

3 Weeks to a Better Back

Todd Sinett

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Sinett speaks to his readers much as he might speak with patients in his office, offering methods to personalize back-pain relief.

The phrase “back pain” is all too often accompanied by the word “chronic.” Chiropractor and applied kinesiologist Dr. Todd Sinett has witnessed this countless times in twenty years of practice, and it’s the reason he’s written this easy-to-read, informative book. Sinett’s patients have often treated their back pain with medication, physical therapy, and surgery, yet their discomfort persists. The problem, as Sinett sees it, is that none of these approaches address the underlying causes of back pain. *3 Weeks to a Better Back* offers alternative approaches that patients can take on their own.

Sinett writes with a friendly, helpful voice, and although he cites few medical studies to reinforce his message, he makes his clinical experience clear through case studies, patient testimonials, and anatomical drawings of the spine, foot, and neck. Sinett asks his readers to interact with the book on several levels, offering quizzes to help readers define the type of back pain they’re dealing with, as well as clear photographs of the exercises he recommends.

Much of this is standard medical self-help fare, and readers who have tried yoga or other stretching regimens will recognize many of the poses Sinett recommends.

What’s surprising here is the attention Sinett pays to two underexplored sources of back pain: nutrition and emotions. Inflammation underlies all back pain, says Sinett, and diet and emotions can fan the fires or help with healing. While you might guess that a high-fat diet is the main culprit, for some folks it’s too much roughage that causes problems, says Sinett. Detailed meal plans and recipes encourage personalization. Emotions work similarly, says Sinett, and he offers some commonsense advice for balancing emotional responses and takes a peek at more controversial methods like tapping and biofeedback.

Adhering wholly to “The Sinett Solution” takes dedication, but this book’s step-by-step approach to comprehensively addressing back pain is manageable and may offer new hope for chronic back pain sufferers.

SHEILA M. TRASK (Fall 2015)

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