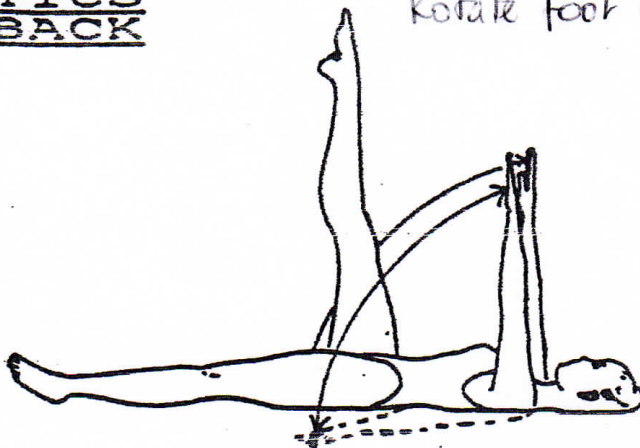


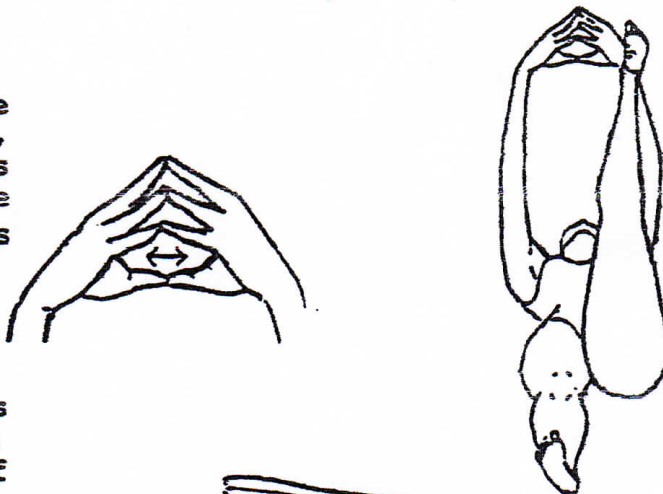
TO CLEAN LYMPHATICS
& ADJUST LOWER BACK

July 9, 1984

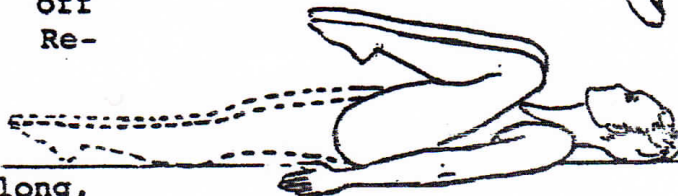
1. Lie on back and raise right leg to 90°, holding it steadily in place for 1 minute. With leg still up, raise and lower the arms quickly, from floor to 90° and back for 1-2 minutes. Change legs and repeat.



2. On back, arms raised above chest, fingertips together, kneed fingers, moving hands quickly in and out while SLOWLY raising alternate legs for 2-3 minutes.



3. Hands at sides, bend knees to hit the chest, then stretch them out straight and off the ground, POWERFULLY. Repeat for 1-2 minutes.



4. Lie flat on back with long, deep breathing through the lips, whistling. Totally relax. (You can go to sleep while whistling.)



(Times added by G.K.)