

Head Stand with Me

by Holly Fairfield

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Let's gain the Health benefits by doing the Head Stand:

- Stress Relieving
- Core Strengthening
- Boost Mental Alertness
- Heightens Ability to Focus

- Elevates immune system
- Boost Circulation
- Stimulates Glands
- Revitalizes Scalp & Hair Growth
- Improves Facial Complexion
- Improves Digestion
- Boosts Sex Life

Just hitting the highlights!

Best time to do a head stand? "Anytime of the day!"

Exceptions:

- Allow 1 hour After meals
- Never During menstrual cycle

Medical Advisory:

Performing a "head stand" is not for everyone, not at any particular age, body condition determines feasibility, status of health, plays a role, if it's right for you!



If the time is right,

"Let's Head Stand for the Health Gains!"

Game On!,

Holly Fairfield

Sources: "10 Reasons to Do a Head Stand Everyday" by Lisa Mitchell

"benefits of Hanging Upside Down" By Pam Warner

"Benefits of Daily Yoga!"

American Heart Association & the American Lung Association

Related Reading: "Does Inversion Therapy Relieve Back Pain?" by Edward R. Kaswoski M. D.