## DO THIS EXERCISE EVERY DAY!

## SPINAL CURVATURE EXERCISE

<u>Objective of this exercise</u> – To help correct the curvature in your spine

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

Where - On a firm chair

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

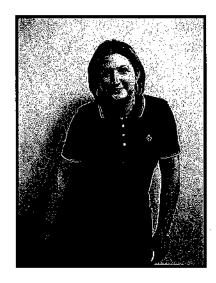
<u>How to do the Exercise</u> – Start in a seated position. Shift your shoulders as far right or left as possible (as shown below). Hold the position for 5 long seconds and repeat as least 10 times one or two times per day

<u>Comments</u> – 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