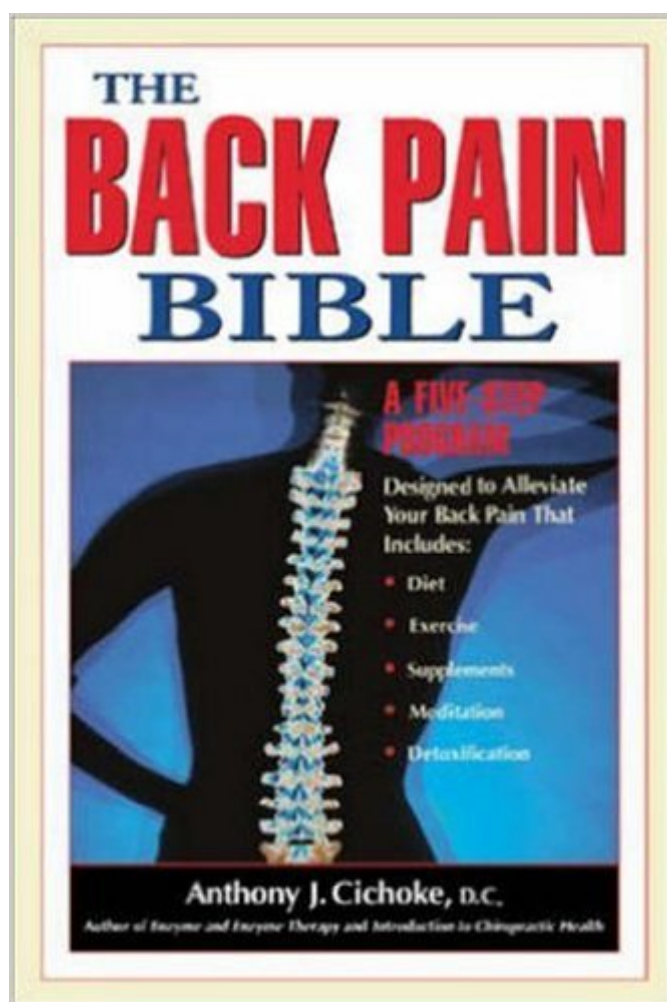


The book was found

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 acupuncture -- 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

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The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain
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