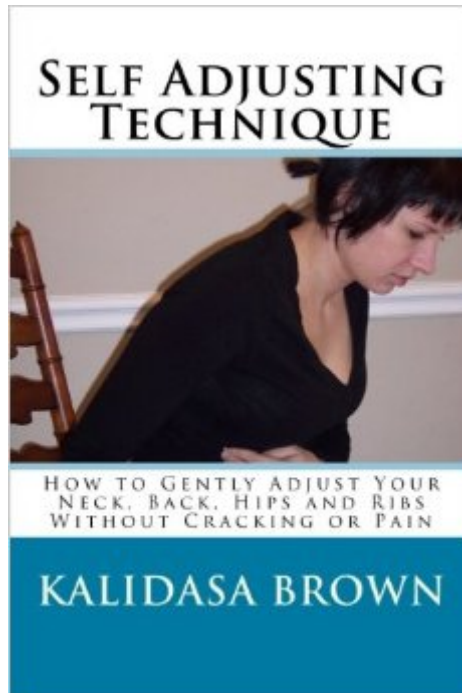


The book was found

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

Paperback: 138 pages

Publisher: CreateSpace Independent Publishing Platform (February 9, 2012)

Language: English

ISBN-10: 1469986590

ISBN-13: 978-1469986593

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.3 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #548,827 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #10346 in [Books > Health, Fitness &](#)

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 accupressure...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 inline 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.

[Download to continue reading...](#)

Self Adjusting Technique: How to Gently Adjust Your Neck, Back, Hips and Ribs Somatics:
Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help,

Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief 400 BBQ Recipes: Barbecue sauces and dry rub recipes for bbq ribs, bbq pork shoulder, bbq pork chops, bbq chicken breast, bbq chicken drumsticks, and bbq steak Friars Club Encyclopedia of Jokes: Revised and Updated! Over 2,000 One-Liners, Straight Lines, Stories, Gags, Roasts, Ribs, and Put-Downs Among the Gently Mad: Strategies and Perspectives for the Book-Hunter in the 21st Century Coming Out, Coming Home: Helping Families Adjust to a Gay or Lesbian Child Dirk Gently's Holistic Detective Agency

[Dmca](#)