

Back Pain: What Really Works - Arthur Klein

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At last - the self-help treatments for backache that really work. This bestselling book grew out of an extensive survey of what those with back problems experience and the treatments they have found that really work. Are drugs or surgery the answer? What about the many complementary therapies available? Or should you try a change of diet, daily routine and exercise? Answers to these and many more questions are answered with honesty by those who have actually tried them. Why suffer longer with this miserable and debilitating problem when you can almost certainly find something here to relieve the problem and improve your quality of life. This book covers complementary treatments, posture, surgery and drugs and also features an illustrated section of effective exercises you can perform in your own home. Author: Klein, Arthur Publisher: Robinson Illustration: N Language: ENG Title: Back Pain: What Really Works Pages: 00300 (Encrypted EPUB) On Sale: 2012-10-25 SKU-13/ISBN: 9781472103871 Category: Health & Fitness : General

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