



resident spotlight
Dr. Todd Sinett

Kyle, Todd, Wendy & Taylor Sinett at Citifield for Kyles' Bar Mitzvah!

The Backbridge

Meet Dr. Todd Sinett – Inventor Of The Backbridge

Dr. Todd Sinett has been a resident of Sands Point for about ten years. He and his wife, Wendy, moved here from New York City with his two children -- Taylor, now 16, and Kyle, now 13. Todd says he is here to stay and never leaving Sands Point.

"I love everything about this community, even though I was raised on the south shore of Long Island," Todd admits he had never known of Sands Point. "I appreciate living so close by to the city in the great town of Port Washington. I have the luxury of so much space while being so close to the water. Sands Point is the ideal place for my family and me."

Todd is a chiropractor who founded an integrated wellness center in NYC located on 53rd street and Madison Avenue. Through the years, Todd has gained so much insight from practicing chiropractic health and learned so much from his patients. It is his belief that individual health comes from a balance of three key elements: 1) your structural system -- such as muscles, bones and posture; 2) your chemical system -- such as diet and nutrition; and 3) your state of mind or emotions. He believes that in order to be truly healthy all three components must be in balance.

"Treatment that doesn't address these three factors is simply incomplete," he says. His practice has services that range from Chiropractic, non-surgical orthopedics, internal medicine, physical therapy and even stress management. It is this three-pronged approach in a team setting that really sets the center apart. Last year, he released his second book: "3 Weeks to a Better Back." Todd explains that his book is designed for the back pain suf-

ferer to be able to evaluate where their back pain may be coming from -- such as (structural, nutritional or emotional) -- and how to diagnose it, understand it, self-treat it and if necessary which specialists to see.

Almost four years ago, Todd created a product called Backbridge. "I discovered a commonality of back pain which is caused by our excessive sitting and flexion," he says. "Our bodies are frequently in a hunched forward position called flexion and when we have excessive flexion in our bodies we lose our proper postural alignment which creates imbalance and subsequently pain."

It is from this theory that Backbridge was born. It comes with five stackable levels so that a patient can customize their Backbridge stretch routine. Backbridge should be used for two minutes in the morning and two minutes in the evening. "As the body realigns, a patient can gradually graduate to higher levels of stretch. Better posture leads to better function and better function leads to pain relief."

"It has been quite rewarding to watch as Backbridge continues to help so many people around the world who have been suffering from back pain."

His book is available on Amazon.com and Backbridge can be purchased through his website at DrSinett.com or at backbridge.com.



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