

FIFTH ZONE Muscular Zone

1. All muscles in the **NECK** region and **ARMS** are being restored to normal. There will be a better **MOVEMENT** and a more **NORMAL FEELING** in these muscles.

Q: Have you noticed this yet?

A:

2. Nerve life in proper amount is being sent to all muscles of the **CHEST, ABDOMEN, and BACK**. Muscle contractures producing distortion in the spine will release. Normal tone is being restored to other muscles, thus further aiding in straightening distortions and curvatures. Pain will diminish and a feeling of **EASE** as well as of **INCREASED STRENGTH** and **SUPPLENESS** will be noticed.

Q: Do you feel more relaxed in these muscles?

A:

3. Muscles of the **PELVIC REGION** and the **THIGHS** are being restored to normal. You will not tire so much from walking. **GREATER STRENGTH** will become apparent.

Q: Have you noticed this?

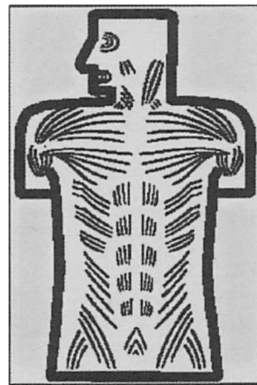
A:

4. All muscles from the **THIGH** down to the **FEET** are being normalized. Pain in these regions will disappear, and there will be noticed a general **RELAXED CONDITION**.

Q: Has this happened yet?

A:

Please read this slip **NIGHTLY** just before bedtime. Answer the questions on a nightly basis and return to your doctor when all answers are "YES".



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