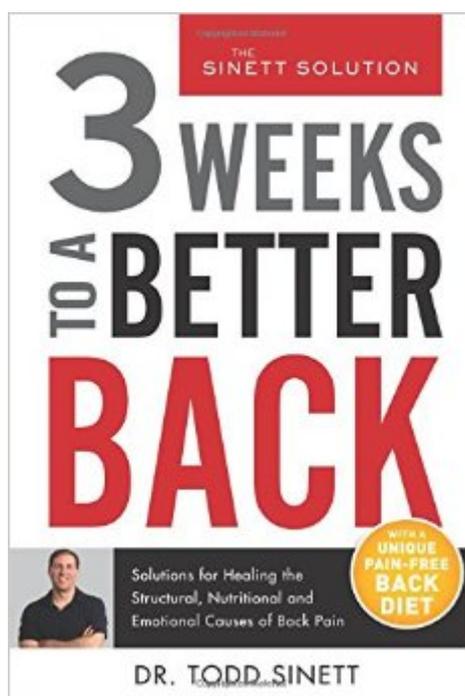


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# 3 Weeks To A Better Back: Solutions For Healing The Structural, Nutritional, And Emotional Causes Of Back Pain (The Sinett Solution)



## Synopsis

RELIEF IN JUST 21 DAYS! Eighty percent of people will suffer from back pain at some point in their life, and many suffer for far too long. This is a statistic that can be changed. Three Weeks to a Better Back is the key to giving all types of back pain sufferers relief •in just 21 days! Our doctors are missing the cause of our back pain •and thatâ™s because they are only treating the back. The Sinett Solution lies in a revolutionary concept: Itâ™s Not Your Back. Yes, thatâ™s right. For the majority of sufferers, the problem is not in the back! Itâ™s caused by imbalance in the core, feet, hips, neck and jaw and most unexpectedly, by diet (even a healthy one!) and stress. The explanation is simple. Your body is comprised of a group of systems that are interconnected, and at the center of those systems is the spine. A problem in one area therefore almost always affects the back. An inflamed stomach, for instance, radiates pain into the back. Sitting on your wallet throws off your hips, which compromises the spine. Stress lives in the muscles of the jaw, neck and shoulders, creating tension and tightness in the back. Three Weeks to a Better Back offers a simple three-pronged, three week approach to treating back pain. Dr. Sinett helps you figure out what kind of back pain sufferer you are and determines the source of your pain through his Back Pain Inflammation quiz, allowing you to arrive at a proper diagnosis. He then provides you with easy-to-follow tools for a customized treatment plan, including stretches, ergonomics and structural care for all parts of the body, as well as a No More Back Pain Diet featuring delicious recipes and Enerchi techniques to help you cope with both daily and chronic stressors and negative emotions. With quick healthcare tips that you can adapt into your daily routine, Three Weeks to a Better Back is your total-body prescription for a back pain-free life.

## Book Information

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## Customer Reviews

I must admit I am a bit biased, I have been seeing Dr Todd for over 4 years off and on..I live in 3 states away from his office in NYC. However when I am in town and time permits I stop in for a tune up..I have seen many a chiropractic over the years and Dr Todd has by far addressed back issues that I have had for years. His whole body approach has taught me it's not just a back ache but that everything is connected.Reading 3Weeks to a Better Back provides any one with any type of back ailment a receipt to make significant changes that will affect their lives forever. The writing is an easy read and focuses on you and your life and provides intelligent solutions to allows you to be the take charge and take back your life... Thank you Dr Todd for sharing this invaluable information that can change the lives of chronic back pain suffers for the better...

Dr. Sinett offers a practical guide to health and wellness, focusing on back pain. He explains how diet, physical, and mental/emotional issues play a role in back (body) health. Stretches, postures, and other exercises are reviewed, as well as diet, including a comprehensive dietary plan/shopping list to help with digestion. The book is well-written, in practical terms, and includes thoughtful wisdom to overcome the perils of chronic back pain. It is recommended reading whether you have back pain - or not.

Dr. Todd Sinett was fortunate enough to be a protege of his father Sheldon Sinett who was one of the pioneers of Applied Kinesiology. Dr. Todd has taken making your back pain disappear to a whole new level. From his amazing Arch to telling one to just cut down on coffee and jelly belly sugar intake, his various proven suggestions on how to make a Better Back are invaluable. If you are fortunate to get an appointment with him even if your insurance doesn't cover it will be life changing. If you don't live near Dr. Sinnetts office in NYC, read the book and read it again. You will find yourself telling all your friends about it.

Dr. Sinett's book is an essential tool for curing your back issues. His holistic approach to this issue is refreshing and helped me isolate the main cause of my pain. He gives thoughtful and thorough information on the sources of back pain and then lays out manageable solutions. The book is well

organized and easy to understand. In addition, he explains some common myths. It's a must read if you've had back issues. I'm on the way to a cure for mine. I've had chronic back pain for many years and Dr. Sinnett's solutions are finally helping me to make real improvements.

Dr. Todd Sinnett's book is crucial for getting your back healthy and feeling amazing. The book quickly helped me in assessing the back issues that I was having, and in creating an efficient and effective way to cure them. It is a very good read, easily understandable- it lays out the roots of back pain and the ways to manage it, which is the cure you need. Whether you have had, currently have, or just want to be prepared for back pain, you need to read this book. My back feels better, my body feels better, and it has drastically improved my life

If you suffer with chronic back pain before you resign yourself to living life with pain or to back surgery you need to read this book. There is hope. If you suffer from headaches, occasional back pain and stress, this book is for you too. In *The Sinnett Solution - 3 Weeks to a Better Back*, Dr. Todd offers a holistic approach to identifying the root of your pain and to healing. I've trusted Dr. Todd with my life after a bad fall while also dealing with a lot of stress. I was suffering from headaches, back pain and blurred vision. I sought him out before I went the gamut of traditional medicine. He got right to the source of my pain and in a short time I was whole again. Dr. Todd showed me the significance of treating not only my physical being, but how my emotional and nutritional needs also were a factor in healing and maintaining wholeness. Whatever your condition *3 Weeks to a Better Back* will show that you can enjoy a healthy and happy life without pain. If you are interested in healing, wholeness and living life without pain this book is for you.

Dr. Sinnett does an excellent job following up on his first book *The Truth About Back Pain*, which I strongly recommend reading as well. In *Three Weeks To A Better Back* Dr. Sinnett delivers an easy to understand & comprehensive plan of action for healing the fundamental causes for pain & discomfort in the back as well as the rest of the body. As a provider of stress management counseling & biofeedback, I regularly see physiological health problems related to emotional imbalance. I find Dr. Sinnett's insight & approach precisely on point in addressing what's most important & often missing in our healthcare system. This book like his first communicates in a clear & concise way that the best pathway to healing comes from a comprehensive & holistic approach which Dr. Sinnett fully provides. The proof is documented throughout his book by the successes of his patients who for the first time in their lives experienced

what itâ™s like to truly feel healthy. Also, the BackBridge is an amazing product that has profoundly helped me, and is something everyone should own! Read this book and follow his 3 week plan to a healthier & happier life!

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3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) 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) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) 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 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or

Narcotic Drugs Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances

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