

DO THIS EXERCISE EVERY DAY!

SPINAL CURVATURE EXERCISE

Objective of this exercise – To help correct the curvature in your spine

Why – To help your subluxations correct more completely so that your body can work better and stay healthier

Where – On a firm chair

When – Anytime of the day but try to keep it consistent so that you remember to do the exercise

How to do the Exercise – Start in a seated position. Shift your shoulders as far right or left as possible (as shown below). Hold the position for 5 long seconds and repeat as least 10 times one or two times per day

Comments – This exercise is very powerful in helping your spine to correct itself. If you do it faithfully every day, 7 days per week, it will make profound differences in your spinal alignment and therefore your overall health.

How to do the exercise:



[] Shift to the Right



[] Shift to the Left