

Heal Your Aching Back - Jeffrey N. Katz

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Take back your health, your fitness, and your life This authoritative and comprehensive guide, written by a Harvard doctor who has struggled with back pain himself, will help you find the real cause of your problem--and the smartest way to treat it. This simple step-by-step program will show you how to: Get the right diagnosis for your type of back pain Find the most effective treatment, including complementary therapies Control pain through specific exercises, massage, and yoga Avoid surgery, prevent reinjury, and strengthen your back for life Dr. Katz also gives you the most up-to-date information on chiropractic care, new pain medications, alternative physical therapies, and back surgery. Author: Katz, Jeffrey N. Publisher: McGraw-Hill Illustration: N Language: ENG Title: Heal Your Aching Back : What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong Pages: 00272 (MicrosoftReader.lit) / 00272 (Encrypted PDF) On Sale: 2007-01-19 SKU-13/ISBN: 9780071467650 Category: Health & Fitness : General Category: Computers : Programming Languages - General

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