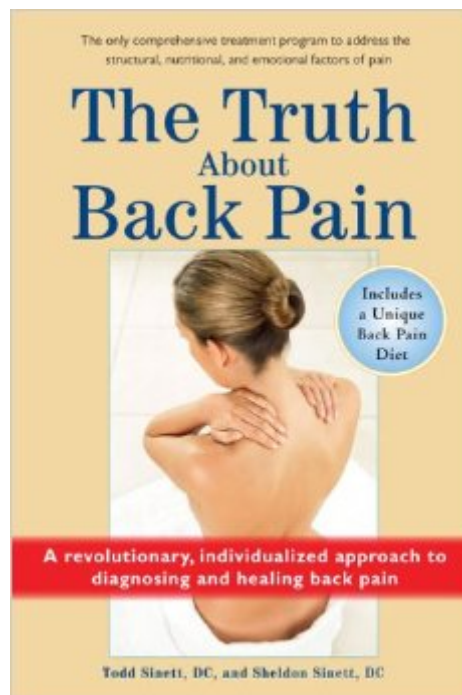


The book was found

The Truth About Back Pain: A Revolutionary, Individualized Approach To Diagnosing And Healing Back Pain



Synopsis

A unique structural, nutritional, and emotional approach to understanding and treating back pain?now in paperback. Most health practitioners and back pain books focus mostly on structural causes and treatments of back pain. A few look at the effect of stress and other emotional issues. But only Drs. Todd and Sheldon Sinett have pioneered a comprehensive, three-tiered approach to treating back pain based on their belief that back pain can result from three different types of issues: structural, chemical, or emotional. The Truth About Back Pain introduces a shift in the diagnosis and treatment of back pain that is holistic, favoring noninvasive solutions. Once the origin of back pain is understood, appropriate action can take place to achieve relief. This book's program provides practical guidance and specific advice ranging from exercise and meal plans to techniques for dealing with stress as it dispels common myths and misconceptions that can hamper recovery.

Book Information

Paperback: 224 pages

Publisher: TarcherPerigee; Reprint edition (April 7, 2009)

Language: English

ISBN-10: 0399534857

ISBN-13: 978-0399534850

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #1,618,667 in Books (See Top 100 in Books) #199 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #651 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #1463 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

The authors do a great job of explaining holistic causes and remedies for back problems. Let me start by saying that I am comparing this to Stuart McGill's (a PhD in spine biomechanics who backs up his statements with hard evidence in a lab) two back biomechanics books. The Sinetts' statements agree with McGill on many issues, but there are some exercises that may be harmful, according to what I've read from McGill and others. On page 108 the plank is very helpful, but the Sinetts say to pull the navel into the spine. On pages 110,111, and 112 there are exercises telling you to lie on your back and lift your straight legs up.

[Download to continue reading...](#)

The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain The Pain Cure Rx: The Yass Method for Diagnosing and Resolving Chronic Pain The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain Understanding, Diagnosing, and Treating ADHD in Children and Adolescents: An Integrative Approach (Reiss-Davis Child Study Center, Volume 3) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) 3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!

[Dmca](#)