

IMPROVE YOUR HEALTH IN JUST MINUTES A DAY

And it's FREE!

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How many times do we see that it is *free*, only to find there is a catch? Well, this is a genuine offer from me to you that will probably be the most important gift you will ever receive.

I have either developed or improved four life and health restoring exercises that will take just minutes a day to perform. The results will amaze you.

The first is **Grounding** that takes just seven (7) minutes, three times a week. This will enable you to take full advantage of the essential benefits we get from Circadian Rhythms that come to us from Earth's magnetic field. When astronauts first ventured into near space they all began falling sick. It was because they were above the Earth's magnetic field where Circadian Rhythms do not exist. This was overcome by installing machines in the spacecraft that emitted energy that mimic's natural Circadian Rhythms. You can do it naturally at no cost.

The second is **Connecting**. Our brains and our bodies are divided into two distinct halves. We have the right and left hemispheres of the brain that drive and monitor the opposite sides of the body. There is communication between the two halves of the brain that strives to coordinate both neural and peripheral function, but it is not a fail-safe process. I have developed a connection involving the hands and feet that in just three (3) minutes performed three times a week, it will enhance communication between the left and right hemispheres of your brain, and your entire body.

The third is the **Big Gulp**, a four (4) minute exercise to be performed daily to increase energy, lung capacity, blood and tissue activity, while balancing both depth of breathing and oxygen transfer. Because the brain uses more oxygen than any other organ in the body, the increase in blood-borne oxygen will clear your head and assist in a range of cognitive functions. This idea came to me when I read of a study that proved beyond all reasonable doubt that young people at school did better in exams after they were involved in deep breathing exercises.

To round it all off, include my guide to stretching on a daily basis. We tend to only contract our muscles without fully extending them, thereby restricting muscle activity and strength. **Stretch Your Muscles - Stretch Your Life** is the product of over sixty years of personal experience exercising in gymnasiums, with time spent as Physical Training and Unarmed Combat Instructor with the Australian Federal Police. Perform this routine every morning and enjoy the benefits for the rest of the day, and night.

If you need to lose unwanted body fat and keep it off, you will not get better results than with my Australian time-tested best-seller, **Slim Forever**.

There you have it. If you are serious about being fitter, healthier, slimmer and looking good, here you have the complete solution. No health club fees, and nothing to buy other than food that is available at any good supermarket, and the price of **Slim Forever**, if that be your choice.

Enjoy!
