

# ASK DR. CRASH



**DEAR DR. CRASH,**

My sailing instructor says that the more connected I am with my boat, the better. So I now spend half my daily practice session sailing the boat while upside down and facing backward. My results haven't improved yet, but I figure any day now the benefits will start to manifest themselves. I have only one little problem. In order to breathe, I have to sail the boat with a touch of heel. Any ideas?

**-INVERTED IN INVERNESS**