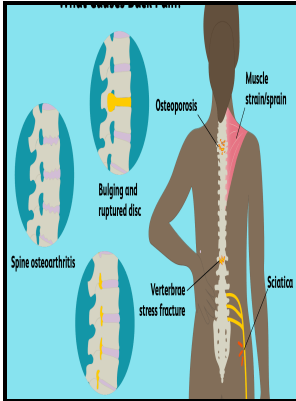


Treat your back without surgery - the best non-surgical alternatives for eliminating back and neck pain

Hunter House Publishers - 7 Ways to Treat Chronic Back Pain Without Surgery



Description: -

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Self-care, Health.

Backache -- Exercise therapy.

Back -- Care and hygiene.

Backache -- Treatment.

Backache -- Prevention. Treat your back without surgery - the best non-surgical alternatives for eliminating back and neck pain

-Treat your back without surgery - the best non-surgical alternatives for eliminating back and neck pain

Notes: Includes bibliographical references (p. 196-205) and index.

This edition was published in 2002



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Tags: #Treat #Your #Back #Without #Surgery: #The #Best #Non

7 Ways to Treat Chronic Back Pain Without Surgery

Maintaining the exercise routine at home is also a big part of success.

Treat Your Back Without Surgery: The Best Non

The exercise pictures were very helpful. Consult with your doctor to see if your diet could be contributing to your chronic back pain and how you could change it.

Treat Your Back Without Surgery: The Best Nonsurgical Alternatives for Eliminating Back and Neck Pain: Hochschuler M.D., Stephen, Reznik M.B.A., Bob: 9781630268374: sdk.mavlink.io: Books

I have had chronic back pain for 2 years-so bad that I have considered taking my own life.

Treat Your Back Without Surgery: The... book by Stephen H. Hochschuler

I am now looking forward to possibly getting an artificial disk operation so this 36 year old male can get back to taking care of his family and kids.

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