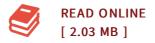


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Sciatica No More: A Comprehensive Guide to Sciatica Causes, Symptoms, Treatments, and a Holistic System of Natural Remedies for Sciatica Pain Relief

By Pamela H Royal

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book ***** Print on Demand *****. I woke up one morning and could not get out of bed literally. Every time I attempted to raise myself to a sitting position, pain shot through my lower back and into my left hip and buttock. Does this sound familiar to you? That was 6 years ago when I first experienced the shocking sciatica pain. Horror could not begin to describe how I felt that day. For the next 12 weeks I went through hell and back. Through a series of nonsurgical treatments, exercises, and stretches, I have been back pain free have not needed to see a healthcare professional for sciatica since then. I continue to care for my back with stretching, walking and sometimes back strengthening exercises. Oh, and every now and then, I also treat my back to spinal decompression at the chiropractor s office. The single most important thing I learned through my ordeal with sciatica is that there is no way any doctor can tell every patient everything he or she needs to know and, unfortunately, most...



Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

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