



Back Pain Relief (2nd Revised edition)

By Yang, Jwing-Ming

YMAA Publication Center. Paperback. Book Condition: new. BRAND NEW, Back Pain Relief (2nd Revised edition), Yang, Jwing-Ming, The Spine is the roof of all motion. Qigong Exercises can help eliminate back pain. This expanded second edition includes Qigong exercises that can restore the health of the spine. Some of the exercises are designed to heal a condition, others to help rebuild the strength of the joints, still others to help keep the back healthy and prevent further problems from developing and expedite your body's natural healing abilities. The exercises are simple to learn, enjoyable to practice, and can be performed sitting or standing. Ten exercises for both standing and sitting and 23 massage techniques to do alone or with a partner. Young or old, sedentary or athletic; it is likely that you will experience some sort of back pain injury in your lifetime. Since the spine is the root of all motion, a healthy back is vital to well-being. Although Western Medicine has made great progress in treating spinal illnesses and lower back pain; it has only limited success in actually healing it. Chinese Medicine, over the last four thousand years, has developed many of its own methods to treat...



READ ONLINE
[6.9 MB]

Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

Other Books



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book. the genuine special part of the spot...



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...



Kingfisher Readers: Romans (Level 3: Reading Alone with Some Help) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Romans (Level 3: Reading Alone with Some Help) (Unabridged), Philip Steele, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This new...



Kingfisher Readers: Volcanoes (Level 3: Reading Alone with Some Help) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Volcanoes (Level 3: Reading Alone with Some Help) (Unabridged), Claire Llewellyn, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This new...