

The Spinal Engine [Paperback] By Serge Gracovetsky

By Serge Gracovetsky

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1 - A revised version (2008) of the original Spinal Engine book which I wrote in 1988 with a 35 minutes movie on the function of the spine.

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In the video, we apply two of three coupled motion of the spine actions, according to Dr. Serge Gracovetsky's book *The Spinal Engine: Side bending* (evidenced by a

Serge Gracovetsky, Ph.D. expounded on this idea in his book titled *Spinal Engine* by declaring lumbar spine is lost, the spinal engine runs out of gas

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The Spinal Engine This book has 271 pages. I have included a 35 minutes movie in WMV and MOV formats describing how the function of the spine can be measured.

The spinal engine by Serge Gracovetsky, 1988, Springer-Verlag edition, in English

Canadian nuclear physicist Serge Gracovetsky, Gracovetsky's spinal engine theory is based on the assumption humans possess no muscles capable of directly

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