

(Pdf free) Home Chiropractic Handbook

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Karl V. Holinquist

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Karl V. Holinquist : Home Chiropractic Handbook before purchasing it in order to gage whether or not it would be worth my time, and all praised Home Chiropractic Handbook:

3 of 3 people found the following review helpful. Very useful techniques if you have a willing partner. By Catherine Very honest book with actual chiropractic techniques and detailed information. However, you (or someone else, if you want the work done on yourself) need to be willing to spend some time learning to feel the spine and learn the techniques. While it isn't difficult, it will take some time and effort. If you live alone or don't have a friend who is willing to invest the time, books on self manipulation may be more helpful. 3 of 4 people found the following review helpful. Teaches what chiropractors DONT WANT YOU TO KNOW By Mary I. Oliver The author Karl V. Holinquist tells the truth about corruption, selling of endless unnecessary treatments by many dishonest chiropractors. The field and even the colleges have become corrupt. I used some of the information in Dr. Holinquist's book to correct misaligned vertebrae, bones in my neck, spine, hips and sacrum that a dishonest chiropractor (a few) in Worcester, Massachusetts caused 'on purpose' in order to try to sell me 240 more treatments and treatment 3x week for life. After they injured me, they were happy, arrogant, then threw more bones, hips out of alignment, twisted-injured the socket on top of my right leg and then said; I must stay with them for life and I will never be healed. After they injured me I ended up in the hospital many times with vertigo, almost had a stroke, extreme balance, hearing, eyesight problems for a few years. Some partial blindness and strabismus... occurred. Loud endless ear ringing. Over time, with the help of Dr. Holinquist book and DORN Chiropractic alternative. (Would link but don't see it on yet.) and a honest chiropractor, (one treatment ONLY and it was risky, caused some problems, vertigo to temporarily increase but in the

end was helpful.) and a physical therapist, I am now about 90-95% healed. Have some damage that seems to be incurable or very slow to heal. It's been since Oct. 2009. I will never forget that day, night in emergency room. The chiropractors were at a party and said they didn't answer my phone call for help because they did not recognize my number when their phone rang.(Eyesight is now healed, thank heaven to natural methods.)I do not use all methods in the books, do not work on the neck with most of the methods but did use their information to do a 'round about' alignment with NO chiropractic neck... twisting methods. I use movement, natural body movements, postures. Working on the neck can lead to stroke, paralysis... The spine to paralysis and other problems so I do not advise much self-treatment. But in my case; the doctors were crooks so I had no choice but to fix it myself while also searching for a honest doctor. Self-help methods enabled me to be able to walk out of the house, to carry a half gallon of milk without getting dizzy and eventually travel to new doctors.I now use only a physical therapy, movement, postures approach. And certain exercise.See the Chiropractic Stroke Channel on YouTube and Kevin Sorbo's book and videos;True Strength: My Journey from Hercules to Mere Mortal--and How Nearly Dying Saved My LifeI also used some of Meir Schneider's book; Movement for Self-Healing: An Essential Resource for Anyone Seeking WellnessI disagree with a lot of his eyesight training and his price is way beyond most peoples ability to pay, 'including the blind who are on disability', but his movement books were very helpful. I consider this his specialty but I have never had him work on me in person due to his prices. Once a masseuse did massage wrong on my back, pressed on the spine and this caused loss of feeling in my legs, so I don't recommend anyone I have not had direct contact, experience with. I like Meir's spine twist, laying on the floor, leg over one side, upper body, head-face to opposite. It popped my spine, neck into more alignment and then the other doctors completed, perfected it.So credit goes to all of the kind, honest doctors and natural healers.I do not use all Meirs movements. Dorn and Holinquist provide much more effective movements, tools.2 of 2 people found the following review helpful. Every household should have this book!By Carlos HechtChiropractic a USA health gov nightmare, why? because it works it heals and it keeps you away from Dr, that only prescribe pills and keep you sick, this book has kept me and my family healthy for some time now!.It even has a chapter in how to build your own simple table.Great info, buy it now and keep your family healthy!

Learn how to perform basic chiropractic techniques. Very interesting book for those interested in health.