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# **Self Adjusting Technique: How To Gently Adjust Your Neck, Back, Hips And Ribs**



## Synopsis

If you are one of the millions of people suffering from back pain like I was, then it is time for you to take back control of your life. Now you can have the power to take care of your pain in minutes or less without expensive doctors, side effect drugs, force or cracking. Self Adjusting Technique is a gentle and painless way to adjust yourself without pain. This is something I was able to figure out for myself to eliminate my own back pain. Now, I want to teach you how to adjust your back because there is no longer a reason for anyone to live with pain like I had. What happened is that I got really sick. Once the main symptoms were resolved I was left with severe back pain, all kinds. The chiropractor wanted me to pay him three times a week for several weeks, something I just couldn't afford. So, I paid attention to what he did and worked out how to do the adjustments on myself. It took years, but now I am here to share this information with you. If you are tired of having to pay for adjustments that don't last, or maybe forceful adjustments don't work for you because of the scary noises or pain they can produce, then you might like to learn how to gently adjust yourself without force. The way the techniques work is to mimic the body's natural method of adjusting itself. Every day joints go out of alignment. It is usually minor and not noticed because there are small adjuster muscles that work to realign things. Combined with natural movements the joints will go back by themselves. It's not until they are out of alignment for a long period of time that pain results. With Self Adjusting Technique you can have your life back. Remember what it was like when you had a life, the tranquility of no pain, the ability to take care of your family and to participate with the people you care about? Well, now you can have it back with Self Adjusting Technique.

## Book Information

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## Customer Reviews

Any chiropractor out there will tell you that this book is pure nonsense and that it's impossible to self-adjust. They'll tell you that you'll only do harm if you try. Now let me tell you my own personal experience. Due to a car accident, I began to see a chiropractor. At first my back did loosen up but then it became so much worse. I switched to a different doctor and began to get relief but none of the treatments would last. I had to go back every two weeks because the pain was so intense. After a year of treatments, the doctor admitted that he didn't know why the treatments would not last. By this time, I should be coming in every three months just to stabilize and here I was, still in extreme pain. He advised me to look into other things that might help. I did Earthing...didn't help. I did magnets...now, those did help but I wanted more. I did acupressure...helped some. I even became a Reiki Master...helped some. Then I found this book. This book is awesome!! As I read about the neck, I did as he said and got instant relief. When I read about how too much caffeine and too many complex carbs effect your spine, I knew that I had the reason why my chiropractic treatments wouldn't "stick". I gave up caffeine, cut back the complex carbs, took the B vitamins that he recommended and magic happened!!!! I self adjusted, by the book, and got back in line and out of pain. I followed his other advice and now I STAY in alignment and my hips stopped hurting and grinding. I no longer wake up in pain. I no longer limp from pain after sitting for a while. And as soon as I feel that something has gone astray, I gently put it back. I want to thank my chiropractor for admitting that he was clueless and recommending that I search for answers.

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