



Targeting

"I do well here at the range, but not so well on the golf course." My first question to them is, "well, where is your target?" The answer is usually "out there!" Considering your hole is only 4 ¼ "in diameter, "out there" just won't do. It is a proven fact that in any type of target sport, the old adage is true: Aim small, miss small!

Start about 6-8 feet directly behind the ball and use the shaft of your club to draw a line between you and your target. When you do this, try to find an object on the ground about 1-2 feet in front of the ball that is on your target line.

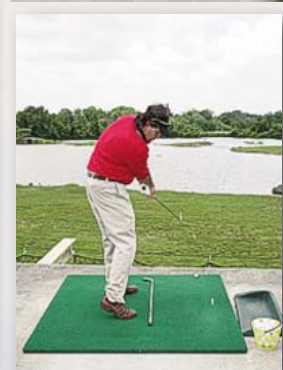
With the club in your rear hand (the hand furthest from the target), point the club face at the small target. Doing this first gives your eyes a better perspective than if you address the ball first and then try pointing the club face to the



Golf Tips

target. Align your feet, knees, hips and shoulders parallel to your target line. Notice I did not say "at the target." I use a club at my feet in the picture to show that my body is parallel left to the target line.

I can't promise you will hit them all straight. However, if you follow this pre-shot routine, your shots will be straighter.



Report Affirms Lifesaving Role of Colonoscopy

A new study provides what independent researchers call the best evidence yet that colonoscopy — perhaps the most **unloved** cancer screening test — prevents deaths.

That said however, if you have ever had a colonoscopy or are preparing for an upcoming event, you know that the preparation is almost unbearable.

It is unbelievable that more than 56% of patients who have been prescribed a colonoscopy by their Physicians refuse the procedure citing the preparation as their reason.

With colon cancer on the rise, having a colonoscopy is a life saving procedure that should outweigh the discomfort of the preparation. **NOW IT CAN!**

Providing HyGleaCare Prep for Endoscopic Procedures: The importance of good bowel cleansing is the key for high-quality colonoscopy. An incomplete standard prep can result in poor cleanliness, which will make it more difficult for your gastroenterologist to complete the procedure satisfactorily.

A recent publication in the American Journal of Gastroenterology highlights that the success of colonoscopy is linked closely to the adequacy of pre-procedure bowel prep.

What? Gentle bowel prep for colon cleansing, RX based - such as before radiological or endoscopic examination (FDA-cleared)

How? Through a gentle infusion of warm, gravity-flow, filtered water

Why? To effectively cleanse the colon

Where? At HyGleaCare Centers

Amazingly, this procedure is a "**same-day**" prep. No more drinking large quantities and running to the bathroom every few minutes the night before. This entire process is routinely less than an hour.

Don't deny yourself the most important procedure you may ever have. This is your chance to protect your life.

Offices in Texas, Arizona and Norfolk. Visit us online at: www.hygieacare.com.

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See our online Feature Article at VillageNewsVA.com.

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