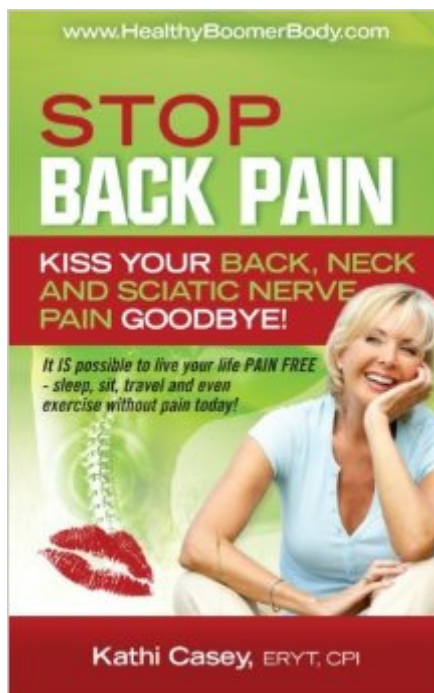


The book was found

STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!



Synopsis

• "Stop Back Pain • Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!" • is the culmination of years of research on what works and what doesn't. Kathi Casey has synthesized and integrated a practical and fun approach for understanding and transforming back pain. There are many treatment options that don't involve prescription drugs or surgery. You don't have to live with back pain! Learn Kathi's • Three Step Approach • for healing back pain, and the top technique for relieving your pain quickly. The American Chiropractic Association estimates that 70 • 85% of people suffer from back pain at any given time. Kathi has already helped thousands of people • isn't it your turn?

Book Information

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Customer Reviews

After an auto accident a number of years ago, I was told that I would semi recover, yet still have chronic shoulder problems due to a severe injury to my right trapezoidal shoulder muscle. This muscle was ripped and torn and to this day, I still have on and off chronic pain with it. After trying many types of remedies with not much relief, I bought this book. And after reading this book, I was able to understand the reasons for this type of pain. This book gives suggestions of different types of treatments and remedies. The chapters in this book that have been of the greatest of help to me are: Chapter 3: Types of Treatment --- In this chapter the author gives 5 types of treatments for back pain. The first four are more of the holistic nature, which I have found will be more of value to me as conventional medicine has not helped me that much and I choose not to take "heavy medications". The five suggested treatments mentioned in this book are: 1) Emotional Freedom Technique (EFT) 2)

The Lifeline Technique³) The Sedona Method⁴) The Mind Body Prescription⁵) Surgery) In addition to chapter 3, chapter 4 gives advice on ICE treatment, Heat treatment, patches, creams and gels with wonderful suggestions. Chapter 5 is another very helpful chapter called "The East West Connection" This chapter gives superb insight for using Yoga, Qigong, Ayurveda, and Healing Touch/Reiki. These types of eastern treatment go back for thousands of years and are become more and more in use in the United States these days as for many people, these methods of healing are quite effective. Chapter 6 - Stress and Your Back and Neck Pain - explains how stress can bring on pain in the body especially in the neck, shoulder and back!

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