

Slant Board Exercise

A very fine home treatment for problems with constipation, hemorrhoids, swollen ankles, or prolapsed intestinal organs, may be the use of a slant board. It is possible to use an

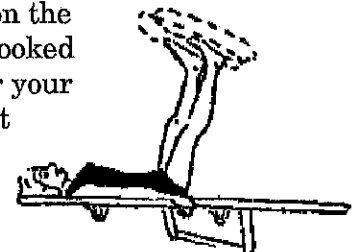
ironing board or a door, but it is preferable to purchase a slant board which is the proper measurement and has the straps needed.



Just lying prone on the board with your head at its lower end will rest your feet and legs, and the reversed circulation may help reduce swelling of congestion you may have in your lower extremities. It may also bring the contents of the abdominal cavity forward and rest these organs. An important additional benefit is the increase in circulation of blood to your head — this may improve the complexion and hair, and may have a beneficial effect on your brain.

To exercise on the board (if your physical condition allows you to do so), lie on your back with your feet through the loops at the top end of the board. Try to come up to a sitting position. You may not be able at the beginning to accomplish this, but at least make the effort, as the effort alone is a good exercise and will move the intestinal organs and allow a freer circulation of blood around them. If you can, bring yourself up to a sitting position with your arms over your head.

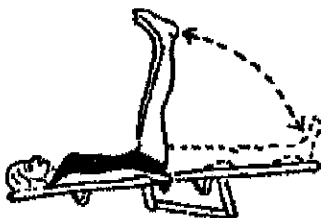
Consider this exercise four or five times at first, gradually increasing it until you can do it at least ten times. After the sitting-up exercise, lay back down on the board and remove one of your feet from the strap, leaving the other one hooked under it. Now raise the loose foot over your head about ten times. Reverse the feet and do the other leg.



Now unhook both feet and grab hold of the side of the board with your hands and bring both feet directly over your head with your legs straight. Build up to doing this ten times. You may graduate to doing a bicycle motion.

A good place to keep your slant board is under your bed where it is out of the way but accessible for a morning or evening routine. These exercises are best done just before or at least two hours after a meal.

Whether you are troubled with constipation or edema or prolapsus, it may be a good practice to do these exercises at least once a day, and preferably twice. Regular use may prove very beneficial in improving the function of all the abdominal organs. This is true for those with special problems, but is also true for almost everyone, as we all would be healthier with increased assimilation and elimination processes.



Consider seeing your physician before initiating these exercises.

SLANT BOARD EXERCISES

When there is a lack of tone in the muscles, we can expect prolapsus of the abdominal organs. The heart, lacking tone, cannot circulate blood properly throughout the body. Likewise, arteries and veins cannot contract to help the blood against gravity into the brain tissues.

There are some people who apparently have tried everything to get well, who still find all organs working under par. Many people do not realize that all the quickening force for every organ of the body comes from the brain. People whose occupations require them to sit or stand continually are unable to get the blood into the brain tissues because the tired organs cannot force the blood uphill. If we deny the brain tissues good blood in the proper amount, in time, every organ in our body will suffer.

The heart gets its start from the brain and continues its everlasting pumping because of it. No organ can do without the brain. We attribute the success of our healing work to the very fact that we definitely recognize that the brain must be fed properly. Slant board exercises are absolutely necessary to regaining perfect health.

There are many cases where the board is contra-indicated. It is best in most cases to get professional advice, for some people have had unhappy experiences due to the very fact that they started with too strenuous a program. If you haven't done much exercising of the abdominal muscles, it is well to take these exercises slowly and gradually increase them as you get stronger.

Do not use the board in cases of high blood pressure, hemorrhages, some tubercular conditions, cancer in the pelvic cavity, appendicitis, ulcers of the stomach or intestines, or pregnancy, unless under the care and guidance of a physician.

The slant board exercises are practically the same as any other lying-down exercises. The most important exercise is to hold onto the sides of the board, bringing the knees up to the chest. This forces all the abdominal organs up toward the shoulders. While in this position, twist the head from side to side and in all directions, thus utilizing the extra force to circulate blood to congested areas of the head, especially bringing the stomach and abdominal organs up toward the chest while holding the breath.

Slant board exercises are especially good in cases of inflammation and congestion above the shoulders, such as sinus trouble, bad eyes, falling hair, head eczema, ear conditions and similar troubles. Slant board exercise is needed and has helped more than any other treatment in cases of heart trouble, fatigue, dizziness, poor memory and paralysis. The average person should maintain the foot end of the board at chair height for all exercises. If dizzy at first, the foot end of the board should not be raised quite so high. Exercise only five minutes a day for the first few days. Gradually increase the time spent on the board. The average patient should lie on the board 10 minutes at about 3:00 in the afternoon and again just before going to bed. After retiring, lift the buttocks up to allow the organs to return to a normal position.