

Dot Spaet

Introduction:

80% of the population experiences back pain at some point. Most people do not know what they can do to get their own back pain to go away or what to do to stop getting reinjured. Dot's work is unique in that she utilizes her troubleshooting skills to analyze your body and figures out exactly what it takes to get your particular body out of pain. This is incredibly empowering since not only do you end up pain-free, you now know the specific actions to take to keep your back healthy.

Presentation Topics:

Get Out of Back Pain

In this presentation your audience will learn how to:

- have freedom of movement so you can do the activities you want to do
- move so there is no pain in your back or neck
- have more and more moments of no pain
- make your back strong and better
- have flexibility

Nutrition Guidelines for a Pain-free Body and Vibrant Health

In this presentation your audience will learn:

- what foods will give you more energy
- how to eat to keep inflammation and pain away
- some surprises on foods to avoid



About Dot Spaet:

Dot has an Engineering Background. She is known for solving problems that others can't solve. She has a BA degree in Mathematics from UC Berkeley and has studied the human body for 35 years. She is truly an Engineer of the human body.

Dot had her own bout with debilitating sciatica. Neither her doctor nor her physical therapist was able to fix it. She used her superb analytical skills to figure out what was causing it and healed herself completely within a few months.

She has gone on to receive 10 distinct certifications to support her knowledge of the body, and is totally committed and passionate about helping other people heal their back and sciatic pain. Dot has a 90% success rate helping people get rid of their back pain.

What People Say:

You're very intuitive and really custom-fit for each person's issues. My pain is 95% better; I thought I knew all the moves. Thank you! – *Ellen F.*, San Rafael program participant

I'd had back pain for over 8 years and it was intolerable...Dot gave me hope and some very different suggestions...I followed her program and my pain was 95% better within a few months. Now I'm reclaiming my life and starting to do things I never thought I'd get to do again. It's a miracle! – *Eileen B.*, San Rafael

To book Dot: please contact Nancy Fox:
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