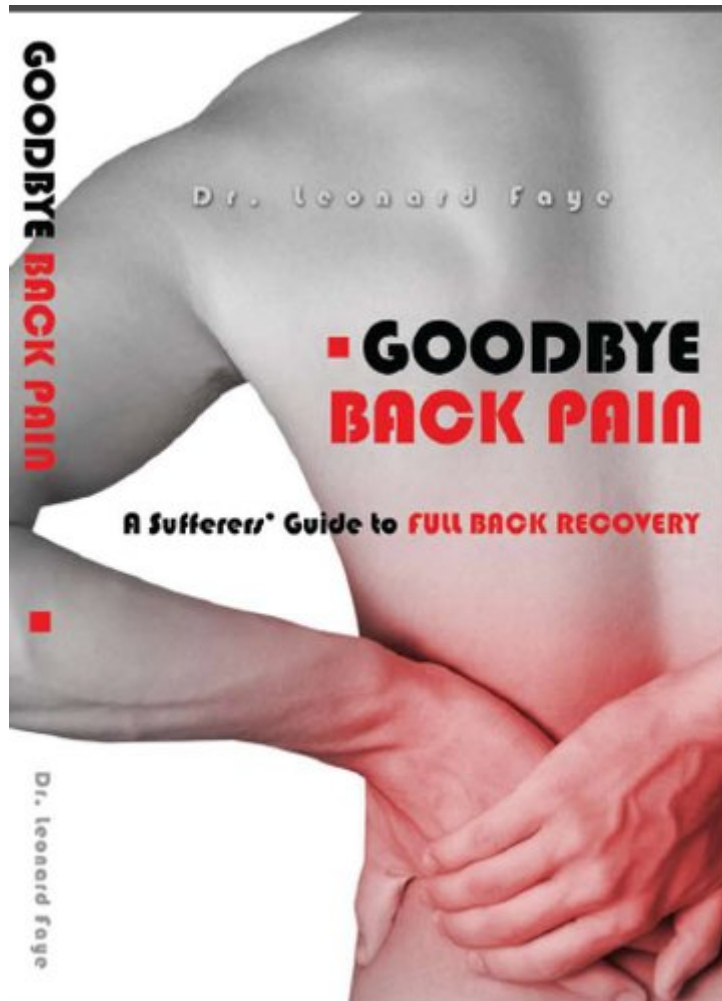




The book was found

Goodbye Back Pain



DOWNLOAD EBOOK

Synopsis

Anyone who suffers with back pain needs to know their correct diagnosis. This book allows the reader to determine their problem through a series of yes and no questions coupled with physical tests. Subsequent chapters make sure the sufferer understands the treatment possibilities and the practitioners that provide them. Home treatment, exercise, stretching and relaxation techniques are all discussed. Going under the 'blade' should always be a treatment of last resort. Goodbye Back Pain tells you how to avoid surgery and alleviate back pain in a sensible straight forward manner. Goodbye Back Pain is a great investment when compared to the tens of thousands of dollars one may spend on back surgery. Goodbye Back Pain also shows you how to prevent back pain. Tailor made for the millions who are prone to back ailments; this book simplifies and takes the mystery out of back pain suffering.

Book Information

File Size: 1374 KB

Print Length: 146 pages

Publication Date: August 18, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B00405R5Z4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #475,810 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Chiropractic #165

inÂ Books > Medical Books > Allied Health Professions > Chiropractic #328 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

Great book.....easy to read, easy to understand. Educates you about the different types of back pain and different professionals that treat it. You can make an informed decision about what you would like to do and who you would like to treat your pain

I suffered for two years with acute lower back pain. Many days I could not walk at all. I went to a bunch of chiropractors, without success. Then, about the time I found a good sports medicine chiropractor, I also found this book. I did not need surgery. I needed to stretch, and this book showed me the way. I have been pain free ever since. No drug, no surgery. This book shows you how to determine if surgery is necessary, and what to do if it is not. I stretch every day for about 1 minute, and my back does not bother me at all. I am still, to this day, amazed that such an effective remedy could be so simple.

I have been in Dr Leonard Faye's care for over a year: treatment for shoulder, neck, and hip issues. Because of his experience, his never-ending quest for knowledge to advance his profession, and his true joy in helping people, I have been able to avoid surgery. If you follow his guidance in this book, you'll be able to help yourself quite a bit. But you will also find his guidance on selecting professional care as invaluable. Don't settle for anything less than he recommends. You deserve the best result for your own health and well-being.

This book is easy reading & simple instructions. It worked not only on myself but a friend who was headed to surgery.

I don't know what I would have done without the help from this book. The exercises are nothing that you cannot do at home without harming yourself and because of these simple step by step aides, I have managed to avoid a very painful surgery and a lengthy recovery period. A friend of mine suffered the same injury and chose to have the surgery while I chose to go by the book and guess who made out better? yep, I read the book and live the book every day of my life and am stronger and more confident than I ever was.

Many people simply choose to live with back pain. They think having back pain is normal - but it is not. This book really hit home in getting that message across. Being able to determine what type of pain I was having, where it was coming from and what type of doctor would be the best for me based on the self-diagnosis portion was so enlightening. I sought the care I needed and am now pain free. The exercise section was also helpful in teaching me what I need to do to stay pain free. Chances are everyone you know will need this book at one point in their lives - make sure you tell them about it! An easy and informative read.

This is a phenomenal book!!!. The best part of the book are chapters 2 & 3 where there are the yoga type exercises and illustrations of these exercises that you can do anywhere, anytime and these really help combat everyday back pain and they also help by stretching your body. On page 122, he talks about reducing stress and this is also a great chapter. Page 77 is about nutrition and that was really interesting especially the piece about orange juice.

This book was very helpful to me it described my problem exactly, and helped me get the help I needed for a pain I'd had for a long time. The book is very informative. I highly recommend this book to anyone who suffers from back pain.

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

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 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) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) 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 Back Pain: How to Relieve Low Back Pain and Sciatica Goodbye Back Pain MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Pain by The

Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method How to Deal With Back Pain and Rheumatoid Joint Pain Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)