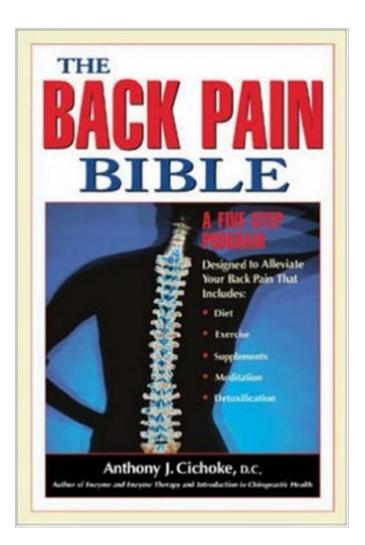


The Back Pain Bible





Synopsis

Eighty percent of Americans experience back pain at some point in their lives. It can be a complex problem that affects mood, self-image, and mobility -- but it need not rule one's life. In The Back Pain Bible, noted chiropractor Anthony Cichoke explains how sufferers can conquer this affliction and how they can defend themselves against the emotional, physical, and biochemical/nutritional stressors that play varying, sometimes overlapping, roles in the cause of every back pain.He describes how alternative therapies -- stress relief, Eastern philosophy, magnets, and acupressure -- can be used to improve, reverse, and even cure such ailments and gives specifics on how to increase the body's innate healing potential.The author also discusses: -- The anatomy and physiology of the back and how lifestyle causes back problems-- Curing back pain and preventing flare-ups using the five-step jump start plan -- diet, exercise, supplements, meditation, and detoxification-- Short treatment plans for disc problems, fibromyalgia, scoliosis, and other key back conditions

Book Information

Paperback: 336 pages Publisher: McGraw-Hill; 1 edition (October 11, 1999) Language: English ISBN-10: 0879839031 ISBN-13: 978-0879839031 Product Dimensions: 6 x 0.8 x 9 inches Shipping Weight: 1 pounds Average Customer Review: Be the first to review this item Best Sellers Rank: #2,011,865 in Books (See Top 100 in Books) #232 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #710 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #1701 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

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Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain 3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness

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