

Inclined bed therapy

## Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Inclined bed therapy

The movement of fluid throughout the body is done in large part by changing the density of liquid so it either flows up or flows down. We are dependent on gravity to do a lot of the work of fluid exchange. It takes a lot less energy than having a pump for all of the different bodily fluids.

When we lie down horizontally our circulation is impaired, which apparently causes or intensifies a number of diseases.

Elevating the head of the bed may help Alzheimerâ€™s, ADHD, Parkinsonâ€™s, MS, cerebral palsy, diabetes, spinal cord injury, heart conditions, blood pressure, respiratory problems, psoriasis, thrombosis, optic nerve damage, insomnia, migraines, glaucoma, back & joint pain, RLS, spine degeneration, kyphosis, lordosis, scoliosis, standing hypotension, sinus congestion, allergies, frequent night urination, snoring & apnea, reflux/GERD, edema, Chronic Cerebrospinal Venous Insufficiency (CCSVI), & varicose veins.

Moving immediately to six inches is too fast for some. Many people use books or blocks or 1 inch stackable bed risers to raise the head of the bed an inch every week (the night before the first day off) over six weeks for easy adaptation. Nonslip fabric under mattresses should keep them from sliding.

Throughout history multiple cultures elevated their bedhead six inches or slept on a 5% incline for health reasons, including at least one US president.

Gravity chairs & recliners provide the torso elevation along with leg elevation to also lower leg edema.

<https://articles.mercola.com/sites/articles/archive/2018/02/15/inclined-bed-therapy.aspx>

<https://inclinedbedtherapy.com/>

<http://www.sophiahi.com/inclined-bed-therapy/>

<https://www.reversingmyage.com/blog/inclined-bed-therapy/>

Bed elevation- 6 inches / 5% raise at head (bed remains flat, just angled)

1 inch stackable risers (need 2)

[https://www.amazon.com/gp/product/B075LJR7XL/ref=oh\\_aui\\_detailpa](https://www.amazon.com/gp/product/B075LJR7XL/ref=oh_aui_detailpa)

Or go to a hardware store in the afternoon when they have scrap wood & have them make 2- 1 inch, 2 inches, 3 inches tall wood squares big enough for your bed legs. It may be much cheaper.

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**Category**

1. Uncategorized

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