

Back Pain Remedies For Dummies

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Reviews

It in a of the most popular pdf. It really is full of knowledge and wisdom Its been developed in an exceptionally easy way and it is just right after i finished reading through this publication by which really altered me, alter the way in my opinion. (Dr. Alexa Rogahn)

BACK PAIN REMEDIES FOR DUMMIES



For Dummies, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction. PART I: Getting Back to Back Basics. Chapter 1: Ouch! The Problem of Back Pain. Chapter 2: Introducing the Parts of Your Spine. Chapter 3: The Root of All Back Pain. Chapter 4: Out of Your Hands: When to Seek Help and from Whom. PART II: Conventional Treatment Options. Chapter 5: Home Remedies: First Aid for Your Back Attack. Chapter 6: Back Pain under the Microscope: Common Medical Tests. Chapter 7: Going the Conservative Treatment Route. Chapter 8: Choosing to Have Back Surgery. PART III: Complementary Approaches: Are They for you? Chapter 9: Ancient Eastern Wisdom and Contemporary Ideas. Chapter 10: A Chiropractic Solution to Back Pain. Chapter 11: All in Knots: Yoga for Your Back Problem. Chapter 12: Using the Power of the Mind-Body Connection. PART IV: Rehabilitation. Chapter 13: The Importance of Posture. Chapter 14: Exercising Your Way to a Healthy Back. Chapter 15: Products for Better Back Health. PART V: Resuming Normal Activity and Preventing Future Injury: Work, Play, and Sex. Chapter 16: Getting Back to Work. Chapter 17: Safely Returning to Your Favorite Sports: The Weekend Warrior. Chapter 18: Sex and Back Pain. Getting "Back" in the Saddle. PART VI: The Part of Tens. Chapter 19: Ten Most Common Questions about Back Pain. Chapter 20: Ten Steps to a Healthy Back. Chapter 21: Ten Reasons to See a Doctor for Back Pain. Chapter 22: Ten Tips for Working Successfully with Your Doctor. Chapter 23: Ten Hot Topics in Back Pain. Appendix A. Appendix B. Index. Book Registration Information.

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