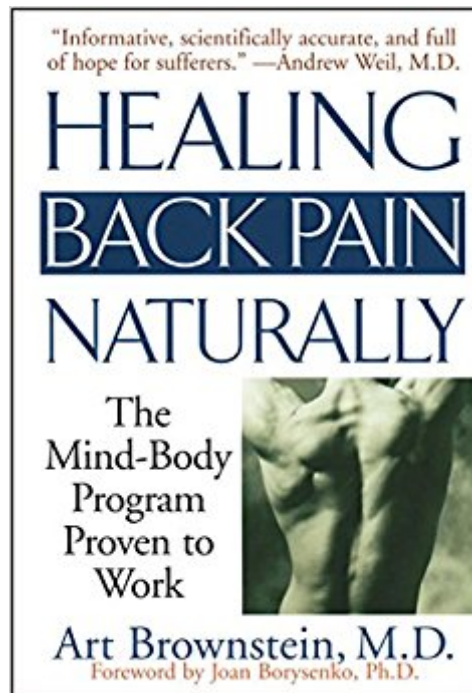




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# Healing Back Pain Naturally: The Mind-Body Program Proven To Work



## Synopsis

After suffering from back pain for twenty years, Dr. Art Brownstein shares the cure that worked for him and thousands of others. Back pain is a global epidemic and the number one cause of disability in the US for people under forty-five. Seven out of ten people in the US will suffer serious back pain at some stage in their lives. Sharing his own story of surgery, painkiller dependency, and severe depression, Dr. Brownstein guides you through the recovery program that gave him his life back. Today, he runs a medical practice, bikes, surfboards, teaches yoga, and leads an active life—free of pain! Dr. Brownstein covers topics such as The Straw that Broke the Camel's Back, Your Mind, Your Body and Back Pain, Moving Past Your Pain, The Back to Life Stretching Program, Strengthening Your Back, Stress Management for Your Back, Eating for a Healthy Back, Back to Work: Slow and Steady Wins the Race, Back to Play: An Essential Ingredient for Healing, Back to Life: Emotional and Spiritual lessons for Healing, and special sections on emergency back care, recommended reading and resources.

## Book Information

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## Customer Reviews

After abusing his back for years, Brownstein, a practicing physician, turned to conventional medicine for relief. Surgery did not reduce the pain and led to an ongoing use of strong painkillers. Frustrated, Brownstein embarked on his own self-healing journey. The knowledge he acquired from yoga, meditation, diet, relaxation, and deep breathing was channeled into a program he calls Back To Life. Unlike the quick fixes offered by conventional medicine, Brownstein's program works holistically and

requires changing unhealthy life patterns. He introduces the reader to a stretching program and strengthening exercises (demonstrated in black-and-white photos), then covers stress management, nutrition, return to work, and the psycho-spiritual elements of recovery. This is a readable book, less blunt than John Sarno's groundbreaking *Healing Back Pain: The Mind-Body Connection* (Warner, 1991). Back pain sufferers disappointed by conventional approaches will want this. Recommended for consumer health collections. ALisa McCormick, Health Sciences Lib., Jewish Hosp., Cincinnati Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

How to improve back health through exercise, yoga-based stretches, and stress reduction a reasonable plan. Brownstein (a clinical instructor of medicine at the University of Hawaii, Manoa) suffered multiple injuries and severe back pain for 20 years; when traditional medicines and surgery failed to help, he found relief by creating a regimen drawing on yoga, meditation, and other alternative therapies. His program is sound, and his starting point valuable rather than looking for an initiating catastrophic injury as the basis for designing treatment, chronic back pain sufferers would do better to understand their acute event as the culmination of years of stress, poor body mechanics, and possible weight and nutrition problems. His second important point is that almost all back pain originates in the muscles (rather than bone or other structures). This program is aimed, therefore at muscular fitness, principally with the extensive, progressive stretches based on yoga poses. Brownstein is careful to give appropriate cautions along the way: when to seek medical help, possible signs of serious disease. Nutritional advice, stress-reduction exercises, advice on lifestyle changes, and "Emotional and Spiritual Lessons for Healing" round out the program. Reliable advice for a common problem, with a spiritual/yoga flavor that will have special appeal for some sufferers. (\$70,000 ad/promo; author tour) -- Copyright ©1999, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

I have been suffering with a herniated L3/L4 disc and compressed nerve for nearly 1 1/2 years. [a work-related injury] I have been determined to help myself and meet my doctor halfway. I have always been physically active, yet knew I could do more. My pain specialist is a wonderfully skilled physician but we must, as Dr. Brownstein teaches, help ourselves. His conservative approach to healing is compelling and convincing, since he is not only a physician but has lived through back injuries, surgeries, pain and related sorrow. His intro is touching and inspiring. His narrative voice is seductive. The reader, immediately, is drawn into his story and journey through pain. I have been

practicing his prescribed exercises, diet and meditation. Plan to begin Yoga, since I have an o.k. from my doctor. This is a "must" read, non-fiction work, that every back injury/pain sufferer should read. Once immersed, you will find yourself, as I have been, reading, each night and re-reading to learn. I highly recommend to anyone who has the desire to heal both spiritually and physically and maintain a healthy body and soul. I am feeling the positive effects already!

The most awesome book for back pain I have read. I have been injured with 12 surgeries for 27 yrs. I have read every thing I could get my hands on. This particular book helps with the total body health for you back. Exhaustion is the worst thing for your pain as well as depression or anxiety, this book approaches the issues and answers. Get off the medications, save your liver and live longer. I bought this and other copies for friends and people I have met, only the willing. I am now 60 yrs old and I feel like I am 30!

The book absolutely changed my life. My first lower back pain was in high school when I was running track. The problems continued sporadically until I reached about age 30 and then I'd get a major flare up every few months. By the time I was in my late 30's these problems also occurred in my neck, which was agonizing. I did physical therapy for pain in my back, shoulder, and neck, but it really didn't help that much. When I woke up in the middle of the night a few times hunched over in excruciating pain I knew I had to do something. A friend told me about this book because I really didn't want to spend the money on my 3rd MRI. So I read the book and also started doing yoga. I am happy to report that I was feeling better after about 2 weeks and my problems were completely gone within 2 months. Nearly 2 years later I am more flexible, stronger, and pain free!

Finally! I have been able to sleep at night! I used to be up half the night with lower back pain. In the morning I would be exhausted from so little sleep and the pain made me feel irritable and depressed. The gentle exercises, I feel, are strengthening my back muscles, and I am only up to phase 2 of 3 phases of exercises presented. I started feeling better within a week of starting these stretches! I was so tired of taking Alleve, which didn't help any longer, and so tired of sitting around with the heating pad. I can now go up and down stairs without pain and can lead with left and right feet alternately. My back pain was mainly lower back on the left side. The pain would go around to my hip area and partially down my leg. I tried other exercises but nothing really helped. I am very grateful for Dr. Brownstein's book. The exercises take me about an hour and fifteen minutes but instead of sitting watching tv at night I spread out my exercise mat and feel so much better when I

am finished.If I miss a couple days I can really feel the difference. I look forward to being able to start Phase 3 of the exercises and have already sent a copy of this book to a friend with bad back pain also.

I ordered this book for my husband, who suffers from chronic back pain. Unfortunately, he hasn't read it yet, but I have. This book is a wonderful, insightful, common sense approach to back pain. You have to have an open mind, and accept that healing will take time, it won't be instant. I think many people on pain killers for many years may have a hard time accepting this approach to pain, listening to their body, and trusting a more holistic approach. I have been doing the stretches and following the dr's recommendations to prevent a problem down the line.

Excellent information. Some of the photos are unclear and the language was difficult for me to understand the exact meaning, but the ideas are great and very helpful. The book is worth the money and time to read it and although somewhat unclear it is sufficient in clarity to get long time back sufferers some relief. I have been using chiropractors for 40 years and have understood what their intent in the healing process. I am at the point where chiropractic is not as effective and I am getting some relief from the information in this book. I wish I had read it forty years ago.

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