

## **I am Meditating on Respine4u!!!**

If you can't go outside, it's time to go inside.

Meditation is extremely beneficial to our health.

Now even those who have been meditating for years,  
are in for a surprise here.

The Respine4u which you have in your home, is the only product in the world that puts the brain and the body into a meditative state within minutes, without having to learn a technique and without even thinking about how or what meditation is.

Just lie down on Respine4u in order to meditate.

Especially these days – it is not only healthy; it is very important for the immune system's optimal function.



**Respine4u provides the conditions for meditating, reduction of stress, comfort, relaxation and relief.**

The physical conditions that are generated by lying on Respine4u are crucial for entering a state of meditation. These conditions of the body allow for reduced pressure on the spine, the vertebrae and the disks, the nervous system, the spinal cord and the nerves that radiate from the spine to the entire body, like a "communication box" attached to the body's systems.

Reduction of pressure from the joints, the cervical vertebrae, the shoulders and shoulder blades, the elbows, the pelvis and even up to the

knees and feet... all of this is highly important for the brain to know everything that is occurring on the inside and outside of the body, in order for it to make the required adjustments.

**Diaphragmatic Breathing** – deep breathing that fills the lungs when lying on Respine4u, is regulated breathing that has a steady pace. The lower belly is relaxed, the lower back moves gently detached, drifting - all these enable the body to move lightly, to lengthen and move back and forth slightly to each side.

The flow of blood, oxygen and information to the brain and from it to the body – sending plenty of oxygen to all the body tissues in this prone position, is greatly improved to the head and all body systems.

The improvement can be felt while sensing the abating of the "physical discomfort", the dissolving of pain. Relieving the pressure on the nervous systems enables better communication, complete and more precise transmission of information and directives in order for the brain to create better alignment simultaneously in all body systems.

**Balance and Symmetry** – the position of the body on Respine4u, straight and balanced in alignment with the symmetric axis of the body, actually generates the relief process that is managed by the brain, corresponding to body symmetry. In this position, the neck is straight up in continuation of the spine and the pelvis. The shoulders are supported and spread open, allowing for deep breathing and better motion of the intestines.

By "floating" the spine, the pelvis and the body – we bring the spine and the pelvis to a state of calm and balance, completely devoid of tension and effort, and with no external force exerted on them. The neck tends neither to the right, the left, forward or backwards, and it feels relaxed and loose.

Upon gaining this relaxation and the appropriate body tension, we resemble a stack of pebbles balancing on each other, gaining the perfect condition for focusing our attention on what is happening. This is the state of mindfulness of the body.

The Respine4u Team wishes you the best of health, hoping to reach the end of this situation, much stronger.

Additional information can be found on our website

<https://en.respine4u.com/blog>

Or contact us at [info@respine4u.com](mailto:info@respine4u.com)

Link to the [information page on the website](#)

This message was composed by the Respine4u Team, based on knowledge and practical experience accumulated since 2006 in the field of back pain and the nervous system.

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