



## **3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution)**

*Todd Sinett*

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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)

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**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 that's because they are only treating the back. The Sinett Solution lies in a revolutionary concept: It's Not Your Back. Yes, that's right. For the majority of sufferers, the problem is not in the back! It'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.

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In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended to you personally is 3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) this book consist a lot of the information of the condition of this world now. That book was represented how do the world has grown up. The terminology styles that writer require to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Honestly, that is why this book suitable all of you.

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