

[Free] Be Your Own Chiropractor Through Biokinetic Exercises

# Be Your Own Chiropractor Through Biokinetic Exercises

*John Barton, Margaret Barton*

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**John Barton, Margaret Barton : Be Your Own Chiropractor Through Biokinetic Exercises** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Be Your Own Chiropractor Through Biokinetic Exercises:

3 of 3 people found the following review helpful. Book Inspired Me to Take Care of MyselfBy William BagleyThe book does not quite make you able to not need an occasional Chiropractic adjustment, but gives some self care tools that release tensions that make vertebra move out of alignment. You can balance both sides of the body and sometimes have the vertebra fall into alignment. Meanwhile, the exercises are safe to do so that you will not get worse (never try to push it). These exercises helped me to form my own set of self care exercises (neural net repatterning). I found Feldenkrais, Alexander Technique, Chi Kung, and Gentle Restorative Hatha Yoga also helpful as well as various healing modalities like Cranial Sacral work.4 of 8 people found the following review helpful. Skeptical, with a reasonBy Kindle CustomerI have been a chiropractor for 12 years, and I still cannot adjust myself, only others. I must go to one of my colleagues to properly analyze and correct my misalignments. How is a lay person, without any formal training, looking at pictures in a book, going to "be there own chiropractor" for themselves or their friends and family?. In the book, the author presents some good self-care ideas such as might be found in a yoga book, but just as I would know better than to buy a book called, "Be Your Own Surgeon" or "Be Your Own Architect" and then give it to a novice friend to work on me or design my home, I know when to call a doctor of chiropractic for safe and satisfying care.

This book is specifically designed to be used by doctors with select patients. It is suggested they might assign specific exercises to a patient