supplements. In fact, when a person considers everything that threatens their physical and emotional well-being, this encompasses many conversations we have on a daily basis.

Among the numerous influences that determine how people feel, very few have a greater impact on overall well-being than nerve flow restriction within the spinal column.

In fact, the whole system of chiropractic is based on the removal of spinal subluxations. Spinal subluxations are the points of the spine where communication from the brain to any area of the body is restricted because of nerve flow interference or actual nerve damage. Many chiropractic techniques have been developed through the years to manipulate the spine and thereby allow for restored flow of this communication and the normalization of function to the affected area.

Through the years I have observed that, when it comes to treatment, it is always much more effective when the person receiving the treatment understands

not only what the true problem is but also the role they played in the creation of the problem. That understanding can foster a more cooperative joint effort in creating permanent reversal and elimination of that problem.

Let's consider a primary principle of disease. Any area of weakness within the body becomes a prime target for the development of disease. This is the process that occurs: the weakness is established; then there is an accumulation of toxic metals, chemicals, unusable food residue, dead tissue cells, the acid waste from cellular function, and the waste that is produced by the presence of parasites. It shouldn't be surprising that an accumulation of such unwelcome substances would support the development of disease. Therefore, in considering the function of the nervous system, anything that restricts the flow of nerve communication to any gland, organ, or group of tissues becomes the direct and immediate cause for whatever disease develops in that affected area.

If you are among the minority of individuals who do not suffer from back pain, I congratulate you. Yet there is still about a 99% chance that you have muscles that are in spasm, either in your neck or somewhere along your spine. These spasms indicate that your spine is compensating for some form of misalignment somewhere in the spinal column.

My experience has shown me that every adult who suffers from any health disorder also has at least one area of the neck or spine where the muscles are tense to

the point of being in chronic contraction. That includes most adults over 50 years of age.

Whether you have back pain or just tightness in the muscles of your neck or back, it's important to realize that there are associated organs or glands that are affected by this tension. A muscle spasm, no matter how mild, is like an electrical dimmer switch. When you turn the switch down, of course the lights dim. This is because the dimmer switch reduces the electricity to the bulbs. In a similar manner, when a muscle develops long-term tension or contraction, it has the tendency to reduce the nerve flow to the associated parts of the body. Therefore those areas become weak to the same degree the nerve flow is restricted.

Let's back up for a minute, and review how every spinal disorder begins, and how each can develop into disease-causing obstacles that prevent the creation of a higher level of health.

Spinal disorders generally originate from an accident. An assisted birth isn't typically considered an accident, since everything is done according to medical protocol. Yet, an assisted birth is usually the first traumatic physical accident that can damage the neck and sometimes the skull. Remember, at the time of birth, the bones in a baby's neck are not yet fully formed. They are more like cartilage than bone. Therefore, when a baby's head is pulled and twisted during birth, there is close to a 100% chance of pivoting the skull on the spine as well as causing other distortions within the upper cervical vertebrae of the baby's neck.

Whether a person's neck is misaligned at birth or within the first few years of life, by the time a person reaches five years of age, it is likely that his or her skull has been pivoted and misaligned on the spine. From a pivoted skull, the muscles of the neck begin to tighten in compensation for the misalignment. With time, the tight muscles begin to develop a mild fibrous texture that can be felt, even in the muscles of young teens. Continuing through life, there are hundreds of ways in which the damage that occurred so early in life is compounded—childhood falls and bicycle accidents, sports injuries or adulthood car accidents, just to name a few.

When the skull is pivoted on the spine, this creates tension that begins to track down the neck, causing further distortions within the vertebrae of the neck. In time this tension transfers down the entire spine. Scoliosis, or the severe curvature of the spine, is an extreme example of the distorting effect of this transfer of tension from a pivoted skull down the spine.

By adulthood, nearly everyone has a pivoted skull and the associated spinal tension. While gravity gets all the credit for compressing the spine and thinning the discs between the vertebrae, it is important to remember that muscle spasms create a much greater contractive pressure than the gravitational pull of the earth. In time—as muscular contractions advance into muscular spasms—these spasms become the real reason for the eventual thinning of the discs between the vertebrae. This is also what causes people to shrink in height as they age.

Let's now consider several of the ramifications resulting from muscular spasms of the spine. Pain is probably the most obvious, but there are even more destructive issues that warrant our attention.

When a muscle spasm develops around the vertebrae of the spine, there are generally two problems that result from this, and both restrict the nerve flow from the spinal cord. One restriction is caused simply by the spasm itself physically blocking the nerve flow. Secondly, as a muscle develops into a spasm, it pulls the vertebrae together, reducing the space that allows the nerve to flow from between the vertebrae. In time this acts like a dimmer switch, reducing the nerve flow more and more. This problem can eventually advance to the point of actually causing an organ to die.

I apologize if the forgoing descriptions are less than encouraging. However, without a clear understanding of the seriousness of the problem, the chance of developing enough motivation to solve the problem is very limited. This is due to the fact that, in most cases, the only impetus strong enough to move a person into sustained action is extreme pain. Unfortunately, seventy to eighty-five percent of all people have back pain at some time in their lives, which explains why back pain is the fifth most common reason for physician visits in the United States. In fact, most cases of back pain are caused simply by a muscle spasm—a lifting accident, twisting, or a wrong spinal move. Most are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer.

Americans spend at least \$50 billion per year to treat back pain—and that’s just for the more easily identified costs.

These are most of the reasons why I believe every person needs to understand this entire spinal issue and learn about the valuable solution offered through effective spinal decompression and rehydration.

Effective spinal decompression and rehydration is the only way to reverse the debilitating effects of what we refer to as the aging process. It is also the only way to reverse the slow thinning of the discs between the vertebrae that causes both a more rapid degeneration of organs and the entire body as well as the shrinking in stature that so often occurs in the elderly.

In Chapter Three we will discuss a combination solution for how to receive optimal benefit from spinal decompression by coupling decompression with the rehydration of the spinal discs.

CHAPTER THREE

Spinal Rehydration: An Essential Step In Reversing Back Problems

Did you know that the average person loses approximately three-quarters of an inch in height by the end of every day? Yet the majority of this lost height is regained by the time that person awakens in the morning.

To know this as a daily occurrence makes it easier to understand why the spine will eventually lose its ability to recover this daily loss. The result is an elderly man or woman who continually loses height until the time of his or her death. Before we review how to best rehydrate the spine, I would like to acknowledge the man who is responsible for one of the greatest health discoveries of our time: Dr. F. Batmanghelidj.

Dr. Batmanghelidj is an Iranian physician who awakened the world to the simple fact that dehydration was a causal factor in most major diseases, and that dehydration was the direct cause of so many other conditions for which doctors still offer no true solutions.

It was also Dr. Batmanghelidj who exposed the fact that spinal disc dehydration was the most common cause of lower back pain. Understanding this vital information has made it possible to reverse both spinal shrinkage and back pain through proper tissue and disc

rehydration. You will read more about Dr. Batmanghelidj and his work in Chapter 7.

Our modern way of life is generally filled with many long hours of sitting. Not only do most of us sit for hours while working, but consider all the time we sit driving our cars, not to mention that most of our entertainment time is spent just sitting. Sitting for long periods of time causes a more rapid dehydration of our spinal discs than most other things we do.

As you consider the destructive influences dehydrated spinal discs have on your overall health, you'll realize that an active program for reversing this condition should be a top priority.

Spinal disc dehydration isn't just an isolated problem. Long before the spinal discs begin shrinking in thickness, the muscle tissue and the spinal vertebrae themselves are starving for sufficient quantities of water. The dehydrated muscle tissue develops the tendency to go into spasm, which pulls the vertebrae toward one another, squeezing the discs, and creating a more prolonged condition of disc dehydration. In time, this condition prevents the discs from recovering completely from the daily collapsing and dehydration they undergo. Between the dehydrated muscles of the spine and the thinning spinal discs, every problem that develops as a result of these two conditions is considered as just another aspect of the "natural" aging process.

Now that you have a clearer picture of what takes place when the muscles and discs of the spine dehydrate, let's review the effects of these two problems on the rest of the body.

The nervous system is comprised of the brain, the spinal cord and the thousands of miles of nerves interlaced throughout the body. The proper functioning of glands and organs is determined by the open lines of communication that begin in the brain, move down the spinal cord, and branch out to every area of the body. Muscle spasms and thinning spinal discs both cause a reduction of the flow of nerve energy from the spinal cord to the glands, organs, and muscle tissue groups. Any interference in this flow of communication allows for a weakening of the signal, causing an associated weakening of the gland, organ or area of the body being serviced by that section of the nervous system. When a gland becomes weak as a result of nerve flow restriction, function is reduced and the gland's ability to produce the necessary hormones becomes impaired, thereby distorting a vital chemical communication between the glandular and organ systems.

The same thing takes place as nerve flow is reduced to the individual organs. As with the glands, the organ function is also diminished, thereby reducing the overall benefit the specific organ was designed to provide for the body. This structural breakdown plays a major role in "the natural aging process." In fact, every passing decade brings with it another level of dehydration, muscular spasms, and spinal disc thinning. This in turn reduces the nerve flow from the entire spinal column, creating overall weakening and reduced function of the entire body. This is why it is so easy for a person over 50 to begin believing in old age.

As I hope you now realize, it has taken 40 or maybe 50 years to develop this long-term condition of spinal dehydration. It will obviously require time and consistent work to reverse the problem and create a true solution. The great news is that the problem is definitely reversible, and in much less time than it took to develop!

Before engaging in the actual work of reversing the damage accumulated in the spine, specific preparations need to be made. Chapter 4 will present these preparations so the groundwork is properly laid for a successful reversal of a compressed and dehydrated spine.

CHAPTER FOUR

Preparations For Spinal Decompression And Rehydration

Before proceeding immediately into spinal decompression and rehydration, it is vitally important to properly prepare the muscles. This will create deeper relaxation and, therefore, more comprehensive decompression and rehydration. It is also essential to address the gross tissue dehydration that generally exists throughout the entire body. Since the human body is comprised of approximately 70% water and 30% salt and other minerals, it should make perfect sense that the body is in need of a constant supply of salt and water.

The general rule of thumb for rehydration, as outlined by Dr. F. Batmanghelidj, is to divide your weight by two, then consume that many ounces of water every day. This should be in addition to the intake of vegetable juices, herbal teas, and other beverages. For example, if your weight is 128 pounds, you should consume 2 quarts—or 64 fluid ounces—of water per day ($128 \div 2 = 64$ ounces). Also, for every quart of water consumed, be sure to use 1/4 teaspoon of healthy salt every day (1/2 teaspoon a day for the average person). While some people add the salt to their water, others enjoy putting their salt on food. The quality of salt is very important. Rather than regular table salt, or even the

white, free flowing sea salt, a better choice is a more natural salt such as Real Salt, Celtic Salt, or one of the Himalayan Salts.

If you have concerns about salt intake and water retention causing swelling, don't worry. Swelling is an indication that the salt to water ratio is out of balance. Swelling indicates a deficiency of water. Increase your water intake for a few days first, then add your salt. Sodium chloride provides one of the main energy producing minerals for tissue cells. The deficiency of sodium chloride equals insufficient energy production at the cellular level.

As you increase your salt and water intake on a daily basis, the next step is to encourage as much tissue hydration as possible. This is accomplished with all forms of movement and exercise, the more the better.

I would like to present a method of tissue hydration and decongestion that Bill Kaiser (the developer of the Back Revolution®) was so impressed with that he chose to include it as a standard part of what is now referred to as The Back Revolution® System. This method for tissue hydration and decongestion is self-administered with a massage tool called The Back Revolution® Stick.

The Stick is the quickest and most effective way of warming up your muscles. This technique promotes effective decongesting of the muscle tissues and encourages rehydration of the tissues.

When the Stick is used like a rolling pin on muscles, the action of deep tissue massage is duplicated. By the action of rolling the Stick back and forth over a muscle

or group of muscles, they are warmed by increasing blood flow into the muscles. The same movement also loosens stagnated lymph and activates a washing action around the tissue cells. As this stagnated lymph washes old congested waste away from around the tissue cells, clean lymph can then rehydrate the muscles more effectively. With this improved rehydration of the muscle tissues comes an obvious improved delivery of vital nutrients to the individual muscle tissue cells.

Warm, Stretch, and Tone

There are two universally accepted scientific facts that every trainer of world-class athletes knows and utilizes daily. They are, that muscles should always be carefully stretched before a workout, and that a muscle should always be warm before stretching.

Dean Brittenham, Director of Shelly Sports & Health Center of Scripps Clinic in La Jolla, California, provides valuable insight on this matter. Dean said, “As you know, I have trained world-class athletes for many years. The most common limiting factor among athletes is lack of flexibility. Since flexibility equates to one-third of an athlete’s ability to generate power, much of my training is directed to increasing flexibility. The Stick not only improves flexibility, it also elevates muscle compliance and hastens recovery.” He also shared the following: “I became acquainted with the Stick about two years ago through one of our visiting athletes. On his initial examination he scored -5 on our sit-and-reach test. After using the Stick for less than a week, he re-tested at +2. Since then I have recommended the Stick

to hundreds of athletes. I continue to be amazed at what it does for the dedicated user.”

With such an insignificant name as “The Stick,” you might have a tendency to discount the value this instrument could add to your life. Yet, the Stick has garnered such a high level of credibility that it was approved by the U.S. Olympic Committee Sports Medicine Division to be used as a training tool by athletes at the U.S. Olympic Training Centers in Colorado Springs, Lake Placid, Marquette, and Chula Vista. So, do yourself a great favor and take advantage of Dean Brittenham’s observations when he said: “I continue to be amazed at what it (the Stick) does for the dedicated user.”

Developing the daily habit of using the Back Revolution® Stick is the way for you to gain the greatest benefits the instrument has to offer. The Stick can actually help you accomplish more in about three minutes each day than a weekly deep tissue massage. I know that sounds like a serious exaggeration, but if you will vigorously follow the instructions below for just one week, you will be absolutely amazed to discover what a difference is made by daily decongesting of your muscles. I know of no other self-therapy that brings as much relief in such a short period of time. Be a dedicated, daily user of The Stick and you will see the results.

How to use The Back Revolution® Stick

When you use the Stick, imagine that each muscle you use it on is a really thick mass of modeling clay that

needs to be rolled flat, and the Stick is your rolling pin. With that image in mind, you would exert a fairly strong pressure and work the Stick vigorously in a back and forth movement. You will also discover that your 3-minute workout with the Stick is a great exercise for your arms.

You can begin with whatever body part you choose. Follow the daily routine that works best for you; daily practice will guide you well.

Photo #S-1 shows the neck muscles being worked. Your neck may feel like the most difficult area to work with in the beginning, but it really needs the attention, so rest assured that you will be well rewarded for the work you do on your neck.



S-1

Photo #S-2 shows how to work the lower back. The reason for sitting on your heels as illustrated, is to allow your thighs to be at a 90-degree angle to your spine. This position allows your lower back to be straight and relaxed while you work it.



S-2

Photo #S-3 shows how to really work the “kidney area” of the spine. With a little practice, you’ll have this one down in no time. Besides providing great relief to this area of the spine, you’ll find the work you



S-3

do in this area will actually improve kidney function as well.

Photo #S-4 shows how to work up to the mid-back.



S-4

Photo #S-5 shows a comfortable position to be in while working the thighs.



S-5

Photo #S-6 shows how to work the hamstrings and all around the backs of the upper legs. Keep expanding out farther as you work this area until you are working everything you can possibly reach while remaining in this position.



S-6

Photo #S-7 shows the calf muscles being worked.



S-7

Photo #S-8 shows how to work an area on the front of the lower section of your leg that you may find to be surprisingly tender.



S-8

Of course you'll want to work the other leg in the same manner.

As you get this routine down to a vigorous 3-minute daily habit, you'll be amazed at what a powerfully rejuvenating effect you'll create for your whole body.

Although you are now prepared to learn The Practical Techniques For Spinal Decompression and Rehydration, before we get started I would like to discuss why it is so important for you to actually do this work. Chapter 5 presents many of the benefits you can expect as you become a dedicated daily user of The Back Revolution® System.

CHAPTER FIVE

Hope For The Unnecessary Scourge Of Back Pain

Back pain is such an unnecessary scourge! Every one of us who has ever suffered with back pain can clearly remember the desperate need for any relief that could be found. In order to demonstrate how deeply The Back Revolution® System has impacted the lives of those who have been fortunate enough to discover it, I have gathered some of their thoughts and present them here. Every person who uses the Back Revolution® System discovers that this natural form of safe traction is a powerful tool for treating back problems. These people have learned how unnecessary it is to suffer from back pain or even the inhibiting and uncomfortable effects of muscle tension. Their personal experiences of The Back Revolution® System demonstrate that it is truly a solution, not just another “fad machine.” Every person we spoke to—from a Mr. Universe body builder to a stressed-out business executive to a “regular” person on the street—has experienced a level of relief and benefit that no other machine or therapy can provide.

The following people wrote about their experiences in the hope that others could also discover that a true solution for back pain exists; and, by addressing the problem, avoid years of suffering, ongoing discomfort, or even unnecessary surgery.

Prior to my 4am daily workout, I regularly use the Back Revolution, which helps to take the pressure off my lower back, enabling me to begin exercising more effectively. The Back Revolution has become an indispensable piece of equipment in my own gym.

—Bill Pearl (*Mr. America and Five-time Mr. Universe*)

One morning in September of 2007, Carla Wolowski awoke with such terrible pain in her lower back that she could barely walk. She was diagnosed with grade II Spondylolisthesis of L-5 and S-1 (a condition where the vertebrae of her lower back had shifted forward in relation to her sacrum).

Over the next seven months Carla received chiropractic care three times a week and spent an hour each morning and evening on the floor trying to exercise and strengthen her back and core muscles. However, she received little relief and the intense pain only drove her to need prescription pain medication. After all Carla's efforts to relieve her pain, she finally concluded that surgery was her only hope.

Because Carla's father was so understandably saddened by Carla's suffering, he recommended that she look into inversion exercise for relief. After much reading and research Carla ordered a Back Revolution® System.

Carla inverted for a short time, then stood upright. For the first time in seven months Carla was completely without pain, and continued to be pain free for nearly two hours. She inverted again the next morning and again after work. The relief was such that, after just one

day, Carla was able to walk five miles for the first time in seven months.

The Back Revolution System® is one of the best computer accessories I have! For the last 25 years, my professional work has been in helping companies make major changes in business performance. My work is mostly with high-technology products, in very competitive marketplaces, with highly skilled, tightly focused people. Working conditions typically include high levels of stress and low levels of physical activity. We do a lot of sitting at computers while working feverishly toward impending deadlines!

In this work environment, I have proven that the Back Revolution is the fastest way for me to unload after intense hours sitting at a computer. In a few seconds—literally, less than two minutes, I am able to relax completely and get circulation going again! Then, I can get back to work, with a fresh supply of energy.

—Marvin Bell (*Leading Business Performance Specialist*)

Incontinence is a problem that just seems to be an inevitable part of aging. It is a sad thing, though, when incontinence begins before the age of 50. When incontinence develops in such a relatively young person, it is necessary to re-evaluate the correlation between incontinence and aging.

We have withheld the name of the sweet lady who shared the next experience with us to avoid causing her any embarrassment. We appreciate her willingness to share her story in an effort to offer hope to others suffering with the same condition.

Before I bought the Back Revolution in 1992, when I laughed or sneezed I peed my pants. I was not a candidate for Depends yet, but over the last few years it got noticeably worse, and really had me concerned. Since I have been hanging upside down for very few minutes each day, I have not had this problem at all!!

—Intentionally anonymous

Since my retirement, I have added even more activity to my life! It is using the Back Revolution that keeps me going; my back remains flexible and supple while my mind is released from added stress. Cycling, running, snowshoeing, or skiing the mountains and trails of Colorado, managing a business that often involves moving and lifting, strenuous workouts, computer work, housework, and yard work are all part of my daily routine which remains a pleasure largely due to consistently using the Back Revolution. As a woman still very much on the go, I recommend this simple tool for anyone who wants to keep on going and remain free from back discomfort, even after retirement.

—Kirsten Ames

(Two-time National Triathlon Champion and World Champion)

The Back Revolution along with The Stick has literally saved sports careers.

—Loren Seagraves (Sports Consultant—Speed Dynamics)

As a chronic back sufferer from spondylolisthesis since I was a teenager, The Back Revolution has been extremely valuable in removing the load from my lower back and lengthening my entire spinal column.

—Richard P. Boggs (Developer of the Aerobic Step)

I have always experienced tightness in my neck and shoulders, which was the cause of many tension headaches. After only a few times on the Back Revolution, I really noticed considerable lessening of tightness and a complete loss of tenderness in my neck and shoulders. I also noticed a more relaxed feeling and greater mental clarity after a short time of inverting. This procedure also lowered the blood pressure and increased the circulation to my feet. The Back Revolution has just too many benefits to be limited to a fitness location or a sports facility. I firmly believe that consistent use of the Back Revolution would produce many health benefits for the whole family.

—Douglas C. Drew (President of Sun Belt Naturals, Inc.)

As you know I teach and educate professional and amateur athletes in football, basketball, hockey, golf, tennis, and baseball to create and maintain flexibility to reduce injuries and increase performance. The Back Revolution is an important component of my overall flexibility program.

I have been using the Back Revolution for over 19 years. I am extremely pleased personally, and confidently recommend it to all my professional and amateur athletes. I am amazed at how quickly the clients with herniated, or bulging discs respond with the Back Revolution. In my opinion, the Back Revolution is the quickest (2 to 3 minute a day) and most effective tool on the market for strengthening, stretching, and decompressing the spine.

—Chris Verna (The Chris Verna Training Center)

The Back Revolution is certainly the best inversion unit I have seen for commercial applications. At the Sports Club/Irvine, we pride ourselves in being one of the most comprehensive fitness facilities anywhere in the world. The Back Revolution has met and exceeded our expectations.

—Jeff Dilts—*Fitness Director, The Sports Club/Irvine*

In addition to the obvious—relief from back pain—I'm sure there are many other conditions that have been relieved by the use of the Back Revolution® System, but the following are taken from the thousands of letters from grateful users of the Back Revolution® System.

Tension headaches

Tightness in the neck and shoulders

Prolapsed colon

Prolapsed uterus

Menstrual cramps

Indigestion

Depression

Arthritis

Prostate disorders

Fibroids

Diabetes

Constipation

Kidney problems

Bladder problems

**Enhancements to body functions provided by
The Back Revolution® System:**

- Greater mental clarity
- Reduced blood pressure
- Increased circulation in the feet
- Stimulated lymphatic flow

In May 1995 Bob Anderson—author of the book *Stretching*—was speaking at the Road Runners 34th Convention in Allentown, Pennsylvania. In his talk he mentioned that he enjoyed using the Back Revolution®. One of the attendees was quite surprised, knowing that Bob was considered the world authority on stretching. He asked, “If you wrote the book on stretching, why are you talking about the Back Revolution?” Bob answered: “I believe the Back Revolution is another very helpful way to stretch. I wouldn’t be without it.”

The following is an account of how the Back Revolution® is being used by the Army Rangers at Fort Benning, GA.

The forced marches, parachute jumping, and the rigors of an Army Ranger being combat ready really challenges the lower back. For this reason the Back Revolution System was installed in their training center in 2005 to assist in keeping the soldier’s low backs, hamstrings, and hip flexors loose, flexible and strong. Soldiers who have left the service has phoned to find out how they can secure a Back Revolution® for their personal use, thus confirming the effectiveness of the program.

One young Army Ranger had an extraordinary experience with the Back Revolution System®.

During a combat training jump, the next jumper out the door impacted the Ranger on the side of his knee. This means that the other jumper had his legs straight, feet together, and was moving at a very high rate of speed when he hit the young Ranger. The result was a partial severing of the lower leg from the upper leg at the knee. The destroyed tendons and ligaments were all that loosely held his leg together. His trauma was only intensified when he hit the drop zone.

His future in the Rangers, let alone the Army, was in grave jeopardy as he was rushed into immediate surgery. In order to put his leg back together, the surgeons had to use cadaver ligaments and tendons. He was then assigned to the Ranger Gym and Rehab Center to begin rehab and to evaluate how he might walk again. With his twisted posture, he soon developed back problems. He began using the Back Revolution to decompress his back and to re-open the nerve and blood flow to his lower extremities. He combined his Back Revolution® therapy with the pool, strength training, and everything he felt would help him to strengthen his body and limbs.

After a determined 18 months of hard work, our young hero returned to his Ranger duties as a squad leader, able to run, jump and function fully. He continued to progress and was selected as a member of our country's most elite unit, the Delta Force. For a few years now he has been deeply engaged on the front lines in the fight against terrorism.

Stories of such dedication and determination from our servicemen don't receive the media attention they really deserve. We are grateful to Mr. Robert Taggert, the CEO of T2 Fitness in Pineville, North Carolina for sharing this story with us. For Mr. Taggert, this was a personal experience, as he was an associate of this young Ranger.

CHAPTER SIX

Practical Techniques Of Spinal Decompression And Rehydration

By now the correlation between aging, disease, and restricted nerve flow from the spinal cord should be quite clear. We have also established the steps necessary to prepare for the actual work of decompression and rehydration, which will reverse the causes of nerve flow restrictions.

In this chapter you will learn the most practical shortcut to get you from where you are to where you would like to be regarding the health of your spine. I realize that you may be one of the many who does not actually have pain in your back. Therefore, there may be a misperception that there is no problem. However, it is important to remember that the nerve flow often becomes restricted and causes internal problems years before the pain manifests in your back. I hope everyone reading this will recognize that, and be open to how common this problem is. Taking action before there is actual physical discomfort is a great tool to prevent more serious problems.

The following are instructions for a simple three-minute routine on The Back Revolution®. Three powerful health benefits will result from this routine: 1) decompression of the spine; 2) rehydration of the discs between the vertebrae; and 3) improved relaxation and

oxygenation for the entire body. The third benefit is created by a very slow breathing exercise that flows naturally along with the movement on The Back Revolution®. Since it will take about a week to become familiar with the Back Revolution® and comfortable enough with the system itself, wait until after the first week before attempting to follow the breathing techniques. Just keep it simple and develop a comfortable daily habit of doing what feels good for you.

It is important to proceed very slowly in the beginning. Only remain in the inverted position for about 30 seconds at a time for the first couple of days, but try to do this 30-second session two or three times each day. By the third day you should be comfortable with a full minute each time you invert. As you feel comfortable with proceeding, increase the time at your own pace. When you feel comfortable doing the following 3 minute session, performing this every day is an important daily habit for the health of your back, and if you feel you need a second or third session, it will only do you more good.

The Practical Techniques Of Spinal Decompression And Rehydration

After warming up your muscles with the Back Revolution® Stick, and just before inverting on the Back Revolution®, there is a very helpful stretch called the Kellogg Stretch (named after Dr. James Kellogg).

From standing in a stable and mounted position on the platform of the Back Revolution® as shown in Photo #BR-1, reach over and grab the upper handlebars while

pressing your abdomen against the main pad and positioning your shoulders and head pointing downward, as Photo #BR-2 shows. Exhale and lower your shoulders and head downward by relaxing your elbows outward, as shown in Photo #BR-3. You will feel a stretch in your lower back, hamstrings and calves. Do six repetitions, breathing deeply at the same time.

Now you are ready to actually get into the inverted position. From the stabilized position shown in Photo #BR-2, reach one hand toward one of the lower handles, as illustrated in Photo #BR-4. Now, as you pull on this handle, you will “revolve” yourself into the inverted position. As you revolve, bend your legs around the round pad behind your upper legs at the same time as you take a firm hold onto the other lower handle. Photos #BR-5 and #BR-6 illustrate this move.



BR-1



BR-2



BR-3



BR-4



BR-5



BR-6

Folding your arms allows you to relax and be comfortable, as shown in photo # BR-7. As you are relaxing, slowly and deeply breathe while just barely emphasizing the movement of your breath by moving back and forth. As you inhale, this will naturally cause your body to bow slightly backwards, so emphasize this just a little by gently tilting your head back, as Photo #BR-8 shows. Then, as you exhale, your body will naturally curl just a little. Emphasize this by gently pulling your head toward your chest—not hard enough to put any effort into it, just slightly as shown in Photo #BR-9. This will not only allow your entire spine to completely decompress within one minute, but it will also create a vacuum within your spinal discs that will draw water back into the discs to rehydrate them.

Then, inhale deeply. As you slowly exhale, twist your body in one direction, as shown in Photo #BR-10. Take another deep breath and, as all air is exhaled again, twist the opposite direction as shown in Photo #BR-11. Inhale deeply another time and, when all air is exhaled, repeat the twist of



BR-7



BR-8



BR-9



BR-10

your trunk again as in Photo #BR-10. Then, repeat as shown in Photo #BR-11. Now relax and inhale deeply, then exhale as you slowly curl and touch your forehead to the vertical stand of the Back Revolution® as shown in Photo #BR-12. Hold this position for five seconds. Then slowly relax as you deeply inhale. While holding a full breath, tighten your spine to bring yourself into a horizontal position and hold this position for five seconds as shown in Photo #BR-13. Relax as you exhale. With empty lungs curl and touch your forehead to the vertical stand of the Back Revolution® again. Repeat both actions for a total of five times in each position to complete your Back Revolution® session.



BR-11



BR-12



BR-13



BR-14

To get back up, firmly hold both of the lower handles and push yourself away as shown in Photo #BR-14. As the weight of your legs begins to balance you, reach one hand at a time to the upper handlebars to continue pushing yourself up to get your feet solidly back onto the platform as shown in Photo #BR-15, then stabilize yourself as shown in Photo #BR-16. If

you attempt to get off the Back Revolution® too quickly, you may find yourself a little light-headed because of the effects of the additional breathing exercises. Therefore, please spend about 15 seconds with your head low and in a partial sitting position as indicated in Photo #BR-17 before standing up all the way.

The whole exercise only takes three minutes, but this will be the most valuable three minutes you will ever spend! Twice each day will create maximum benefit well worth the six minutes spent. If you can't manage twice, do at least one session.



BR-15



BR-16



BR-17

CHAPTER SEVEN

History and Research of The Back Revolution® System

Before introducing you to the individuals who helped The Back Revolution® become recognized as the safest and most effective piece of equipment available for rehydrating and decompressing the human spine, I would like to present a brief history of the System.

In 1981 Robert Kaiser presented a great idea to his friend Al Siedentop. Robert explained how, as a teenager, he had placed a folded blanket over an old sawhorse as support for his upper thighs. Then, by simply leaning over and relaxing in an inverted position, he experienced great relief of stress and tension from his entire body, as well as feeling immediate relief of tension and discomfort in his lower back. Because the relief was so obvious and the technique so simple, Robert asked Al to turn his idea into a piece of equipment that could be manufactured and sold so that others could experience the same relief and benefits.

Within a year Al not only had a prototype built, but the units were being manufactured. Over the next seven years, 35,000 of the units (originally called the Orthopod) were sold. The Orthopod was a very portable, lightweight precursor of what later evolved into The Back Revolution®.

In 1988 Robert's son Bill Kaiser was working to expand the Orthopod's potential market. This effort proved to be very successful, not only from a business point of view but as a way of providing to a larger group of people all the health benefits of the Orthopod.

Dr. Bob Goldman, Director of Research at the High Technology Fitness Research Institute, had this to say about Orthopod: "We find it is proving to be a fine modality for stretching of the back muscles as well as decompressing the spine without the risks associated with standard gravity inversion devices." He also commends the ease with which the Orthopod can be used.

Chiropractors and physical fitness experts across the country were utilizing the Orthopod in the treatment of degenerative arthritis, herniated disks, sciatica, and scoliosis. Even the U.S. Department of Justice recognized the value of the Orthopod in reducing lower back pain. In 1989 the Department purchased and placed Orthopod units in 65 of its Federal correction institutions. The Orthopod was integrated into a physical fitness program designed to curb the employee drop out rate due to on-the-job stress.

By 1990 the Orthopod was well established within the chiropractic and physical fitness worlds. By this time Bill brought the Orthopod in and made it a part of his own business—Kaiser Physical Fitness.

Inspired with the drive to "build a better mouse trap," so to speak, Bill then developed and named the second generation: The Back Revolution®.

In 1992 and 1993, Bill Kaiser was granted both a registered trademark and a U.S. patent for The Back Revolution®. In 1995 Bob Anderson, the author of the book, *Stretching*, introduced Bill to Dr. Pat E. Belcher, the developer of the “Stick.” Bill and Dr. Belcher worked for the next year to develop the Back Revolution® Stick to effectively enhance the benefits of the Back Revolution®. Bill was granted the rights to manufacture this version of the Stick, and to provide one with every Back Revolution® unit that was sold. So, in 1998, as the result of this union between The Back Revolution® and the Back Revolution® Stick—two patented and proven products—Dr. Pat E. Belcher titled the union of these two products The Back Revolution® System.

Although there have been thousands of Back Revolution® Systems sold since this concept came together in 1998, The Back Revolution® System is only now being nationally recognized as an essential part of a complete program to reverse age and disease. This recognition will soon make The Back Revolution® System a common household term that will be recognized by every person who is even remotely interested in improving his or her own health.

Scientific and Safety Validations Of The Back Revolution® System

My hope is that by now it is clear—from the facts and testimonials in this book— why thousands of users of The Back Revolution® System have enjoyed such wonderful benefits.

When researchers study any substance, procedure, or concept, it is imperative that both the process and results of that research are observed and analyzed in very specific ways. Every test and procedure must be structured in a way that can be duplicated by another researcher. In this way, every discovery can be re-validated by someone else. This is true science.

Now I would like to introduce you to the individuals who have pooled their scientific expertise to validate The Back Revolution® System. Because of their collective knowledge and experience, you can be confident in knowing that The Back Revolution® System isn't just another ordinary piece of equipment. The Back Revolution® System is the safest and most effective equipment available for re-hydrating and decompressing the spine.

In order to better appreciate the individuals who have invested their time and passion to validate the benefits of The Back Revolution®, I will present a brief statement about the contributions each has made.

Bob Anderson

For over 35 years Bob Anderson has been teaching his simple approach to stretching. Between the work Bob has done as a personal instructor and the millions of copies of the book, *Stretching*, he has sold worldwide, this easily establishes Bob as the world's foremost authority on stretching.

Bob gained a great appreciation for stretching back in college. In a physical conditioning class he found he couldn't reach much past his knees in a straight-legged

sitting position. That inspired him to start stretching. He found that stretching quickly made him feel much better. He also found that stretching made his running and cycling go much easier.

The American fitness boom was just getting started as Bob was developing his simple methods for stretching. Bob was instrumental in helping the millions of people who were recognizing the value of working out also discover the advantages of increased flexibility.

About 20 years ago Bob began using The Back Revolution® System. Although he had devised stretching exercises for most every need, he soon found that The Back Revolution® System could do things that were beyond what a person could do with stretching exercises alone. Naturally—being a teacher—Bob instructed everyone he worked with on the benefits of using The Back Revolution® System. As a result of his coaching, all Bob’s friends—and thousands of individuals whose lives were enhanced with Bob’s help—still happily own and use Back Revolution® Systems. As Bob says: “The Back Revolution® System is still the greatest ‘unknown’ product in the country!”

Bob has been a serious mountain biker, mountain runner, and marathon runner for the past 35 years—he isn’t at all a back seat instructor. Bob has always taught by example. Still maintaining a powerful appreciation of intense outdoor activity, Bob uses at least one of his three Back Revolution® units every day to ensure that he will remain active and vital for many years to come.

Dr. Larry J. Nosse, MA, PT

Dr. Nosse received his BS in Education from Kent State University, his MA in Physical Therapy from the University of Southern California, his Post Baccalaureate Certificate in Physical Therapy from Stanford University, and his PhD in Career Development from Marquette University.

From the very beginning of his career in 1969, Dr. Nosse found that he was particularly drawn to the study of the physiological and biomechanical effects of inversion positioning (positions similar to the way the Back Revolution® holds the body).

To gather background information on this topic he interviewed the author of the first article to appear on the topic in the United States. He also interviewed patent holders of selected inversion devices, physiologists, developers of physiological measurement equipment, and other researchers. He then solicited and secured the financial support for his own research. As a result of his research, Dr. Nosse published eight papers in scholarly journals. Then, as a speaker, he presented his findings nationally over the next ten years.

As an author, educator, therapist and leader in the field of physical therapy, Dr. Nosse is not only one of the foremost authorities on the beneficial results of inverted spinal traction, but has also been a close friend and valued professional advisor of Bill Kaiser for many years.

The research work performed by Dr. Nosse has provided great insights into the value of inversion exercise. One noteworthy discovery made by Dr. Nosse is

how much greater the benefits are—especially for relaxing and decompressing the lumbar spine—when the body is supported by the thighs rather than the ankles. This is very important, since the lower back (or lumbar area of the spine) is the most universally problematic area in need of relaxation and decompression.

Brian Fahey

Brian received his PhD from Ohio State University in 1973, with a concentration in Exercise Science. He was a professor at SUNY Buffalo, Purdue University and the University of New Mexico. Brian became a Certified Advanced Rolfer in 1977 and has helped thousands of people during his 33-year career in Albuquerque, New Mexico. Brian is the author of *The Power of Balance: A Rolfing View of Health*.

Brian received U.S. and international patents for an innovative running shoe he designed. He also designed unique exercise machines that help people to establish more functionally efficient body patterns through enjoyable movement.

The Back Revolution® has been an integral part of Brian's Rolfing practice. Brian has his clients use the Back Revolution® to promote spinal decompression. Many of Brian's clients with multiple disc herniations have been able to achieve complete recovery from pain and immobility because of the regular use of the Back Revolution® in their exercise programs.

Brian has been a personal friend of Bill Kaiser as well as an important design consultant for the Back

Revolution® from the beginning. He has made many invaluable contributions that have helped The Back Revolution® System become what it is today. Brian is the author of two important articles that further validate the benefits achieved through the use of The Back Revolution® System and clarify the how and why of the System's effectiveness. One article is entitled “The Gravity Project.” The other is simply entitled “The Back Revolution® System.”

As Brian has stated: “Because of its precise biomechanical application of decompression, the Back Revolution® is more effective at safely restoring the disc thickness and enhancing fluid hydration in damaged discs than any other decompression/inversion system I have tested.”

Dr. F. Batmanghelidj, MD

For nearly 30 years, the life's work of Dr. Batmanghelidj was focused upon the selfless pursuits of what his patients in Iran really needed from health care providers—the creation of more modern hospitals and medical and sports centers. Immediately before the 1979 revolution in Iran, he was engaged in the completion of a family charity medical center, the largest medical complex in Iran.

As a justification for confiscating all his personal and family assets, the revolutionary government fabricated many accusations against Dr. Batmanghelidj, then imprisoned him and prepared the grounds to execute him.

While awaiting his execution, Dr. Batmanghelidj

pursued his heart-centered work of providing whatever relief he could offer to other suffering prisoners. Being equipped with little more than his medical training and a desire to help, Dr. B. made a discovery one evening that shifted the entire focus of his life's work.

Late one night Dr. B. was attending to a prisoner who was suffering with severe abdominal pain caused by a stress-induced peptic ulcer. Not having painkillers or any other medicine, Dr. B. had the prisoner drink two glasses of water. Within eight minutes the pain disappeared and a new era in the advancement of medical science was born.

For the next 25 months, Dr. B. diligently studied the connection between stress-induced peptic ulcers and the relief that was provided by the simple treatment of water.

Dr. B. wrote a scientific article documenting his discoveries, which was later published in the Iranian Medical Council Journal. A copy was sent to London where it was translated and sent on to the professor of gastroenterology at Yale University.

As the years passed, Dr. B. presented his further discoveries of how pain and histamine reactions were, in most cases, nothing more than body signals of dehydration.

Dr. Batmanghelidj is being honored here for two very important reasons. The first is because of his selfless, dedicated research and discoveries in such an overlooked but vital area of human health. The second is because of his many discoveries that have shown

dehydration to be at the heart of all disease as well as the aging process. Dr. B's work, and the simple solutions he has presented to the world, places his accomplishments in a category among the most valuable of our time.

Because of Dr. B's efforts, as well as the ongoing work of his wife Xiaopo Batmanghelidj (who teaches the principles of rehydration), the powerful way the Back Revolution® System assists in the rehydration of spinal discs was made clear. With this understanding, it is easy to see how such simple techniques can allow an individual to declare his or her independence from pain and disease by simply implementing these simple principles that allow the body to restore its own well-being.

Dr. James Kellogg

This book would never be complete if I didn't tell you about Dr. James Kellogg.

Dr. Kellogg has earned five university degrees: he is a Medical Doctor and a Doctor of Chiropractic. He earned a Masters degree in Exercise Physiology, a Bachelor of Science degree for Physical Therapy, and a Bachelor of Science degree for Life Science.

Dr. Kellogg had an unfortunate opportunity of discovering the value of the Back Revolution for himself back in 1995.

Dr. Kellogg's experience began in January of 1993, when a 6'8" 300 pound patient collapsed on Dr. Kellogg, causing a condition of traumatic scoliosis and paralysis. Over the next two years, Dr. Kellogg received seven

surgeries in an attempt to correct the damage to his spine and to reduce his pain and discomfort. Not only was he still having a lot of pain, but he continued having difficulty with everyday activities. So, like many other "back sufferers," he kept buying a lot of promises, but not finding any real solutions. Then one day while looking through a medical catalogue he saw the Back Revolution and thought that maybe it could help him, so he ordered one.

Dr. Kellogg was so impressed with how rapidly he was able to reverse his pain and the physical difficulties from his injury that he began doing research studies to understand how the Back Revolution was able to so effectively reverse his problems.

Dr. Kellogg provided x-ray confirmation of the superior benefits of what he termed "pelvic-trunk inversion therapy." The use of the Back Revolution® System is the ideal of pelvic-trunk inversion therapy. This form of inversion therapy allows the spine to be positioned in a way that relaxes and decompresses the lower back much more effectively than hanging from the ankles.

It was Dr. Kellogg who provided a great deal of the scientific validations that established the Back Revolution® System as the industry standard, against which every other piece of inversion equipment is measured.

Rather than being left as an invalid, the Back Revolution® allowed Dr. Kellogg to regain his physical abilities and resume an active lifestyle that has included

water skiing, sky diving, playing tennis and racquetball, all without being interrupted by back pain.

Following is a letter written by Dr. James Kellogg to Bill Kaiser as well as the C-ARM X-rays that Dr. Kellogg took of his subject; a former surgeon from the U.S.S.R. (Ukraine), while working at the Bonati Institute in Tampa, Florida; June 12, 1998.

The elapsed time between the initial standing position and the inverted position was only 60 seconds.

Dr. Kellogg's Letter:

Finally, here are the lost c-arm x-rays that I did last June (1998).

M1, M2, and M3 are neutral shots of Myron. Note the natural wedge-shaped disc spaces. My, M5 and M6 are inverted shots of Myron hanging up side down on The Back Revolution. Note the parallel end plates.

This indicated the effect of traction on the disc space, as you can see the narrowed wedge end is at the IVF causing stenosis. During traction, that narrowed wedging is removed and the IVF is greater in size, thus, reducing the stenosis around the nerve root as it exits the spine.

Bill, you now have radiographic evidence showing that the two different methods of inverting on The Back Revolution, can produce two different effects on the spine, both beneficial to anyone with a spine.

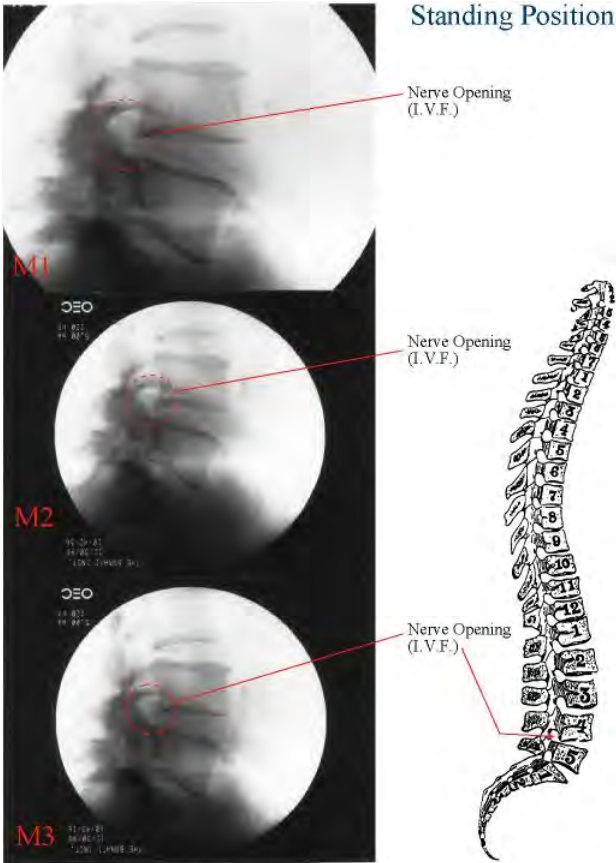
The hang over the upper edge method with my radiographs indicate facet relief and the thigh pad hang indicates disc and IVF relief as seen on the radiographs.

Another technique utilizing nerve mobilization may

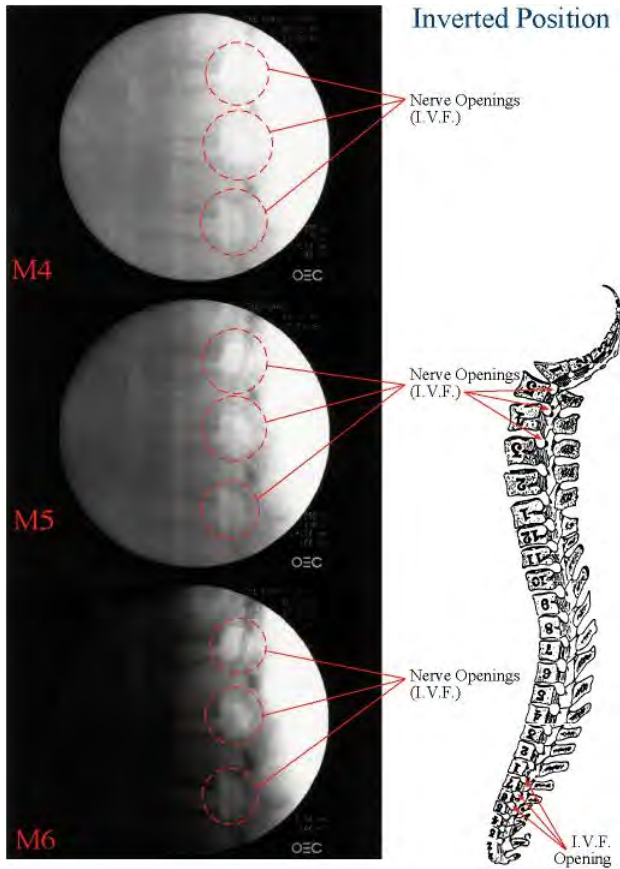
be accomplished on the Back Revolution through stretching techniques, check with Mr. Anderson about that.

- Dr. Kellogg

BEFORE PHOTO:



AFTER PHOTO:



Bill Kaiser

When it comes to recognition for contributions to the Back Revolution® System, of course, the System wouldn't even exist if it weren't for Bill Kaiser!

It was Bill who took the concepts that already existed in the Orthopod and upgraded those concepts into the Back Revolution® System.

Many inventors, engineers, and builders can link the preparations for their creations back to their college

training. Who would ever have guessed that the simple but unique design qualities in the construction of the Back Revolution® System began developing in 1956 in the mind of a little nine-year-old child. At nine years old Bill Kaiser was already interested in two things: physical fitness and building fitness equipment.

It might sound like an exaggeration, but at nine years of age, Bill was a Montana boy who happened to be interested in bodybuilding. He began by building his own workout benches and the other fitness equipment he felt he needed at the time.

By 1970 Bill started rebuilding old 1950s Harley Davidson motorcycles. The part of this work that was most meaningful to Bill was the joy he experienced making sure every detail was executed with perfection.

At age 62, Bill and Sally—Bill's wife of 42 years—still enjoy going for rides on one of his old ridged framed choppers. When they return, Bill says The Back Revolution® System is the perfect tool for recovery.

Bill and Sally both work out every day to keep in shape so they can continue playing with their grandkids and enjoying the many other activities in their lives.

I asked Bill how he really feels about The Back Revolution® System he uses every day. Bill said, "I don't want to give up any of the things I enjoy doing, so I use The Back Revolution® System every day! It's like making daily deposits into a bank, so when I want to make a withdrawal, I know that I can."



Learn More About Dr. Mick Hall and his “35 For Life” Rejuvenation System.

Did you know that the soft tissue of your entire body is replaced every year? Think about that! You get a new body every year! So, why does your new body look a year older than your last body? Because of the lifetime accumulation of toxic poisons you weren't able to eliminate, and because of the lifetime accumulation of damage your body doesn't have the energy to heal.

By going to 35forlife.com you can listen to an audio explanation about Dr. Mick Hall's Mentoring program that guarantees you will successfully reverse the causes for aging and disease; if you have the desire to do so.

This is the most life-re-generating, and most successful method there is for gaining complete control over the quality of your health and life.

If your honest desire is to be in control of your body for the rest of your life, then, it is absolutely essential for you to familiarize yourself with the information on the 35 For Life website!

www.35forlife.com