



Back Pain Remedies For Dummies

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For Dummies, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction. PART I: Getting Back to Back Basics. Chapter 1: Ouch! The Problem of Back Pain. Chapter 2: Introducing the Parts of Your Spine. Chapter 3: The Root of All Back Pain. Chapter 4: Out of Your Hands: When to Seek Help and from Whom. PART II: Conventional Treatment Options. Chapter 5: Home Remedies: First Aid for Your Back Attack. Chapter 6: Back Pain under the Microscope: Common Medical Tests. Chapter 7: Going the Conservative Treatment Route. Chapter 8: Choosing to Have Back Surgery. PART III: Complementary Approaches: Are They for you? Chapter 9: Ancient Eastern Wisdom and Contemporary Ideas. Chapter 10: A Chiropractic Solution to Back Pain. Chapter 11: All in Knots: Yoga for Your Back Problem. Chapter 12: Using the Power of the Mind-Body Connection. PART IV: Rehabilitation. Chapter 13: The Importance of Posture. Chapter 14: Exercising Your Way to a Healthy Back. Chapter 15: Products for Better Back Health. PART V: Resuming Normal Activity and Preventing Future Injury: Work, Play, and Sex. Chapter 16: Getting Back to Work. Chapter 17: Safely Returning to Your Favorite Sports: The Weekend Warrior. Chapter...



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