

CONTENT

Forward		5
Chapter One	Ruptured disc	9
Chapter Two	The spine	17
Chapter Three	How the spine works	25
Chapter Four	Swedish research into disc pressure	49
Chapter Five	Development of Spinal System-S	54
Chapter Six	Invasive surgery	60
Chapter Seven	Sitting is the main cause	78
Chapter Eight	Perfect posture guaranteed	85
Chapter Nine	Spinal System-Life	94
Chapter Ten	Non invasive removal of a slipped disc	120
Chapter Eleven	The signpost at the crossroads	126
Chapter Twelve	Think S	137
Chapter Thirteen	Hope	140
Chapter Fourteen	The future	143
Chapter Fifteen	Spinal Information	147