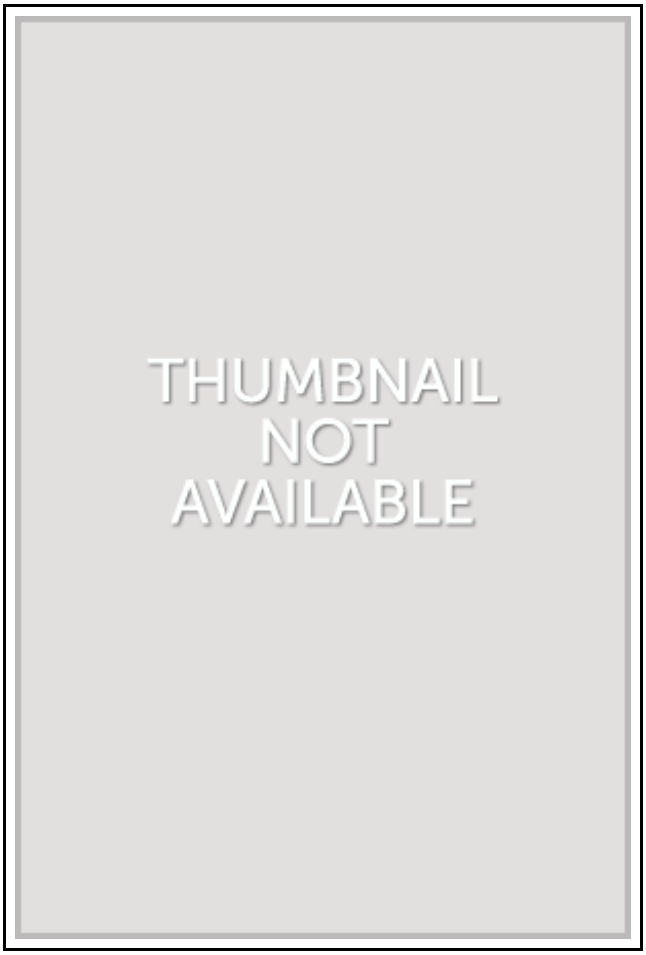
Conquer Back and Neck Pain (Paperback)



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Reviews

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.
(Geovanny Grimes)

CONQUER BACK AND NECK PAIN (PAPERBACK)

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Almost everyone suffers from back pain and neck pain at some point in life. In an effort to find relief, people turn to a wide variety of treatments, and to doctors who will prescribe medications such as painkillers and muscle relaxers. What they don t realize is that many of these treatments -- especially some medications -- actually interfere with the body s own ability to heal and overcome pain. When these treatments fail to help, they desperately conclude that surgery is their only option for relief. They often think their condition is worse than it is and that they have no hope for relief; when if fact quite the opposite is the case. In award winning book, Conquer Back and Neck Pain, renowned spine specialist, Dr. Mark Brown, explains exactly what causes back pain and why humans are so predisposed to spinal problems. He provides a detailed questionnaire that allows you to identify which of seven most common types of back pain you are experiencing, and then he explains each of those types in clear and easy-to-understand language. In his 40 years of experience, he has found that the vast majority of back pain cases will resolve with minimal treatment. In fact, the very best thing you can do is to simply allow your body to heal itself by avoiding the many treatment pitfalls that people with back pain commonly fall into when looking for relief. Avoiding these mistakes, along with incorporating low impact, aerobic exercise, will almost always allow you to walk off your back or neck pain naturally. With an interesting collection of anecdotes and a frank discussion of the pitfalls that come with many...

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