

## How Do Inversion Tables Work?

Inversion tables provide relief to your body in a natural way. Inversion tables work on the basic principle that what goes up should also come down. Thus, it helps you to place your feet where you're generally placing your head. In other words, a human body is put in almost upside-down position by an inversion table. This results in compression of the forces of gravity that act on your body in normal circumstances. In a normal position, the effects of gravity become more visible as we grow older. The force of gravity can be countered to certain extent by using an inversion table. An inversion table works most effectively if one begins slowly, uses it regularly and continues certain movements even when he is in an inverted position. The inversion tables work in such a way that they relieve back pain and help to relax muscles. It improves blood circulation in the body and tones sagging muscles. There are two types of inversion tables--manually operated and motorized tables. The former have to be moved manually, whereas the latter have a motor. Table movements need to be varied according to requirements of an individual. The degree of inversion also depends on the physical features of a particular person. The inversion tables allow you to change the degree of inversion. One should remember that an inversion table which works for one person, might not work for another one of a different weight. You should choose one which can support your weight. One should not use an inversion table that cannot support your weight, as it could cause grave injury. The working of inversion tables is generally explained in the manuals and videos that are provided to the customer along with the product. There are several online and offline resources that can help one understand how an inversion table works.

## About the Author

Site contains daily tips and articles on fitness, nutrition, relationships, sex, career.

Source: <http://www.productsherbal.com>