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Sick Surfers Ask the Surf Docs and Dr Geoff

By Mark Renneker, Kevin Starr, Geoff Booth

Bull Publishing Company. Paperback. Book Condition: new. BRAND NEW, Sick Surfers Ask the Surf Docs and Dr Geoff, Mark Renneker, Kevin Starr, Geoff Booth, This book gives surfers the answers they need now! It addresses the following: how to prevent surfing's health problems; diagnosing yourself and on-the-beach treatment techniques; and, what to do when you can't solve the problem yourself. The book is easy-to-use, fun to read and gives fast and complete answers. Written in surfer's language by hard-core surfer-physicians from the infamous surfing doctor's health columns of "Surfer" magazine and Australia's "Tracks". Some of the topics covered include: CPR and rescue techniques for surfers; sharks and other critters; surfer's ear and eye problems; back, knee, skin, and shoulder problems; surf travel medicine; and, nutrition.



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