



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

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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 12 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 91% success rate helping people get rid of their back pain.

What People Say:

Not every speaker can get the audience involved like Dot did our Rotary Club. She got most of the audience involved doing the exercises with her. Some even stood up and went to the back of the room for more space. Dot is engaging, her presentation is informative, and your group will enjoy themselves. - JD M.

Dot Spaet did a great job presenting ways to minimize back pain through different exercises. She had all seventy members of our group involved in all of the exercises...Dot is a very effective speaker. Everybody in the room was involved; Dot is able to perceive and anticipate how the audience is feeling. – Richard Z.

To book Dot: please contact Nancy Fox:

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