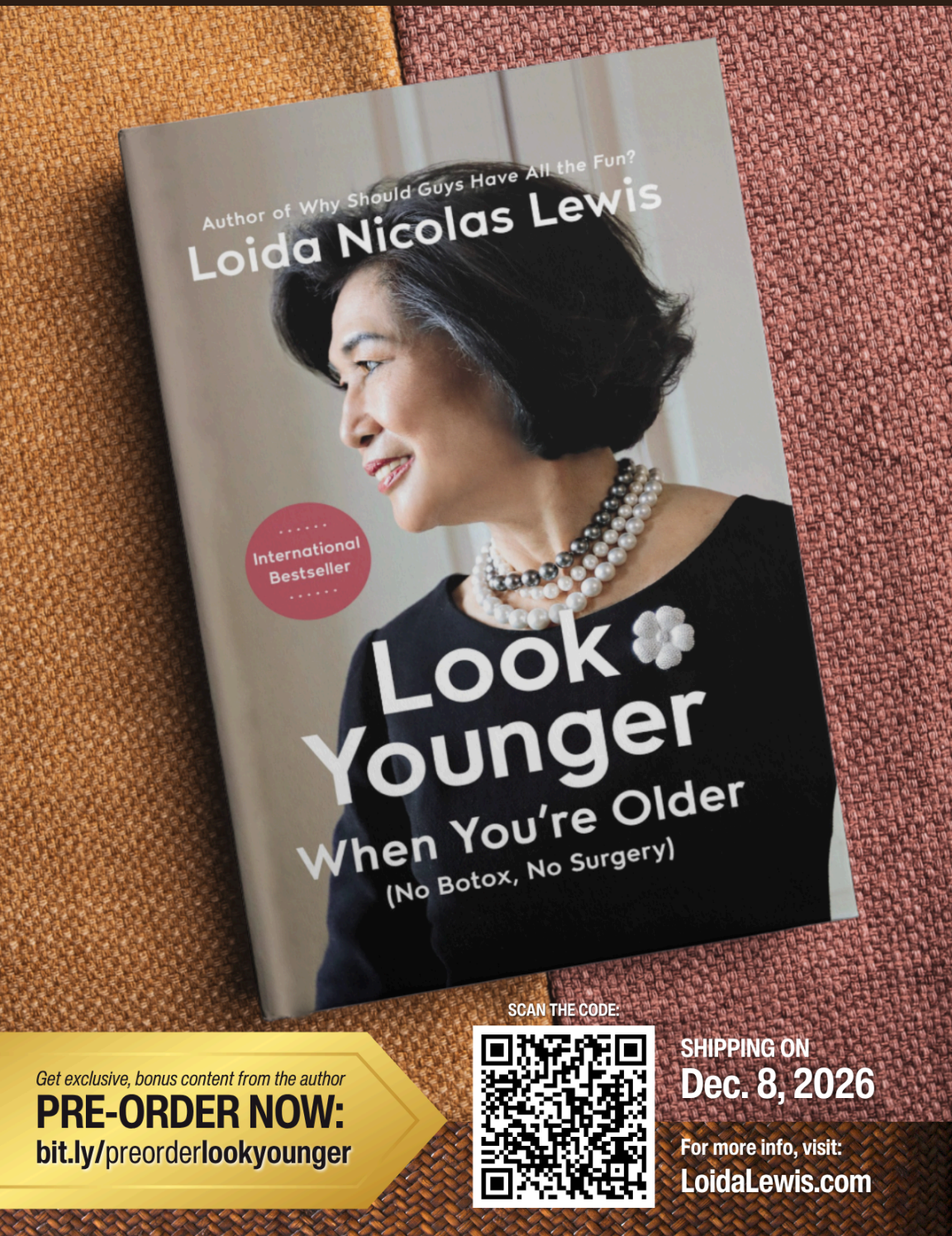


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Thank you for ordering my book!
Let's feel and look younger together.

God bless,



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Walk Without Pain: Best Knee Exercises

TWO YEARS AGO, my right knee was in pain. The doctor told me that I have arthritis, and that I should undergo a knee replacement procedure.

Oh no! I was worried, because my friends who have had knee replacement procedures told me that it was the most painful recovery they ever had.

Fortunately, my daughter Leslie found a Physical Therapist who helped her gain back her strength and endurance, so she could go skiing again with her young adult children Christian and Savillla, without having to stop often just to catch her breath.

With Leslie's strong recommendation, I went to MYO Detox to consult with Dr. Best (that really is his first name) Eduzie Uduh. I asked him how to relieve the pain I feel in the early morning when I have to go to the bathroom. Before then, I would use a cane just so I could walk without losing my balance due to the pain on my right knee.

For an hour, he taught me how to do these knee exercises. After the workout session, he told me to do them everyday before I get out of bed.

I started doing them right away. Before I got out of bed or upon waking up in the middle of the night, I would do the knee exercises he taught me.

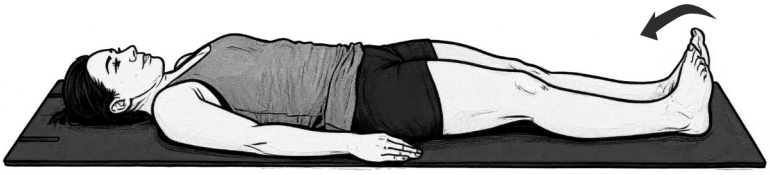
After a few weeks — *viola!* No more knee pain. I threw away my cane, and have been walking without pain ever since.

Thank you, LESLIE and DR. BEST!

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Dr. Best's Knee Exercises

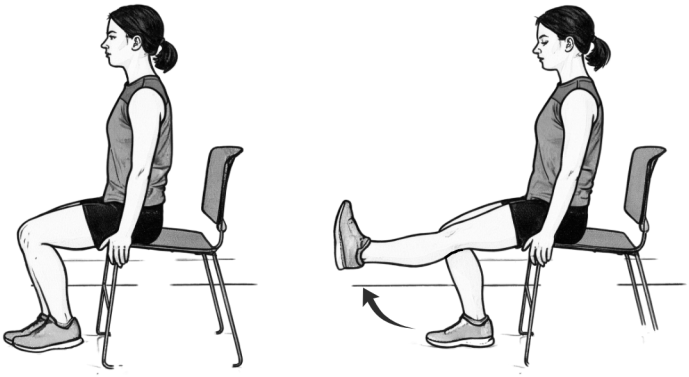
1. **Supine Quad Sets with Ankle Movement.** While lying on your back, push your knee down into the surface, stretching your legs while pulling your toes toward your nose. Hold briefly, then relax. Perform 20 repetitions daily.



2. **Supine Heel Slides.** While lying on your back, slide your heel toward your buttocks, then slide it back out straight. Do for each leg, and repeat at least 20 times a day.



3. **Seated Knee Extension/Flexion.** Sitting on the edge of a chair, straighten your knee out (bringing toes toward nose), then bend your knee back as far as comfortable, like swinging on a swing. Perform 20 repetitions daily (can break into sets of 10).



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4. **Modified Sit-to-Stand Preparation.** Sitting with feet flat and a pillow/block between your knees, push your whole foot into the ground while squeezing the block. Hold for 5 seconds, then relax. Perform 20 repetitions daily.





5. **Seated Calf Raises.** With feet flat on the floor, lift your heels up onto your toes, then lower them back down. Repeat 20 times. This acts like a pump to improve blood flow and strengthen your calf muscles.

6. **Seated Marching.** Lift one knee up as if marching in place while sitting, then lower it down slowly and with control. Do 10 repetitions on each leg. This keeps your hip joints mobile and prepares them for standing.



That all, folks! I hope that by doing these exercises, you will feel younger and look younger, too.