

Are You at Risk for "Lawn-Care *Lumbago" ...Or Other Backyard Health Disasters?

*Low Back Pain

We've all had it happen. You're kicking back, lemonade in hand, looking over the yard on a warm summer day and...aarrgh! You suddenly see it, lurking over by the garage...it's the MOWER!

Your stomach clenches, your neck tightens and the guilt strikes hard and fast! You can't relax with that long grass staring you in the face—might as well face the music—the lawn desperately needs a trim. So here are 4 SURE-FIRE strategies to...

Fight "Lawn Care Lumbago!"

Every year, we see *tons* of folks who've lost the battle with the lawn and the mower. They're aching, stiff, and frustrated when they can't jump into their summer activities without ending up in pain. So here are 4 sure-fire strategies to fight lawn and garden pain and outwit your devious lawn!

#1: Calf Stretches. Since it's not an *official* athletic event, no one thinks they have to warm up for mowing, gardening or raking. But it's important to start in easy, get the blood flow going and the muscles warmed up. And a calf stretch is a great way to start. All you do is put your foot up against a wall with your toes high, heel on the floor and lean the rest of your leg toward the wall for 15 seconds. It's great for preventing the cramps that hit if you're overexerting.

#2: Shoulder Rolls. Don't just jump in and start pushing that darn machine. Shrug your shoulders a few times...then hold your arms straight out to the sides and do small arm circles while you gently twist at the waist. It's quick, easy and starts you up safely.

#3: The "Old Standby". Everyone's heard it, but few do it—lift with your legs! You can often avoid a serious back injury with this little bit of prevention.



Don't go crazy with lawn and garden PAIN!

Just keep your back straight as you bend from the waist—then bend at the knees while keeping the weight close to your body. This can help—spinal discs are easily damaged in the bent position and much stronger in the straight position. So don't take a chance!

#4: Pelvic Rock. Here's another easy one. Just lie on your back with your knees bent and your feet flat on the floor. Gently arch your lower back for a few seconds, then relax and flatten the small of your back against the floor for a few seconds. This will loosen your lower back and strengthen your "abs" at the same time. And all 4 of these only take a few minutes. But keep in mind this warning...

WARNING: If any of the above causes pain—STOP. Or if you stay stiff and sore after working in the yard, you should contact us to find out what specific stretches will help correct an underlying problem. Because those persistent aches are a warning there's something more going on under the surface—don't ignore it! If you've got any questions about why you hurt—or if you've been meaning to nudge a friend or family member to come and see us, it's easy and FREE for you or a friend. Just see our "green" solutions below...

The "GREEN" Solution to Your Lawn and Garden Pain!

If you're whacked out about weed whipping, or feeling low about lumbago, these days it's more and more popular to find safe, GREEN solutions that are natural and earth friendly—which dangerous drugs, shots and risky surgeries are NOT. So you've got 3 possibilities...



The first is the furry guy on the left who will happily cut the grass...but there are some maintenance and clean-up issues.

The second is the little beauty at the right. It's a "robot" mower that uses only about \$10 of electricity for the whole summer for an acre of mowing. Of course, it'll cost around \$3,000 to \$4,000, which a lot of don't want to pay. So...



The BEST—and the ultimate GREEN solution is to call us for a "SUMMER LAWN & GARDEN TUNE-UP". It's our FREE RE-EXAM if you haven't seen us for a while. We'll check you out, see what stretches you should be doing, teach you any new ones you might be missing and get you back on track. And until June 30, 2008 you can also send in any family and friends who you've been meaning to give a little nudge to come in to see us. They'll get our 19-point, FREE exam and are protected by our TRIPLE SATISFACTION PLEDGE...so there's never any risk. Call us NOW! Don't waste your summer in pain. Besides, if you're one of the first 7 people to call, you also receive a soothing, 1/4-hour MASSAGE with your exam... PLUS you'll get a FREE bag of natural fertilizer (not from the goat!)

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(This offer does not apply to federal insurance beneficiaries and ACN participants.)