



Spinal Molding



Spinal molding is designed to begin restoration of spinal curves. It is an entirely passive exercise performed, uninterrupted, for a minimum of 20 minutes per day. Set the spinal molding unit in the center of the neck to allow for maximum extension, with the chin facing the ceiling and crown of the head on the bed. During the 20 minutes, the fluid in the discs will cool to a hydrogel state and set up for the night in the curves that are necessary for spinal stability. Spinal molding relaxes the spine, thereby preparing for rest and sleep. **DO NOT SLEEP ON THESE SUPPORTS!** Set an alarm clock for 20 minutes.



For More Information Visit: www.drbatte.com



Spinal Molding



Spinal molding is designed to begin restoration of spinal curves. It is an entirely passive exercise performed, uninterrupted, for a minimum of 20 minutes per day. Set the spinal molding unit in the center of the neck to allow for maximum extension, with the chin facing the ceiling and crown of the head on the bed. During the 20 minutes, the fluid in the discs will cool to a hydrogel state and set up for the night in the curves that are necessary for spinal stability. Spinal molding relaxes the spine, thereby preparing for rest and sleep. **DO NOT SLEEP ON THESE SUPPORTS!** Set an alarm clock for 20 minutes.



For More Information Visit: www.drbatte.com