

A photograph of a woman's back, seen from behind. Her hair is dark brown and pulled up. A hand is resting on her right shoulder. The background is a plain, light color.

6 Simple
Steps to
End Pain
and Reclaim
Your Active
Life

THE PAIN-FREE BACK

Pain Free Back 6 Simple Steps To End Pain And Reclaim Your Active Life

Victor M. Corman



Pain Free Back 6 Simple Steps To End Pain And Reclaim Your Active Life:

The Pain-Free Back Harris H. McIlwain, Debra Fulghum Bruce, 2012-02-15 Whether it results from injury osteoporosis or an unusually intense weekend golf game back pain is an all too common cause of serious discomfort that can debilitate even your most dedicated effort to maintain a healthy and active lifestyle It doesn't have to be that way Dr Harris H McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis and in THE PAIN FREE BACK he shares his clinically proven six step program for achieving and maintaining a healthy back With Dr McIlwain as your guide you'll be able to identify what's feeding your pain and more important how to eliminate it without expensive medical procedures This comprehensive resource includes Resistance exercises to strengthen your back and ease pain within days of starting the program Tips for losing weight on a low carb pain free diet that helps control hunger pangs and a guide to healing foods that decrease inflammation and pain Back friendly alternative therapies that ease pain naturally as well as touch therapies for soothing various types of back pain Lifestyle changes such as ergonomic computer stations that reduce the stress on your back Anyone who experiences back pain will find this an essential aid to recovering a full and active life **Making a Baby** Samuel S. Thatcher, Debra Fulghum Bruce, Britt Berg, 2010 Discusses the causes of infertility explores natural and medical therapies to increase fertility and provides legal and financial advice to consider when undergoing treatment *The Publishers Weekly*, 2004 *The Pain-free Back* Harris H. McIlwain, 2004 Forthcoming Books Rose Army, 2004 Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 The Pain-Free Back Harris H. McIlwain, M.D., Debra Fulghum Bruce, Ph.D., 2004-05-07 A pain relief expert offers a comprehensive program for keeping your back healthy and minimizing the need for drugs and surgery Four out of five adult Americans experience back pain at some point in their lives it's the nation's third most common reason for surgery the number one occupational hazard and the most prevalent cause of disability in men and women under age forty five Whether it results from injury osteoporosis or an unusually intense weekend golf game back pain is a common cause of serious discomfort or even debilitation Dr Harris H McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis in The Pain Free Back he reveals his six step program for achieving and maintaining a healthy back Nearly all of this pain can be controlled without surgery and McIlwain addresses every aspect of this process including o exercises to strengthen your back o lifestyle changes that reduce the stress on your back o touch therapies for soothing various types of back pain o tips for maintaining a healthy weight on a back friendly diet o complementary and alternative medicines that will ease your pain naturally This comprehensive guide diagnoses and explains back pain more important it shows you how to eliminate it without expensive medical procedures Anyone who experiences back pain will find this an indispensable aid to recovering a full and active life Four out of five adult Americans experience back pain at some point in their lives it's the nation's third most common reason for surgery the number one occupational hazard and the most prevalent cause of disability in men and women under age forty five Whether it results

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The Patient as Agent of Health and Health Care Mark Daniel Sullivan, 2017 Proposals for patient centered care for chronic illness have not understood or incorporated the capacity of patients to be active agents of health and health care Patients can not only make treatment choices but help define their clinical problem and its resolution This book examines patient action as the principal path to health and an essential component of it

Ebony, 2002-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Popular Mechanics, 2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

New York Magazine, 1997-04-28 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and

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Runner's World, 2004 **Men's Health**, 2008-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

Best Life, 2008-06 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **Popular Science**, 2004-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

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