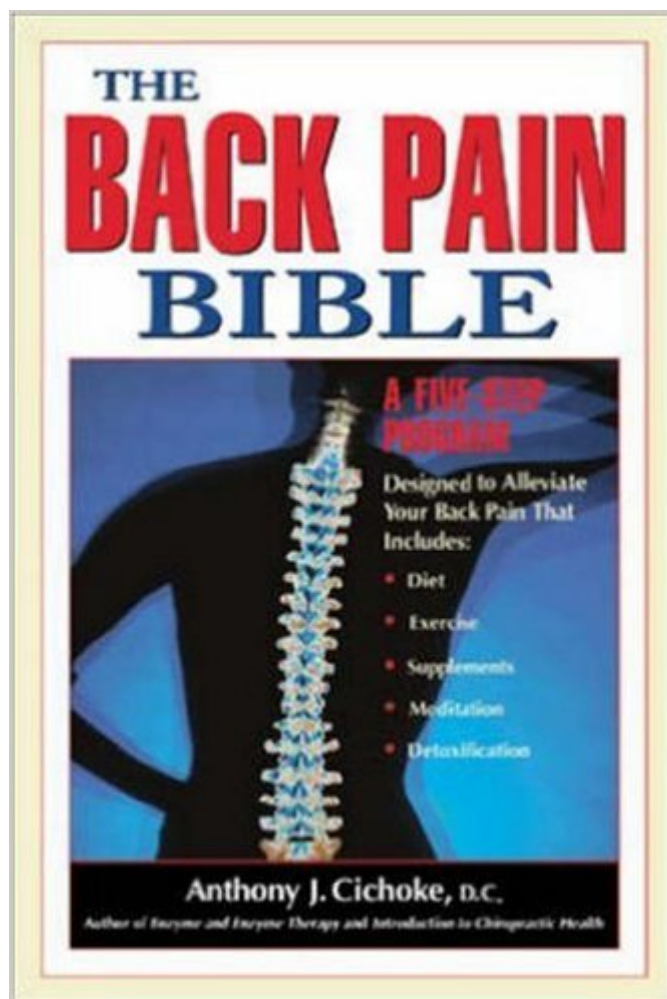


The book was found

# The Back Pain Bible



## Synopsis

Eighty percent of Americans experience back pain at some point in their lives. It can be a complex problem that affects mood, self-image, and mobility -- but it need not rule one's life. In *The Back Pain Bible*, noted chiropractor Anthony Cichoke explains how sufferers can conquer this affliction and how they can defend themselves against the emotional, physical, and biochemical/nutritional stressors that play varying, sometimes overlapping, roles in the cause of every back pain. He describes how alternative therapies -- stress relief, Eastern philosophy, magnets, and acupuncture -- can be used to improve, reverse, and even cure such ailments and gives specifics on how to increase the body's innate healing potential. The author also discusses: -- The anatomy and physiology of the back and how lifestyle causes back problems-- Curing back pain and preventing flare-ups using the five-step jump start plan -- diet, exercise, supplements, meditation, and detoxification-- Short treatment plans for disc problems, fibromyalgia, scoliosis, and other key back conditions

## Book Information

Paperback: 336 pages

Publisher: McGraw-Hill; 1 edition (October 11, 1999)

Language: English

ISBN-10: 0879839031

ISBN-13: 978-0879839031

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,011,865 in Books (See Top 100 in Books) #232 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #710 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #1701 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

[Download to continue reading...](#)

The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 8

Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot  
Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain  
The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain  
The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain  
How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M  
STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief)  
Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs  
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips  
Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief  
Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain  
Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain  
3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinnett Solution)  
The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day  
The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program  
Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness

[Dmca](#)