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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

Kalidasa is a yoga teacher and natural healer based in the San Francisco Bay Area. He has been a successful yoga teacher since 1980 working with thousands of people over the years. His ability is widely acknowledged among his many students and yoga teachers alike. He used his knowledge of the body to develop Self Adjusting Technique. This process started in 1993 and still continues as he finds more and easier methods to facilitate gentle adjustments. In 1995 he started studying natural healing, biochemistry, nutrition and Applied Kinesiology from a master healer. Shortly after he began his studies he began treating friends with surprising success. He considered this practice, but his results were such that his natural healing practice grew quickly. His healing ability is highly acclaimed by his clients and peers which include medical doctors, acupuncturists, homeopaths, nutritionists, chiropractors and others. You can find more information on his website at <http://SelfAdjustingTechnique.com>. His site has many articles on natural healing, information that you can use to help heal yourself of various conditions. His goal is to make natural healing available to everyone at minimal cost. Kalidasa is available for phone consultations on a limited basis. Contact him through [SelfAdjustingTechnique.com](http://SelfAdjustingTechnique.com) for more information.

i have taken several falls over the past 12 yrs, i suffer from back pain daily.i have had chiro. adjustments and massage ; the treatments relieved pain forabout 3 days. my health insurance will no longer pay for my chiro adjustments, i knew somehow i would have to manage my back pain myself. The price of this book is equal to 1 chiro adjustment. I am learning how to adjust my back myself and get pain relief and will save a great deal of money . I have had slews of test, x-rays and mri of my back; 2 drs. diagnosed High blood pressure caused by back pain, i have to take pain and blood pressure meds, before my last back injury 2011, i took NO medication.As soon as i got my "self adjusting technique "book I started very slowly doing the procedures.....I felt relief of my pain quickly....i will read and study this book, and carefully do procedures.I FEEL RELIEF FROM PAIN, it gives me hope and the power to control how much paini have to endure...A very good book for anyone suffering from back pain.IT WOULD BE WONDERFUL IF Kalidasa MADE A VIDEO OF SELF ADJUSTING TECHNIQUES.

This is a great book! I've only barely started reading it and the parts that I have read have been so helpful. I've had neck pain for 6 years and after one adjustment in this book, my neck pain is gone. I

hurt every day from my neck, all the way down my shoulder blade. I've done every stretching exercise I could find. This is amazing. Thank to the author for writing this book. I find myself moving my head where I would usually find pain and feeling so happy that it's gone. If this was the only thing in this book it would have been worth hundreds of dollars in chiropractor visits, which I can't afford right now. It told me where to put pressure and turn my head and no more neck pain. I thought my neck pain was caused from knots on my muscle but I was wrong. Where has this book been for the last 6 years? I would give this book 10 stars if I could

I was drawn to this book because I'm a physical therapist and so many of my patients suffer from neck and back pain. This is a very thorough guide on how to help relieve pain and help the alignment in your spine. In addition to the technical stuff, I really like that the author was brave enough to tell his story of suffering with back pain on a budget. You can really tell that he created this book because of his personal experience and that he wants to use that experience to help others in a similar situation. People will certainly benefit from reading this.

This book really works for our self-care family style. As an added bonus the author explains how the body uses vitamin B6 and how that can affect sleep/non-sleep patterns. Now we use the movements in this book and have added Country Life P-5-P (vitamin B6 with coenzyme) from to our daily intake. No more sleepless nights and no more upper back pain. Hurrah!

If you suffer from back pain and you don't know why it always hurts in just that one spot... this book provides techniques that could help you. I have rib subluxation which is when your rib goes in and out of joint (whack) and causes pain that seems like a tight muscle but never goes away. A few years ago I was working in an emergency drill as a medical team volunteer. We carried a body on a back board, very far, with too few people and I pulled ribs out of joint. I found out this is much more common than people realize by my own research and the help of multiple massage therapists. My primary MD poked around, gave me an x-ray to test for cancer (or give me cancer Ha!) and then sent me on my way. Anyway, this book provided me with PAIN free ways to re-align myself and now I can relax even knowing it will happen again. As to another review - if the book is expensive but it helped your pain, then you have gained back more than dollars.

This book works. I had a kink sleeping wrong and for the life of me can't get rid of an irritating pain. It's worth the price if it can help your body. A chiropractor adjustment will cost more than this book. I

only did the neck and first rib adjustment with help of another technique from another book. It tells you the principles and you can apply it to most area. It's always best to rely on yourself if you can do it yourself. You don't have to go through the 2 times a week weekly plan that majority chiropractors try to get you to do. And it's tough to find a chiropractor that don't do that. Too much adjustment isn't good anyways. Best to stretch and exercise if your aware of which body part need the work. Otherwise you'll be dependent on others. Self care is always best and this book try to teach you that.

I am trying hard to study and learn from this book, but so far am finding it challenging to grasp techniques. Pictures do help, and I am grateful for them. I have a head/neck injury from a terrible fall on icy concrete steps, so perhaps the challenge is mine alone. If I can put it to use, I will save a lifetime of expense and trips for professional care, so it is definitely worth the cost. I hold out hope that I will get better, so I felt this was worth a try.

I have self-manipulated my back for years...stretching, yoga, and foam rollers. Amazing what you learn about your own body by paying close attention. This book essentially confirmed much of what I have already learned over the years. I would recommend to those new to back pain.

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hip flexor, hip pain relief, hip joint pain, hips) Hips Trips Honolulu; The Old Coconut Soju Blues (Hips Trips Travel Adventures Book 4) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Do You Really Need Back Surgery?: A Surgeon's Guide to Neck and Back Pain and How to Choose Your Treatment The Art of Self-Adjusting Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) 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 Illustrated Anatomy of the Head and Neck, 3e (Fehrenbach, Illustrated Anatomy of the Head and Neck)

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