

Cayce Head & Neck Health Exercise

**Edgar Cayce often recommended a specific exercise
This one improves nerve functioning and
Circulation to the head and neck**

Here is a simple description of the "head and neck exercise"

Take this [exercise] regularly. Each morning and each evening take this exercise regularly for six months and you will see a great deal of difference.

1. **Sitting erect, bend the head forward slowly three times,**
2. **Bend the head to the back slowly three times,**
3. **Bend the head slowly to the right side three times,**
4. **Bend the head slowly to the left side three times,**
5. **Then bend the head forward and circle the head right three times all the way around.**
6. **Then circle the head left three times all the way around.**
7. **Take your time without hurrying through the exercise.**
8. **You will get results.**

ILLUSTRATION OF THE HEAD AND NECK EXERCISE



