

UNLOCK YOUR

SPINE

THE KEY TO

PERFECT ALIGNMENT

By Tonya Finns, BSC, PT
A Injury Specialist Rick Kasel, MD

Presented by
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YOUR BODY**

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Unlock Your Spine™ by Tonya Fines eBook PDF Download



Unlock Your Spine Reviews

Do you have back and neck pain? Finding it difficult to perform even the simplest tasks, such as sitting, bending over, standing up, or just lying down? 4 in 5 adults in Canada have had at least one episode of back discomfort at some point in their lives, with the frequency increasing between the ages of 30 and 50. The same source mentioned infinite possibilities for such pain, including obesity, a lack of physical activity, and poor lifestyle choices. Rick Kaselj, an injury specialist, and Tonya Fines, a board-certified holistic health practitioner, concur. However, in most circumstances, it is said to be related to our physical posture. What do they mean by this? Here is a detailed review of Unlock Your Spine.

What is Unlock Your Spine?

Unlock Your Spine is a program that helps users put their spine back into alignment to relieve back pain and experience more energy and rest. This program allows consumers to improve their bodies within 10 minutes a day without invasive surgery, aggressive medication, or excessive time at a doctor's appointment.

Unlock Your Spine asks consumers to spend just a few minutes unveiling their spinal alignment method that can

take care of their pain. Users will find that the content reveals a lot of help, including establishing a good position while sleeping and sitting to take the stress off the back. The creator of the regimen even explains that their back pain was solved by taking part in it, pushing them further away from the surgery their doctor once said was their only option.

About the Creator



The woman behind this entire program is Tonya Fines, BSC, PE. She's a board-certified holistic health practitioner, and she's spent her entire career in the health and fitness industry. She's been featured in multiple publications, including The Australian Women's Weekly. She has her channel on YouTube to guide consumers in their relief efforts.

Her expert advice comes from a personal place, explaining multiple times that much of the problem comes down to her experience with back pain. Her soreness has lasted since childhood, dealing with twitching and spasms she was forced to endure. Ultimately, her pain finally caught up, pushing her to interact with an injury specialist named Rick Kaselj.

How Does Unlock Your Spine Work?

The entire reason that the Unlock Your Spine works is because it offers an exclusive 3 Point Spinal Alignment technique. This method can't be found anywhere else, and it only takes about 10 minutes to give the necessary benefits.

First Point: Cervical Curve Correction

In the first part of the technique, users will learn how to realign their cervical spine, which includes seven vertebrae. Users will go through four movements, and they have to be done to correct the curvature. It helps users to release the pressure that causes nerves to pinch and headaches to start. It also alleviates neck pain by releasing tension in the surrounding muscles of the shoulders and upper back.

Second Point: Thoracic Curve Correction

Next, users will correct their thoracic curve, which is the 12 thoracic vertebrae in the middle of the spine. With the next four movements, users will notice a release of tension in the intervertebral discs, alleviating a lot of pain for the user. It helps with flexibility, extension, and rotation for better function all day.

Third Point: Lumbar Spinal Curve Correction

Finally, users will alleviate pressure from the lumbar spine to correct the natural S-curve. This technique will complete the alignment with four movements to create space in the lumbar spine for less lower back pain, sciatic pain, and restricted hip mobility.

The Spine Aligner

The Spine Aligner is the easiest way to reverse the adverse effects of the modern lifestyle. It has acupuncture massage points, a foam cushion, and three stretching arches to guarantee that people get the most out of each stretch. Tonya designed a unique video series to ensure everything about the types of stretches the Spine Aligner can support is clear and manageable.

In addition to the main program, Tonya will offer bonus resources to fast-track the learning phase. These include:

Bonus #1. Unlock Your Spine Manual

The Unlock Your Spine program is twofold: theoretical and practical. The video series mentioned above are suitable for the practical portion of this program. To learn the dos and don'ts, individuals must familiarize themselves with the causes of a misaligned spine. In this respect, the Unlock Your Spine manual is highly valuable. Inside this bonus, Tonya discusses why we become shorter with age (also called the shrinking effect), mistakes that contort the spine, why stretches are far superior to chiropractors, and many more.

Bonus #2. Exercise Routine PDF Sheets

The second bonus is a detailed summary of every movement in Unlock Your Spine. It comprises photos and descriptions from start to finish, emphasizing proper form. Correct form is crucial, given the discomfort one incorrect stretch will likely cause.

Summary

Unlock Your Spine provides a drug-free and painless way of eliminating discomfort in the back and spine. The methods have been tried by the creator herself, ensuring that every movement takes away unnecessary pressure. There's no prescription required, though users should check with their doctor to consider if they have a pre-existing condition or other problems.

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