



Stretch for Golf in 5 Minutes or Less: With 100 Bonus Pages! (Volume 2)

Dr John DeWitt II

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Do you feel sore the morning after golfing? Have you ever been forced to stop playing, even temporarily, due to a golf injury? Does pain in your elbows, shoulders or low back cause you frustration? If you answered yes to any of the above questions then this book is for you. I'm Dr John DeWitt Golf Injury and Advanced Sports Nutrition Specialist and retired Pro Athlete. I have been working with golfers in my office for years and have seen amazing results. Don't take my word for it, though. here what some of my patients say: "The stretches and exercises Dr DeWitt has shown me have helped me stay on the course and lowered my scores!" - Dennis "Thanks to Dr DeWitt, my shoulder and low back are better than ever. I am now able to golf better than I ever did." -Mario "The things the big guy [Dr DeWitt] taught me have helped me to keep playing, even though I'm 88 years old!" -Earl "My shoulders have a much better range of motion now, which has helped me increase my drives by 15-20 yards! My friends are impressed and keep asking me my secret. Thanks Doctor!" -Hector "Dr DeWitt's golf stretches and tips have helped me overcome my RA and keep me on the links. I'm playing once or twice a week now and loving every minute of it." -Austin "Thanks Dr D! I got my first hole in one yesterday and continue to improve. Through all my hard work and your treatments, I will be in the LPGA before you know it!" -Grace This book reveals the secrets to golfing well into your 80s with lower scores and fewer injuries. You will discover: • The three key points to a consistent, safe golf swing. • Easy stretches to increase shoulder range of motion • How to prevent a "wobbly" post leg on the back 9 • How to utilize the mental aspect of the game to lower your scores • The muscles that must be flexible to allow for proper swing mechanics I promise, that if you read this little book and utilize the information, you will have fewer golf related injuries AND lower scores in 30 days or less. Don't play with the fear that another injury is just a swing away! Start reading NOW and turn the page on a better, SAFER golf experience.

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