

Taking Care of Yourself During Isolation

At the present time, leaving our homes is limited and we won't be going to our favorite therapist, as we think twice about everything we do in order to avoid the risk of contagion.

In this situation – at home, in lockdown, we hope that nothing will change, that we will maintain our state of health and not need any kind of treatment.

We are hoping for the best, but in fact, in the current situation it is possible that prolonged sitting in front of screens, lying in bed more than usual and our mobility limited to the range of our home, will all have an impact on our body and cause loss of symmetry and balance, muscle cramps, accumulated pressure on the skeleton, stress on the nervous system and as a result, pain and discomfort.

The good news is that most of these conditions are reversible, and even more importantly, there is something you can do about it yourselves, at your own convenience without needing to leave your home or make an appointment with a therapist. In case you didn't think of it, **with Respine4u, you have the immediate means to do so.** It is available for you at home and accessible at any given moment. It may surprise you how much, when you are positioned on Respine4u, your brain and body can bring about vast improvements. It isn't a miracle - it is the natural ability of the body to heal itself.

Respine4u was developed for exactly these conditions: when we have to take care of ourselves and we require a 24/7 available solution, without being dependent on external factors. We are able to rapidly react to the signs and feeling that pressure is accumulating, and to relieve the discomfort and the pain.

From an early age we are aware that even when pain appears, there is a very good chance it will pass, and indeed it does go away when the brain and the body are managing it.



With Respine4u, we create the ultimate conditions for the body and the brain to heal naturally, without exerting any force, and without external intervention.

When you have Respine4u at home, use it and take care of yourselves to relieve discomfort and pain, for relief and relaxation, and to strengthen and improve the functions of the body.

Additional information can be found on our website
<https://en.respine4u.com/blog>

Or contact us at 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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