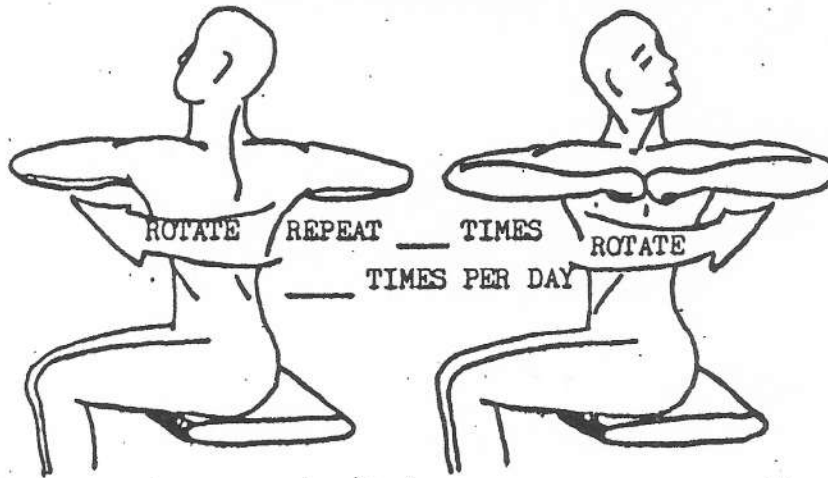


FIRST INITIAL EXERCISE

START TODAY.

SPINAL ROTATION EXERCISE



TWENTY-FIVE TIMES TO EACH SIDE

This exercise establishes freedom of movement and effects a cleansing process of the spinal structures.

This exercise may be done by anyone, whether or not they have acute spinal problems, to prepare the spine for healthy, restful sleep.

- A. Sitting with the feet flat on the floor, arch the lower back and raise the chin. Raise the arms to shoulder level with elbows out to the sides.
- B. Start with your head and rotate fully to one side, then the other.
- C. Rotate fully with a continuous fluid motion 25 times to each side.
- D. *****IMPORTANT***** At night this exercise should be followed immediately by lying on the rolled towels (see next page).
LIE ON TOWELS 20 MINUTES JUST BEFORE SLEEP