

Extract From “PRINCIPLES OF OSTEOPATHIC TECHNIC”
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Subject : GRAVITY TREATMENT

The practice of medicine might be reduced to the practice of nutrition, for perfect nutrition means perfect health. One of the main factors which controls nutrition is circulation. Dr. Still said, “The rule of the artery is supreme.”

One of the important factors which impedes circulation is gravity, Dr. C.R. Nelson said that “ Gravity kills your patient.” Gravity, as we have remarked, is an inexorable factor. It is the factor that places a constant load upon the supporting structures. First, visualise our circulatory system in the horizontal position. Under these conditions the heart has no great load to lift and during physical exercise the action of the skeletal muscles is nearly sufficient to keep the blood circulating. The heart acts as a regulator as well as a pump. Under these conditions there is little cause for heart failure.

Now, visualise our circulatory system in the perpendicular position. Everything above the heart is relatively anaemic, which includes our brains, a thought worth considering. As a result of this local anaemia, our brains function poorly, some of us have lost our hair. Our eyes and ears fail, our teeth decay and our sinuses become infected. Even the apices of our lungs often show signs of anaemia.

On the other hand, everything below the heart prolapses and becomes congested and in many cases the heart breaks down from overload.

As we remarked, when we have been in the upright posture all day, everything above the heart is anaemic and everything below is congested. When we lie down at night, it requires a great deal of work on the part of the heart and considerable time, to equalize the blood, in other words, to get the body into condition to begin to rest.

We have said that gravity is an inexorable, we cannot get rid of it unless we should walk on all fours and that would be inconvenient. Under these circumstances I have found it a very good idea to stand on our heads, not literally, as the Yogi do, but to hang over a table or a high bed for a minute or two and allow gravity to reverse its process. The results of this simple gravity treatment are amazing.

It not only equalizes the circulation quickly but tends to replace the abdominal viscera which have been sagging all day.

This treatment is an absolute must with all my sinus cases.

I am often asked if this treatment is dangerous. There are contra indications for it, of course. The doctor must be the judge of that, but I have never had any bad results from it.