

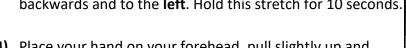


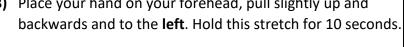
The 3-part Neck Stretch:

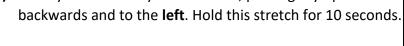
- 1) Point your nose into your left armpit, hold the backside of your head and pull upward. Hold this stretch for 10 seconds.
- 2) Hold the right side of your head and pull sideways, toward your left shoulder. Hold this stretch for 10 seconds.
- 3) Place your hand on your forehead, pull slightly up and
- backwards and to the right. Hold this stretch for 10 seconds.
- 5) Hold the left side of your head and pull sideways, toward
- 6) Point your nose into your right armpit, hold the backside of your head and pull upward. Hold this stretch for 10 seconds.
- afternoon, and evening for best results.

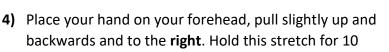


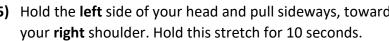














7) Repeat the 3-part neck stretch three times a day; morning,





