

## Comfort Gardening by Paula Sweatt

To avoid the back breaking chore of weeding the garden, I have found crawling on my hands and knees relieves the back strain. I can arch my back and stretch out when I start feeling the stiffening of muscles from being in one position too long. *(Something about gravity)*

However, my knees do begin to hurt making it almost impossible to get back to my feet again. (And heaven forbid kneeling on a Sweet Gum ball.) Those foam kneeling pads are okay though they are not thick enough for me. They are okay for a few minutes but I have to get off of them to move them about in the garden bed. My knees would still end up with extra hard pressure from my weight and the firmness of the ground.

Christmas 2009 I asked my husband to get me some knee pads for my Christmas gift. He did one better. He bought me a pair of knee pads that contractors use in construction. Mine have padding of thick foam and heavy duty plastic outer shells with adjustable Velcro straps. The over-all thickness even adds 2-3 inches of height to the knee-to-ground contact distance making it easier to get to my feet after crawling around for a while.

Now imagine a big woman like me crawling through a flower bed. It's not a pretty picture for some of you but for others it might be quite comical especially when I stretch like a cat in that position; but wait look at the big grin on my face. I love gardening...even the chore of weeding. The big woman with the big grin, stretching like a fat cat...the Cheshire Cat...

Which reminds me of an all natural way to keep your cat or the neighbor's cat from using your garden as a litter box. Until next time.