



HEAL SCIATICA WITH SPINAL DECOMPRESSION & EXERCISE

Discover how using gravity to your advantage and specific exercises can help your pain disappear from the convenience of your home

Pain Relief In As Little As 5 Minutes a Day



Yes, fast pain relief is definitely possible when you combine specific therapeutic exercises with the power of gravity and the strong pull it has on our low back everyday.

In this report, you'll discover how a drug-less therapy has helped millions of people worldwide to relieve their sciatica and back pain.

I'll show you the best options available so you can treat your back at home for the best results and yes, it can all be done without breaking the

bank.

But first, let me explain what spinal decompression is and how it can help you.

Why Your Back Hates Gravity

Have you ever noticed how elderly people seem like they have shrunk? Well, they really have.

And it happens everyday to all of us to a certain extent.

Gravity pulls down on every part of your body, every single day. But your spine gets the brunt end of it.



In order to understand how this works, I'm going to quickly go over your spinal anatomy so you can have an idea how your low back is affected by earth's mighty pull.



In between every vertebra in your spine, you have a disc which gives your back flexibility, cushions it, and separates each vertebra to allow nerves to run between them.

These discs are made up of a gelatinous substance and gravity compresses them daily and EVERY SINGLE DAY you lose a little bit of fluid inside the discs. So at the end of the day, you're actually a bit shorter than when you first woke up.

But every night when you're lying in bed asleep, the forces of gravity are greatly reduced on your spine so your discs reabsorb some of the fluid lost and you regain your height.

Even NASA has confirmed that astronauts grow a bit taller in outer space because they don't have the forces of gravity pressing down on them on a daily basis.

Go through 50+ years of this and your discs begin to degenerate or thin out. This is why elderly people get shorter.

Why Healthy Discs Matter

As I mentioned earlier, discs separate vertebrae so that nerves can run between them uninterrupted.

But when discs degenerate (become thin) or become injured (disc herniation), nerves can become pinched and that can lead to low back pain, sciatica, and a number of other symptoms.

Symptoms such as sharp shooting pain, numbness, and tingling not only on your low back but also down your leg(s).

And your body does the best that it can to heal itself, however, with gravity constantly pushing down on your spine, your low back is like a fish swimming upstream.

Since you probably won't be going to outer space anytime soon, you may be asking yourself... What can be done to overcome my fight against gravity?

Using Gravity To Your Advantage

So how can you reverse the effects of gravity without being an astronaut?

That is the whole concept behind non-surgical decompression therapy. And now you can get this treatment from the convenience of your home.

This can be done in two ways:

1. By inverting upside down, which will reverse the direction gravity pulls your body.
2. By hanging upright and letting gravity pull your legs down.

But before I go into detail about these two ways to decompress your spine from home, I'm going to go over the benefits of decompression therapy.

Benefits of Decompression Therapy

The way this treatment works is by using gravity's pull to separate the vertebrae from each other which creates a negative pressure (vacuum) within the discs. The negative pressure is believed to move herniated portions of a disc back into its normal place, removing pressure from surrounding nerves.

Although relief can be felt almost immediately, for long term benefits, a consistent treatment plan and therapeutic exercise program is recommended.

The following conditions have been found to benefit from the use of non-surgical decompression therapy:

- Bulging discs
- Herniated discs
- Pinched nerves
- Sciatica
- Degenerative disc disease
- Scoliosis
- Low back pain

The best results are seen with a combination of decompression therapy and a [comprehensive rehabilitation program](#) with exercises specific to the cause of their low back pain and sciatica.

Up until now, this treatment was only done at a Chiropractor's office with a specialized decompression machine as seen below, but now people have at-home treatment options that work just as well as going to a clinic and even prevent the need for back surgery.



Spinal Decompression WITH An Inversion Table

An [inversion table](#) is a device that inverts or hangs you upside down, therefore, changing the way gravity pulls on your body.



Instead of gravity constantly pushing down on you, by hanging upside down, you're now using gravity to do the opposite and work to your advantage.

And what's even better, is that you don't have to hang completely upside down to get the benefits of inversion. By inverting as little as 25 degrees you can remove a lot of the pressure from your spine. You control how much you want to invert by simply using your arms.

A recent study out of England examined two groups of surgical candidates going through a rehabilitation program, and the group who exercised and added inversion therapy to their routine, **reduced the need for back surgery by 71%**. That is HUGE!

Aside from getting rid of back pain and sciatica, when combined with an exercise program, inversion therapy is very economical when you compare it to back surgery which can cost \$20,000 to \$30,000 at the very least.

The inversion table I recommend can be found [here and costs just \\$199](#).

Caution: Read This Before Inverting

Although inversion therapy is considered safe for most people, there are people who have certain medical conditions which could be made worse by hanging upside down.

These are a few of those conditions:

- Heart disease
- Circulation problems / high blood pressure
- Glaucoma
- Stroke
- Spinal surgery
- Spinal cord injuries
- Hiatal hernia
- Vertebral fractures
- Glaucoma
- Vertigo / Dizziness / Inner ear problems
- Osteoporosis

If you have any of these conditions, it is very important that you consult with your doctor before trying inversion. When in doubt, talk to your doctor first.



Spinal Decompression WITHOUT Inversion

Fortunately, there is a brand new device which gives you the ability to experience the relief of decompression WITHOUT inverting upside down.

This device was invented by a Chiropractor and it consists of a vest that you strap to a pull up bar. You then secure it around your torso and let gravity do it's job. Using the weight of your lower body and gravity, it increases the space between your vertebra (where your discs are), decompresses the spine, and removes pressure on nerves.





Very simple concept with UNBELIEVABLE relief!



A study done with digital x-ray and this decompression vest showed a 25% increase in disc space, which is an industry first. No other low back decompression device has x-ray medical proof.

On the next page, you'll find a chart comparing all different types of non-surgical decompression currently available.

Decompression Vest - Chiropractor's Office - Inversion Table

				
Easy to set up and put away	✓	X	X	
Home Treatment Option	✓	X	✓	
Less Than \$250	✓	X	X	
You don't hang upside down	✓	✓	X	
Easy to follow instructions	✓	X	X	
Proven X-ray Results	✓	X	X	
30 Day Money Back Guarantee	✓	X	X	
Safe On Joint Replacements	✓	X	X	

The table above shows a comparison of the decompression vest, decompression therapy at a Chiropractor's office, and an inversion table.

Although all of them have the same function, there are some advantages as you can see in the chart. You have the option to choose whichever want you want to use and feel more comfortable with.

Currently, the decompression vest is only [available online here](#) for less than \$100 and you can get a \$5 discount by using the coupon code **Guevara5** at checkout.

Therapeutic Exercises + Decompression

A combination of decompression therapy and specific therapeutic exercises is a knock-out punch for low back pain and sciatica, and has been shown to yield the best results to stop the pain from running down your leg and to keep it from coming back WITHOUT going under the knife.

The decompression takes pressure off the nerves and the therapeutic exercises strengthen the muscles in the back, reduce pain and inflammation, and prevent flare ups in the future.

Before starting any exercise program, it is important that you identify what's causing your back pain and sciatica. Knowing what is causing your sciatica is 80% of your recovery. Get this wrong and you'll be on painkillers for months to come hoping for relief.

One program in particular walks you through the whole process of identifying the cause of your sciatica. It is a 6 week online video program, divided into 3 phases of care, with specific exercises for the cause of your pain, and can be watched from any electronic device.

The program is called the Sayonara Sciatica System. You can learn more about it by going to <http://SayonaraSciatica.com> . Combine with decompression therapy, the Sayonara Sciatica system has saved people thousands of dollars by avoiding back surgery and has decreased years in pain.

Closing

By taking action and using the tools in this report, there is no doubt in my mind that you will be one step closer to getting rid of back pain and sciatica WITHOUT the need for risky back surgery, painful injections, or addicting painkillers.

The truth is, nobody cares about your body and your health more than yourself. For this reason, you have to be proactive about your health and take matters into your own hands. I've included a Resources section in the next page to make it easy for you to check out the tools I discussed.

Take care of your body and it will continue to take care of you for many years to come.

Dr. Guevara

Resources

[Sayonara Sciatica System](#)

Complete, step-by-step, 6 week online video therapeutic exercise program to get rid of sciatica WITHOUT risky back surgery, painful injections, or addicting painkillers. [Click here](#) for more info.

[Decompression Vest](#)

Use this vest from to enjoy the benefits of decompression WITHOUT hanging upside down. [Click here](#) for more info.

[Inversion table](#)

The original non-surgical decompression device that you can use from home. [Click here](#) for more info.