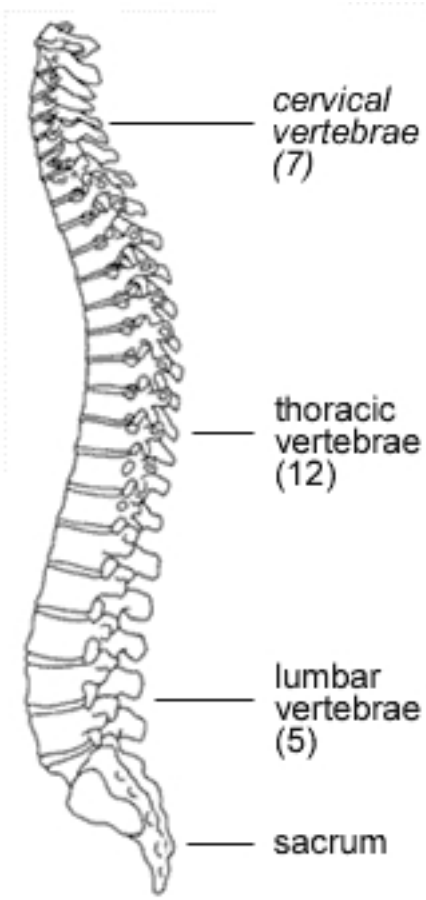
 Welcome to the **PIDDDS** Website !!!

Personal Integrated D ynamics , D iet & D etermination Solutions ***Self Help Corrective Exercise Technique***

PIDDDS will show you the tremendous opportunity to think from the source and not the symptom and that the spine is the source of many bodily conditions:



- **Back pain**
- **Sciatica**
- **Scoliosis**
- **Neck and Joint Pains**

- **Migraine**
- **Hip-Problems**
- **Knee Pain**
- **Infertility**
- **Emotional Conflicts**
- **ADHD, ADD & Hyper active Behaviour**
- **Autsim**
- **Neurologcal Disorders**
- **All Chronic Inner Conditions: Eczema, Psoriasis etc…..**
- **Children: Bed wetting, anger, depression, concentration etc…**
- **Many more conditions (Please see Spinal Charts Tab)**

Please **Register** via the **newsletter** section on the home page, to recieve updates on all the

PIDDDS News and Events

Disclaimer *The content found in this website is not a substitute for the medical recommendations of Doctors or, any other Health professionals. It is designed for your personal knowledge, to help you to be more informed of health services. Before you attempt any of the diets, exercises, advice and recommendations offered, referred or related in this website you should always seek medical care promptly for any specific medical condition such as but not limited to diabetes, autoimmune diseases, allergies and the like. Under no circumstances should you take or stop taking any medications of any kind without first checking with your Physician. Before you attempt any of the self-help exercises you must see a Piddds-Dorn Method Practitioner first.*

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and contol for all persons attending any of the PIDDDS Trainings and Self Help Exercise Classes.

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