**Cure Any Back Pain and Sciatica – in 7 Days or Less**

If you’ve spent time looking for possible sciatica and back pain treatment solutions, you’ve probably heard about Sciatica & Back Pain Self-Treatment System – a home program that guarantees to eliminate pain in just 7 days.

But does it work? Is it really that effective that it removes your pain so fast? What is it based on?

We spent enough time researching the system and here is what we’ve found.

**Origins of Sciatica & Back Pain Self-Treatment**

The method was created in the 90s by several Japanese health experts for Olympic athletes and sumo wrestlers who often suffered from various neuromuscular and skeletal pains due to their bodyweight, such as sciatica, lower back and thoracic back pain, herniated discs, spinal stenosis, neck pain, arthritis and diabetes induced spinal issues and fibromyalgia.

The group of coaches and health experts spent several years gathering information from chiropractors, physical therapists and alternative healers to find best possible solution for these ailments. Luckily, there was an extensive ongoing research into sciatica and back pain conducted by the Japanese Ministry of Health at that time, so the experts had full access to the latest research.

Although the healing system the group created had been initially used in closed circles, it attracted medical and public attention few years ago as it had almost 100% success rate in sciatica and back pain recovery. Eventually the method was approved as mandatory on most of Japanese health universities.

For western countries, the main proponent of the system is John McPherson, MD an ex-army doctor who suffered from sciatica and back pain himself. After years of painful symptoms, he discovered the method in a Japanese live TV show and managed to completely remove his back issues within few days.

He became a licensed distributor of this system in Western countries, travelling with his small team of coaches and teaching it to doctors, chiropractors and fitness trainers in the United States, Australia, United Kingdom, Canada and Europe.

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**Overview of The System**

The course starts with useful information about possible causes of sciatica and back pain while going right into the subject matter, which is a two-way approach to pain elimination, called Detox and Decompress System.

The Detoxification part consists of sipping powerful herbal mixture twice a day. The ingredients are natural pain tranquilizers and muscle relaxants that relieve pain almost instantly while preparing the body for the second part – The Decompression.

Decompression is a set of three almost static exercises anyone can perform easily in bed. The entire routine takes around three minutes and should be performed early in the morning.

The static exercises mildly affect all major muscle groups from hamstrings, to lumbar and thoracic muscles, adductors and abductors. Main pillar of the routine is mild stretching and strengthening of the hip flexor muscle (psoas) which has been missed by modern physicians.

**Unique Functional Theory**

Commercial therapies tend to only treat symptoms that leave space for further destabilization of bodily systems. According the Japanese experts, most diseases have their origins in human past. Mental stress and poor nutrition disrupt bodily functions causing toxins to flow into muscles, joints and tendons. This process induces inflammation and swelling into the neuro-muscular system. The herbal mixture contains powerful nutrients that restore the original balance and relax the muscles.

**The Hip Flexor Muscle Importance**

The underlying cause behind all pain in the back and overall immobility lies in weak Psoas Muscle which is the only muscle that connects lower and upper body. Contrary to its important function it is so thin that it easily becomes too weak or too stiff to hold these two major body parts together properly. It is therefore important to get this muscle into shape and correct position so that the spine and spinal disc can restore back into their natural positions. Luckily, this small muscle is easy to strengthen, stretch and reposition. Task the remaining two static positions is to restore the muscles, nerves and bones into their original state, enabling the core decompression.

**Sciatica and Piriformis Muscle**

Another major finding is the connection behind sciatic nerve and the piriformis muscles located in the gluteus area. Pinched sciatic nerve is either resulting from the from weak hip flexors or piriformis muscles. Again, the static exercises address this tiny muscle group directly.

**Will this book help me?**

This is exactly what we were thinking when we first heard about the system from my ex-colleague. Yet it was easy for us to decide whether we should give this method a shot as our colleague said it works. We were was lucky we did. Unless you do not suffer from any spinal fracture, we recommend you try it out too.

The system is completely safe and natural plus there are tons of other people who reported full recovery from arthritis and osteoporosis. We’ve even reached to Japanese Institute for Degenerative Diseases in Tokyo to get proof and they indeed sent us 5 year long results pointing to the efficiency in treating arthritis and osteoporosis using the detoxification part of this method. And it’s simple to implement for anyone.

**What makes Sciatica & Back Pain Self-Treatment unique?**

**Compatibility:** The Sciatica & Back Pain Self-Treatment is available as an e-book which is a huge advantage simply because you can download it to your computer, tablet or mobile phone. Some of you may prefer to print it out and have it next to your bed. People prefer to use the digital format and you can have a bookmark of the book in your iPhone, so you can easily open it up anytime you need.

**Clear and Concise:** The book is written in plain words and contains no fluff. You’ll be directed into the actual routine and put it into practice on Day 1.

**Credibility:** John McPherson, MD a former sufferer and Ex-Army Officer who travels the word teaching this incredible method to doctors, chiropractors and fitness gurus has become a benchmark in the back pain and sciatica expert industry. In addition, the system has been approved for public release by International Institute for Clinical Studies.  There have been over 16,000 success cases reported in Western Countries only, not to say about the vast amounts of cured patients in Japan.

**Effectiveness:** Dozens of people we directly know who used this method are living proof that the Sciatica & Back Pain Self-Treatment method works.

**Money Back Guarantee:** This is a risk-free investment since you have full 60 days to try out the method. You’ll simply put into practice for a week and see the results for yourself.

**Lifetime Support and Updates:** You’ll have John and his team constantly available plus they are working with the Japanese health experts and researchers to continuously improve the method based on new findings. You will have access to their newsletter should you ever need it.

**Our recommendation**

If you suffer from sciatica or back pain regardless of the cause or your age, you have nothing to lose with this truly remarkable and simple to use system. Instead of spending hundreds and thousands for mainstream medical treatments that often don’t work at all, try out this method and you’ll be amazed about the results.

The complete Sciatica & Back Pain Relief System (with 7 Bonuses) is available for only $39 which is indeed a small sum when it comes to the health benefits gained from this method. Click the image below to see the free vide and get right into John McPherson’s official website. Act now because the only thing you can lose is your back pain and sciatica.

[Click Here to See The Free Video Presentation.](http://713dd1r8w4z6j826i0u5z7jk5h.hop.clickbank.net/)

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If you or someone you know suffers from back pain or sciatica and you found my review helpful, please spread the word and you can help hundreds of others. Should you have any question, please comment below or contact me via e-mail. Good luck!