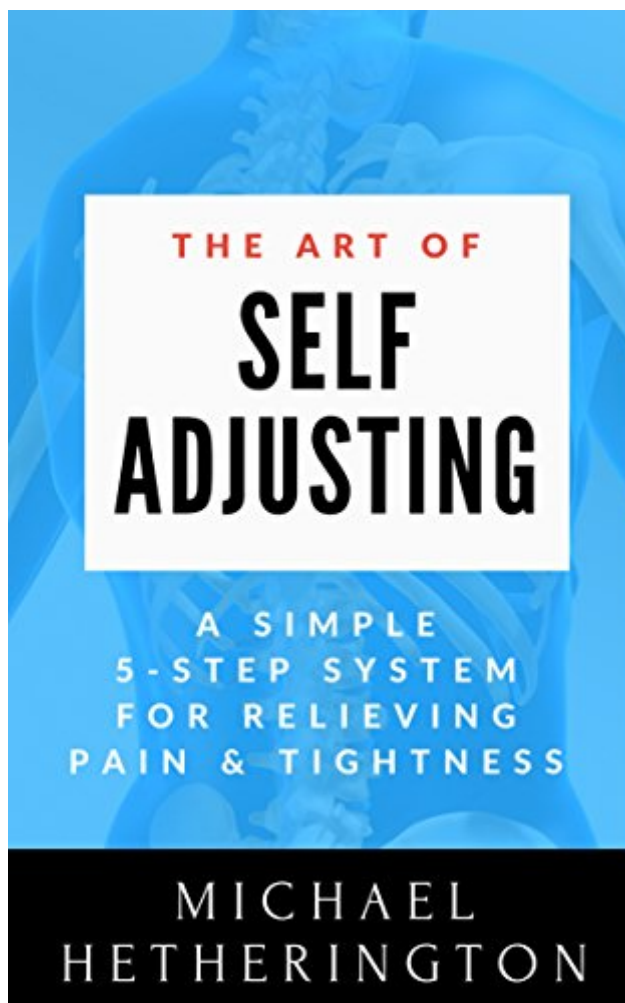


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# The Art Of Self-Adjusting



## Synopsis

Your Guide to Self Adjusting The purpose of this book is to explain some basic fundamental principles in relation to managing your body, spine, and posture for greater health in a very simple and easy manner. It also goes into various techniques one can do to release tightness and compression throughout the body. While self-adjustment is no substitute for the expert knowledge and experience of a health professional, a great deal of benefit can be acquired by simply practicing the set of simple self-healthcare techniques and practices outlined and described in this book. In this book you will learn:- A simple five-step process for self-adjusting.- More about one of the most important and undervalued tissues in the musculoskeletal system – the connective tissue.- Three yoga-style stretches that anyone can do right now to help decompress the spine and prepare for a self-adjustment.- Tools and tips that help to release muscles and connective tissues.- Supplements for a healthier musculoskeletal system. - How to begin retraining your musculoskeletal system for more efficient movements that provide long-term solutions to many pain problems.

## Book Information

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## Customer Reviews

Simple, direct, easy to follow. I am a non-athletic person, which is probably why I have all this muscle tension on the first place. It has to be basic for me to do it at all. I got a lot out of this. If you are a fitness guru, it might tank for you. But if you just need to be shown a simple way to feel better, this could do it.

I have scoliosis (a curvature of the spine). When I was sixteen I was lucky enough to have parents who took me to the chiropractor once a week for over a year. It definitely helped a LOT. Especially since I was still growing and developing my muscles and bones. Unfortunately, over 10 years later I am a stay at home mom of four girls who can't afford to go to the chiropractor regularly. I've been getting headaches more and more regularly and my right hip starts to hurt because my right leg is shorter when my spine is off. I knew I absolutely had to find a solution. Luckily I found this book! Since I have started implementing the techniques my hip pain has great decreased and my headaches have gone from lasting days to lasting a few hours. I'm hopeful I will be able to eliminate them soon. Highly recommend to anyone not able to make regular trips to the chiropractor.

I so enjoyed the author's book on tennis ball exercises/massage that I was intrigued by this title. Mind you, it does not teach you how to do chiropractic on yourself, thankfully. But he does teach how to ready and prepare your body so make a spinal adjustment (with or without a pop) and THEN how to nourish your body and nervous system to be able to keep the adjustments for longer and longer periods of time. His 5 step process blew my mind. I have used 4 of the 5 steps in my massage therapy private practice with clients for years and didn't know exactly what I was doing, but got great results nonetheless. Now that I know the process, I can help folks get the relief and alignment they are looking for much more quickly. But while I am practitioner, the book was not written for the practitioner but for laypeople and his instructions are quite clear. Step 1 involves getting muscles to relax via trigger point therapy, which he does not explain in detail, but there are countless books out there to fill in the gaps. The quick version of TP therapy is to find a very tender point and dig into enough to find a "good hurt" and hold the point until the discomfort subsides, usually 5-30 seconds is enough. Anyways, the book is well worth the price. This man knows his stuff, in my opinion.

Great little collection of info. Some of it is common sensical (eat right, get exercise), but it's really nice to have it collected in one place. I hope to follow up on the techniques and improve my overall well-being. Thank you!

Customers need to read the reviews for what they are purchasing. I was looking for a book that is an overview of the basics and that's what I got. Very satisfied.

Nice concise and clearly explained. And gives guides to other alternative treatments and experts. Simple exercises and effective. I should know these before

the yoga stretches are easily illustrated and explained. Overall, the Art of Self-Adjusting is quite useful. A recommended read, especially after reaching 50.

Not what I had hoped for but some of it was helpful. Most of it is way too difficult for someone in my condition to even try.

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