

THE SPIN DOCTOR

The human gyroscope has been used by NASA for training astronauts. Specialised professionals in various fields of research have been exploring this multi-faceted piece of equipment since 1907. The general public has very little to no knowledge of the benefits and efficacy of the human gyroscope. Brent Smolensky of **THE SPIN DOCTOR** has been involved with every aspect of the human gyroscope for the past 29 years.

- It is the only known device that will give you all your exercise requirements in 30 minutes a week to meet the World Health Organizations researched recommendation of 150 minutes a week to prevent 21st century diseases. Stretching and toning is an automatic benefit of gyroscopic training. It is not necessary to stretch or warm-up before a session. You are not going to suffer an injury.
- Zero impact exercise with an impeccable record of no injuries during use. The speed and intensity is always controlled by the user.
- It is an excellent post-operative device for therapy because of the absence of impact. It has been used with total success after knee and back surgery.
- Back and knee therapy. Preventative strengthening of ligaments and tendons. The most advanced inversion back therapy can be performed on a human gyroscope.
- Core strength, cardio-vascular conditioning and high performance training.
- Mental toughness training (equilibration)
- Vertigo (motion sickness) / inner ear balance correction (equilibrioception)
- Correcting Visual Spatial Disorientation experienced by pilots/astronauts
- Obesity. Accelerated weight loss with regular use. 3x10 minute sessions a week with a qualified instructor will meet this end.
- Lymphatic drainage.
- Diabetes. Advanced circulation methodology.
- Effective treatment for ADD, ADHD and SID
- Lethargy and fatigue relief
- Stress and trauma relief, relaxation. Has been used for severe PTSD
- Relieving hyper tension (high blood pressure)
- Treatment of low muscle toning and the healing of old injuries
- Correcting muscle imbalances, left-right, front-back, and inner-outer
- Drug rehabilitation
- Conditioning of physically challenged individuals
- Fun and entertainment. This is the biggest use of the human gyroscope worldwide with the absence of intellectual knowledge and professional intervention. The dichotomy is that all of the above benefits are automatic when the gyroscope is used properly and with any regularity.

The human gyroscope safely conditions, strengthens, stimulates and realigns the 11 biological systems of the body – integumentary, skeletal, muscle, circulatory, respiratory, digestive, excretory, nervous, lymphatic, endocrine and reproductive.