

BACK PAIN RELIEF IN 90 SECONDS BY GADI KAUFMAN

**BACK PAIN RELIEF
IN 90 SECONDS**



The pain free approach to
resetting the nervous system
and releasing muscle spasms



Gadi Kaufman NMT, JSCC
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About the Author

Gadi Kaufman is a Certified Neuromuscular Therapist located in Santa Monica, California. Gadi has over 20 years experience in the practice of manual therapy as a CNMT, CSCS, and CAK. He has a degree in physical education, certification in neuromuscular therapy, applied kinesiology and Strain Counterstrain Technique. His extensive knowledge of the anatomy and physiology of the body's biomechanics has enabled him to create a unique combination of manual techniques which address the body as one functional unit. This allows him to address the causes of the pain by correcting the muscular imbalance that leads to chronic stress and vulnerability.

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BACK PAIN RELIEF IN 90 SECONDS BY GADI KAUFMAN PDF

The pain-free approach to resetting the nervous system and releasing muscle spasms From Neuromuscular Therapist Gadi Kaufman comes the long awaited book about how to relieve back pain using the pain-free approach called Strain Counterstrain Technique. In *Back Pain Relief in 90 Seconds*, you will learn important information about lower back pain that you have not been told by the previous practitioners. For example, did you know that the majority of lower back pain does not actually originate in the lower back muscles themselves? In other words, when you feel lower back pain, the true source of that pain can often be traced to muscles and joints in the front of the body. Yes, that's right: those tired and overused muscles in the front of the body can radiate severe pain to the lower back. This lower back pain quickly becomes chronic due to a chain reaction that occurs which limits mobility, twists and torques the spine, rotates the pelvis, and compresses hip sockets on both sides of the body. At the center of this chain reaction is a painful muscle spasm, which means the muscle has essentially shut down and stopped contracting and releasing. If this muscle spasm is left untreated, your lower back pain can persist for years. But now you can do something about it. In *Back Pain Relief in 90 Seconds*, you will learn how to use the passive and pain-free Strain Counterstrain Technique to release persistent muscle spasms and relieve your lower back pain -- in the comfort of your own home, and with no more equipment than your sofa or a chair. This technique is extremely gentle and doesn't require spinal manipulations or uncomfortable maneuvers or deep tissue massage. You can relieve your pain without harsh medications, and without any additional pain during the process. *Back Pain Relief in 90 Seconds* is not another book of exercises and stretching. This technique will manipulate the autonomic nervous system and switch off the muscle spasm (which is being controlled by the nervous system). Relieving this pain is all about the nervous system. If you don't allow the nervous system to reset, then the spasm will not release. Muscles are dependent on the nervous system. As the author Gadi Kaufman famously says: "The nervous system is the boss! The muscles are the employees!" The step-by-step instructions and illustrations in *Back Pain Relief in 90 Seconds* focus on the specific muscles that are known contributors to lower back pain including: Psoas, Iliacus, Rectus Abdominus, Abdominal Obliques, Quadratus Lumborum, Piriformis, and more. With these 10 positional releases, you can begin to live again without lower back pain, which is something everyone deserves.

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create a unique combination of manual techniques which address the body as one functional unit. This allows him to address the causes of the pain by correcting the muscular imbalance that leads to chronic stress and vulnerability.

Most helpful customer reviews

2 of 2 people found the following review helpful.

This book is a gift from heaven and I am so grateful I found it

By Michael H. Hoepfinger

I have had 3 instances over that last 6 years where i have had debilitating muscle spasms. Each time they have lasted 2-3 months, with most of that time in uncontrollable pain. 1st happened when I was closing a trunk, second I was cutting fruit at the counter and third and just happened was holding a door for someone.

After a week in bed unable to move I decided to look on amazon for other pain releif and in my search saw Gadi's book go by. There were only a few reviews but the premise seemed plausible so I bought it.

Within an hour I did the positions while lying in bed. It is now 4 hours later and it is as if I am almost back to my normal self, no more spasms or pain!!! :)

I cannot believe how lucky I was to find this. I was sure I had another month or two of pain and now I know the secret.

Thank you Gadi, you have no idea how appreciative I am for your work.

2 of 2 people found the following review helpful.

This book shows you exactly how to do the technique- Works Great

By BBRomm

"Gadi's technique of Strain Counterstrain has really helped me with my back pain. It is a pain free technique and I felt instant relief. The best part is that Gadi teaches you these techniques so you can help yourself at home. They really work. I recommend his book, Relief from Back Pain in 90 Seconds. There are wonderful illustrations and descriptions so you can practice the technique on yourself. Of course it's always better to go in for a session with Gadi. He can relax my entire nervous system in one session. I walk out feeling GREAT!!!"

Chiropractors made my back pain worse and created more problems. This gentle and effective technique gets to the source of the problem, MUSCLE SPASMS. Only Gadi's method can release muscle spasms and relax the nervous system.

1 of 1 people found the following review helpful.

I am beginning to sleep better due to my muscles learning how to relax and ...

By Amazon Customer

I have also had therapy with Gadi and have been practicing at home the release techniques outlined in the book.

They are relieving the myofascial pain syndrome in my back and shoulders. Seeing Gadi and doing the exercises

in this book is my last resort after having tried chiropractic care, trigger point shots, shiatsu massage, physical therapy,

and accupuncture. I am beginning to sleep better due to my muscles learning how to relax and experiencing a lessening of high

night time cortisol levels. I highly recommend this book to anyone who is looking for a proven method of pain relief

for tight spastic muscles.

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