

JUICY JOINTS HOMEWORK

Area and style of clearing	Time of clearing and how many <i>the less times relates to the mildness or more time the severity of an issue</i>	How often in other words days in between each small body clearing until completed
Spine doorknob	7 minutes 13 ~ 60	Every 4 days
Neck Doorknob	4 minutes 3 ~ 13	Every 6 days
Jaw Doorknob	13 minutes 7 ~ 27	Every other day
Shoulders Doorknob	7 minutes 4 ~ 13	Every 3 days
Elbows Doorknob	17 minutes 3 ~ 6	Every 5 days
Wrists Doorknob	6 minutes 8 ~ 16	Every 3 days
Fingers Chopping	13 minutes 7 ~ 17	Every 4 days
Hips Doorknob	23 minutes 3 ~ 13	Every other day
Knees Doorknob	5 minutes 6 ~ 17	Every 3 days
Ankles Doorknob	12 minutes 3 ~ 25	Every other day
Feet Doorknob	24 minutes 3 ~ 12	Every 4 days
Toes chopping	5 minutes 5 ~ 8	Every 3 days