

DISCLAIMER:

It is understood that these techniques are for the purpose of education and contributing to the well-being of the individual. These home care activities are designed with prevention as the primary goal and are not to be used as treatment modalities. These Home Care activities are not intended to take the place of treatment by licensed medical professionals. The publisher and author disclaim any liability or loss, personal or otherwise, resulting from procedures in this program.



Do not continue with any of these Home Care activities if you experience any Sharp Pain!!